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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

1. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
2. **WARNING:** 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.
3. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
4. **WARNING:** Ensure that the cavity does not contain any items or utensils that are not suitable for the use with the microwave oven before you operate the appliance.
5. **WARNING:** Do not use the cavity for storing combustible products, cooking utensils, or food and similar when the microwave oven is not in use.
6. 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 the 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.
7. 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.
8. Children should be supervised to ensure that they do not play with the appliance.
9. This appliance incorporates an earth connection for functional purposes.
10. This appliance is only intended for use at altitudes not exceeding 2000 m.
11. 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.
12. This appliance was manufactured for household use only.
13. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. Allow more than 15 cm of space on the top of the oven, 10 cm at the 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.
14. Metallic containers for food and beverages are not allowed during microwave cooking.
15. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

IMPORTANT SAFETY INSTRUCTIONS

16. 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 can lead to risk of injury, ignition or fire.
17. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
18. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
19. 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.
20. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they can explode, even after microwave heating has ended.
21. The oven should be cleaned regularly and any food deposits removed.
22. 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.
23. Care should be taken not to displace the turntable when removing containers from the appliance.
24. The appliance shall not be cleaned with a steam cleaner.
25. The microwave oven is not allowed to be placed or installed less than 850 mm above the floor.
26. This appliance is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard.
27. The appliance must not be placed in a cabinet.
28. The appliance must be operated with the decorative door open.
29. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
30. Details on how to clean surfaces in contact with food:
 - * Grease produced during cooking can corrode the cavity, impair heating performance, and change the flavour of food. Please clean the cavity promptly after each use.
 - * Wash the accessories with warm water. Do not rinse them with cold water immediately after prolonged cooking. (See page 10-11)

For models with heating elements:

1. **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
2. Exterior oven surfaces, including air vents on the exterior and the oven door will get hot during heating. The surfaces are liable to get hot during use.



Caution, Hot surface

IMPORTANT SAFETY INSTRUCTIONS

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 and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of the metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.
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. Do not place any items on top of the microwave. Placing items may impact the operation and reliability of the appliance.

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 allow metallic items, such as fast food foil containers, to touch the sides 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.

Practical Notes:

1. For initial use of GRILL, CONVECTION, AIR FRY and COMBINATION, if you see white smoke arise, it is not a malfunction.
2. The oven has a heating element situated in the top of the oven. After using the GRILL, CONVECTION, AIR FRY and COMBINATION functions, the ceiling will be very hot.
3. The accessible parts may become hot when GRILL, CONVECTION, AIR FRY and COMBINATION is in use. Children should be kept away.
4. Before using GRILL, CONVECTION, AIR FRY and COMBINATION functions for the first time, operate the oven without food and accessories on CONVECTION 220 °C 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 can be operated completely empty.

IMPORTANT SAFETY INSTRUCTIONS

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 a teat) - may explode and should not be heated in the 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 the cord hang over the edge of a table or counter.
10. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully watch the 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. When heating, do not leave unattended and follow manufacturers' instructions carefully.
 - (c) Remove wire twist-ties from bags before placing in the microwave 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 the microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.

Circuits

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

IMPORTANT SAFETY INSTRUCTIONS

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.

WARNING

- a) Before use, the user should check whether utensils are suitable for use in microwave ovens.
- b) 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.
- c) When the appliance is operated in the GRILL, CONVECTION, AIR FRY 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. Do not dry clothes, newspapers or other materials in the microwave oven. They may catch on fire.
3. 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.
4. Do not use newspapers or paper bags for cooking.
5. Do not hit or strike the control panel, as this may cause damage.
6. 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.
7. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
8. Do not cook food directly on the Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking container.)
9. **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.**
10. If the Glass Tray is hot, allow it to cool before cleaning or placing in water.
11. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven has cooled down.
12. 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.

Placement of the Oven

1. The oven must be placed on a flat, stable surface, more than 85 cm above the floor. 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. If one side of the oven is 5 cm at one side, 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 be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Do not place a cloth on top of the unit during GRILL, CONVECTION, AIR FRY and COMBINATION cooking as the top of the oven gets very hot. Also allow sufficient space on back and both sides of the oven.
 - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - (c) Do not operate oven when room humidity is too high.
2. This appliance 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. 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.
4. 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 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 halfway through cooking time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
5. **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.
6. **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.
7. **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.
8. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for the minimum time as recommended by the manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave the microwave oven unattended when popping popcorn.

INGREDIENT CONVERSION CHART

INGREDIENT CONVERSION CHART	
¼ cup	60 ml
⅓ cup	85 ml
½ cup	125 ml
⅔ cup	165 ml
¾ cup	190 ml
1 cup	250 ml
1¼ cups	310 ml
1½ cups	375 ml
2 cups	500 ml
3 cups	750 ml
3½ cups	875 ml
4 cups	1-litre
6 cups	1.5-litre
8 cups	2-litre
¼ teaspoon	1 ml
½ teaspoon	2 ml
1 teaspoon	5 ml
2 teaspoons	10 ml
3 teaspoons	15 ml
1 tablespoon	20 ml
1½ tablespoons	30 ml
2 tablespoons	40 ml
3 tablespoons	60 ml
4 tablespoons	80 ml

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

Care & Cleaning of your Oven



Important

It is essential for the safe operation of the oven that it is kept clean and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of a surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. **Switch the oven off before cleaning** and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.** When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas, wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended. Take care when cleaning around the waveguide cover.
3. After using **grill, convection, air fry** or **combination** cooking, the walls of the oven should be cleaned with a soft cloth and soapy water. Particular care should be taken to keep the window area clean especially after cooking by **grill, convection, air fry** or **combination**. Stubborn spots inside the oven can be removed by using a small amount of conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. **Do not spray directly inside the oven.**
4. After use, the **oven interior** should be wiped dry to remove any remaining water in order to reduce the risk of corrosion to the cavity and door. The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door become damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven, the life of the cavity and door may be extended.
5. The **outside oven surface** 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.
6. If the **control panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel. When cleaning the control panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning press **Stop/Cancel** button to clear display window.
7. **Keep air vents clear at all times** Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

Care & Cleaning of your Oven

8. **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 a malfunction of the unit or microwave leakage.
9. It is occasionally necessary to remove the **Glass Tray** for cleaning. Wash the glass tray in warm soapy water. Do not place in the dishwasher.
10. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the glass tray spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water.

After removing the roller ring from the cavity floor for cleaning, be sure to replace it in the proper position.
11. Wash the enamel tray and the air fry basket in warm soapy water or in the dishwasher.
12. **When grilling or cooking by convection, air fry or combination**, some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to **'smoke'** during use. These marks will be more difficult to clean later.
13. Users are advised to **avoid any downward pressure** on the microwave door when in the open position. There is a safety risk that the oven will tilt forward.

Parts of your Oven

1. Do not operate the oven without the roller ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute with any other Glass Tray.
3. If the Glass Tray is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on the Glass Tray. Always place food in a microwave safe dish. The only exception to this is when cooking jacket potatoes on microwave only.
5. If food or utensils on the Glass Tray touch the oven walls this will cause the glass tray to stop moving. It will then automatically rotate in the opposite direction. This is normal. Open the oven door, reposition the food and restart.
6. The Glass Tray can rotate in either direction. The maximum weight that can be placed on the glass tray is 4 Kg (8 lb 14 oz) (this includes total weight of food and dish).
7. While cooking, the glass tray may vibrate. This will not affect cooking performance.
8. The metal accessories provided must **only** be used as directed for **grilling, convection, air fry** and **combination** cooking. Never use them on **microwave** only. Do not use if operating the oven with less than 200 g (7 oz) of food on a manual **combination** program. **Failure to use accessories correctly could damage your oven.**
9. Arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by **Grill, Convection, or Air Fry 1-3 only.**
10. Always refer to instructions for correct accessories to use on all programs. The Glass Tray and roller ring are the only accessories used for **microwave** cooking. For **convection, air fry** and **combination** cooking the enamel tray must **always** be in place on the Glass Tray (unless stated).

Parts of your Oven

1. Door release

Press to open the door. When you open the oven door during cooking, the cooking is stopped temporarily without clearing earlier made settings. The cooking is resumed as soon as the door is closed and Start button pressed.

2. See-through oven window

3. Door safety lock system

4. Oven lamp

The oven lamp will turn on during cooking and also when the door is opened. It will turn off after 1 minute if the door is left open.

5. Waveguide cover (do not remove)

6. External oven air vents

7. Control panel

8. Power supply cord

9. Plug

10. Glass Tray

The Glass Tray and roller ring are the only accessories used for microwave cooking.

11. Roller ring

(i). The roller ring and oven floor should be cleaned frequently to prevent excessive noise.

(ii). The roller ring must always be used together with the Glass Tray for cooking.

12. Heating elements

13. Wire rack

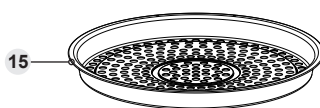
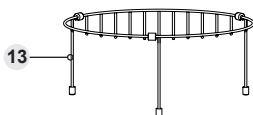
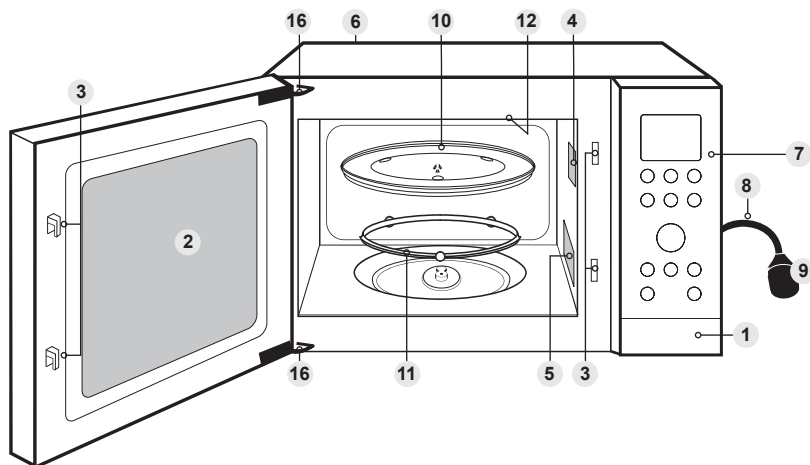
Spacers: Do not remove when cooking.

14. Enamel tray

15. Air Fry Basket

16. Door hinges

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



Note

1. The illustration is for reference only.
2. The Glass Tray, wire rack, enamel tray and Air Fry Basket are the only accessories with this oven. All other cooking utensils mentioned in this manual must be purchased separately.

Important Information - Read Carefully

Safety

If smoke is emitted or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.

Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to initially 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.



Important

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



Note

Never operate the oven without food inside (except when preheating).

Foods Low in Moisture

Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppadoms. The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.

Christmas Pudding

Christmas puddings and other foods high in fats or sugar, e.g. jam, mince pies, must not be over heated. These foods must never be left unattended as over cooking these foods can lead to ignition.

Foods with Skins

Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.

Small Quantities of Food

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

Important Information - Read Carefully

Liquids

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 the heating time.
- d. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

Lids

Always remove the lids of jars and containers and takeaway food containers before you microwave them. Otherwise, steam and pressure might build up inside and cause an explosion even after microwave cooking has stopped.

Deep Fat Frying

Do not attempt to deep fat fry in your oven.

Meat Thermometer

Use a meat thermometer to check the degree of cooking of joints and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.

Paper & Plastic

When heating food in plastic or paper containers keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur. Do not use recycled paper products, e.g. kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

Reheating

It is essential that reheated food is served piping hot. Remove the food from the oven and check that it is piping hot, i.e. steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 75 °C with a food thermometer – but remember do not use this thermometer inside the microwave).

For foods that cannot be stirred, e.g. lasagne, shepherd's pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

Important Information - Read Carefully

Standing Time

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 18.

Keeping your Oven Clean

It is essential for the safe operation of the oven that it is wiped clean regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.

Fan Motor Operation

After using the oven the fan motor may rotate for a few minutes to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

Grilling

The oven will only operate on the **grill** function with the door closed.

Babies Bottles and Food Jars

When reheating babies bottles always remove lid and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption to avoid burns. See page 62.

Arcing

Arcing may occur if a metal container has been used accidentally or if the incorrect weight of food is used or the accessories have been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine. You can continue to cook by **Grill, Convection, or Air Fry 1-3 only**.

Maximum Weight on Glass tray

The maximum weight that can be placed on the glass tray is 4 kg (8 lb 14 oz) (this includes total weight of food and dish).

Utensils/Containers

Before use check that utensils / containers are suitable for use in microwave ovens. See pages 21-22.

Storage of Accessories

Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.



Do not operate the oven empty (except when preheating and when burning off the oil). Before first use the appliance must not be operated by Microwave, Air Fry 4-5, or Combination without food in the oven. Operation when empty will damage the appliance.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres in wave length.

Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or combination of three things may occur.

They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the Glass Tray.

Transmission:

Materials as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at a rapid rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

General Guidelines

Standing Time

Dense foods e.g. meat, jacket potatoes and cakes, require a **standing time** (inside or outside of the oven) after cooking, to allow heat to finish conducting through the food.

■ Jacket Potatoes

After being cooked in microwave only, remove and wrap in aluminium foil to stand for 15 minutes. (It is not necessary to stand jacket potatoes cooked in **combination** mode. Stand for 15 minutes.)

■ Fish

Stand for 2-3 minutes.

■ Egg Dishes

Stand for 1-2 minutes.

■ Precooked Convenience Food

Stand for 1-2 minutes.

■ Meat Joints

Stand for 15 minutes wrapped in aluminium foil.

■ Plated Meals

Stand for 2-3 minutes.

■ Vegetables

Boiled potatoes benefit from standing for 1-2 minutes, however most other types of vegetables can be served immediately.

■ Defrosting

It is essential to allow standing time to complete the process. This can vary from 5 minutes e.g. raspberries, to up to 1 hour for a joint of meat. See page 34.

If food is still undercooked after **standing time**, return to oven and cook for additional time.



Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc. will all need to be pierced before cooking. **Do not attempt to boil eggs in their shells.**



Moisture Content

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from freshly purchased ingredients.

General Guidelines



Cling Film

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Cling film should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film. Do not cover foods when cooking by **grill**, **convection**, **air fry** or **combination**.



Dish Size

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



Quantity

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



Spacing

Foods cook more quickly and evenly if spaced apart. **Never** pile foods on top of each other.



Shape

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



Density

Porous airy foods heat more quickly than dense heavy foods.



Covering

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items. Please refer to cooking charts and recipes for more information.



Arranging

Individual foods e.g. chicken portions or chops, should be placed on a dish with the thicker parts to the outside.



Ingredients

Foods containing fat, sugar or salt heat up very quickly. The filling may be much hotter than the pastry. Take care when eating. **Do not** overheat even if the pastry does not appear to be very hot.

General Guidelines

5-8 °C

Starting Temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5-8 °C before cooking.



Turning and Stirring

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



Liquids

All liquids must be stirred **before, during and after heating**. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **Do not overheat.**



Checking Food

It is essential that food is checked during and after a recommended cooking time, even if an **auto program** has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.



Cleaning

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning. Avoid any plastic parts and door area. Customers should not spray directly into the cavity.

Containers to Use



Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing Dishes for Suitability for Microwave Cooking Only

When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300 ml ($\frac{1}{2}$ pt) cold water.
2. Place it on the glass tray alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on **1000 W** microwave for 1 minute.

Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is absorbing microwave energy.



Note

This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

Containers to Use

Quick Check Guide to Cooking Utensils



Oven Glass

Everyday glass that is heat resistant e.g. Pyrex[®], is ideal for microwave, convection or combination cooking. Do not use for grilling on the wire rack. Do not use delicate glass or lead crystal which may crack or arc.



China and Ceramic

Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt. If dishes are heat resistant they may be used on **Convection**, **Air Fry** and **Combination** but not directly under the grill.



Pottery, Earthenware, Stoneware

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.



Foil/Metal Containers

Never attempt to cook in foil or metal containers on any of the modes with microwave as the microwaves cannot pass through and the food will not heat evenly. It may also damage your oven. Foil and metal containers can be used on **Grill** or **Convection**, **Air Fry 1-3** functions and may be used with care during certain **Combination** cooking as long as they are not damaged or dented.

Containers to Use



Plastic

Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g. brown rice. Only use Tupperware® containers if they are designed for microwave use.



Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for combination cooking. **Do not use under the grill.**



Paper

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering bacon to prevent splattering.

Only use for short cooking times. Never re-use a piece of kitchen towel. Always use a fresh piece of paper for each dish.

Avoid kitchen paper containing manmade fibres.

If you are using branded recycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt.

Greaseproof paper can be used to line the base of dishes and to cover when blind baking pastry cases. White paper plates can be used for **short reheating times**, on microwave only.



Wicker, Wood, Straw Baskets

Dishes will crack and could ignite. Do not use wooden dishes in your microwave.

Do not use on any cooking mode.



Cling Film

Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food e.g. Do not line dishes with cling film. **Do not use on any other cooking mode.**



Roasting Bags

Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using microwave or combination or Air fry 4-5.

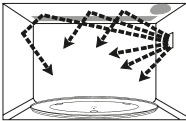
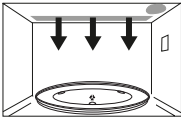


Aluminium Foil

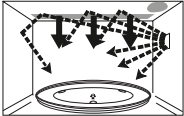
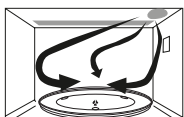
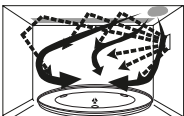
Aluminium foil can be used for Convection and Air Fry 1-3 cooking.

Cooking Modes

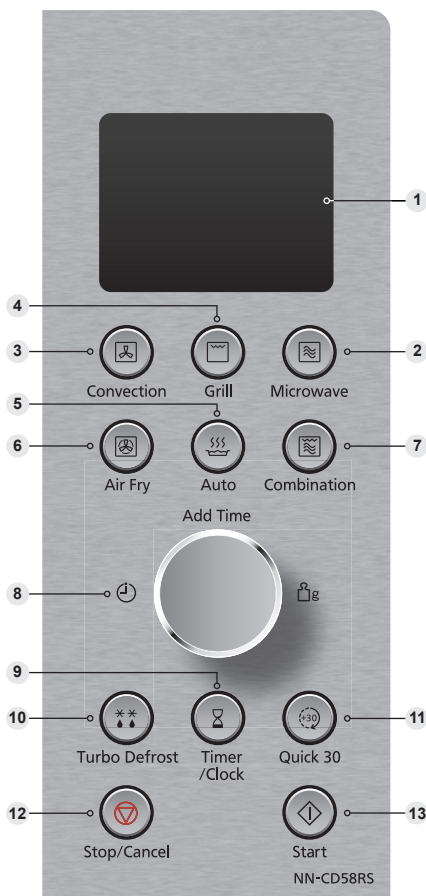
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the Cookbook.

Cooking modes	Uses	Recommended accessories	Containers
Microwave 	- Defrosting - Reheating - Melting: butter, chocolate, cheese. - Cooking fish, vegetables, fruits, eggs. - Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. - Baking cakes without colour. No Preheating	-	Use microwave-safe dishes only.
Grill 	- Grilling of meat or fish. - Toast grilling. - Colouring of gratin dishes or meringue pies. No preheating	Enamel tray, Wire rack, Air fry basket	Use heatproof dishes. Do not place dishes directly on the glass tray.
Convection 	- Baking of small items with short cooking times: puff pastry, cookies, roll cakes. - Special baking: bread rolls or brioches, sponge cakes. - Baking of pizzas and tarts. Preheating advised	Enamel tray, Wire rack, Air fry basket	Use heatproof dishes. Do not place dishes directly on the glass tray.

Cooking Modes

Cooking modes		Uses	Recommended accessories	Containers
Combination 1-4	Convection + microwave 	- Baking cakes - Puff pastry tarts Preheating if necessary	Enamel tray, Wire rack, Air fry basket	Use microwave-safe, heatproof dishes. Do not place dishes directly on the glass tray.
Combination 5-6	Grill + microwave 	Cooking lasagne, meat, potatoes or vegetable gratins. No Preheating	Enamel tray, Wire rack	Use microwave-safe, heatproof dishes. Do not place dishes directly on the glass tray. No metal.
Air fry 1-3	Convection 	Fry vegetables, fish fillets, sausages, frozen breaded foods, frozen potato products, chicken pieces and etc. No preheating	Enamel tray, Wire rack, Air fry basket	Use heatproof dishes. Do not place dishes directly on the glass tray.
Air fry 4-5	Convection + microwave 	Large pieces of fried food, jacket potatoes, whole chicken or for an accelerated air fry effect. No preheating	Enamel tray, Wire rack, Air fry basket	Use microwave-safe, heatproof dishes. Do not place dishes directly on the glass tray.

Control Panel



1. **Display window**
2. **Microwave button**
(pages 29-30)
3. **Convection button** (pages 38-39)
4. **Grill button** (pages 36-37)
5. **Auto button** (pages 54-60)
6. **Air Fry button** (pages 40-44)
7. **Combination button**
(pages 45-50)

8. **Dial**
Enter time or serving/weight of food by turning the dial. Use the dial for the Add Time function. (page 35)

9. **Timer/Clock button**
(pages 28, 52-53)

10. **Turbo Defrost button**
(pages 31-32)

11. **Quick 30 button** (page 35)

12. **Stop/Cancel button:**

Before cooking:

One press clears your instructions

During cooking: one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.

13. **Start button**

Press to start operating the oven. If during cooking the door is opened or Stop/Cancel is pressed once, Start has to be pressed again to continue cooking.



Beep Sound

A beep sounds when a button is pressed. If this beep does not sound, the setting is incorrect or the beep sound has been turned off. When the oven changes from one function to another, two beeps sound. After completion of cooking, five beeps sound.

After the completion of the preheating on Convection or Combination mode, three beeps sound. See page 28 for instructions on turning off the beep sound.

This oven is equipped with an energy saving function.



Note

When in stand-by mode the brightness of the display will be reduced. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed. If an operation is set and the Start button is not pressed, after 6 minutes the oven will automatically cancel the operation. The display will revert back to clock mode.

Let's Start to Use Your Oven



1 Plug In

Plug into a properly earthed electrical outlet. "WELCOME TO MICROWAVE OVEN COOKING" will appear in the display window, then you can start to operate.

Note: Press Start after first plugging in. "BEEP ON/OFF" scrolls across the display window. Turn dial, and you can turn the beep sound on and off.

2 Press Timer/Clock button Twice to Set Clock

Set clock as a 12 hr clock. (See page 28 for details).

3 Press Convection Button

 will appear in the display window with the oven temperature. This procedure is to burn off the oil used for rust protection in the oven. Press Convection button until 220 °C appears in the display window. Remove all accessories, except the Glass Tray, from the oven.

4 Turn Dial to Select Time

Turn dial until 5 minutes is displayed in the window.

5 Press Start

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use. Caution: heating elements and oven will be hot.

6 Demonstration Mode

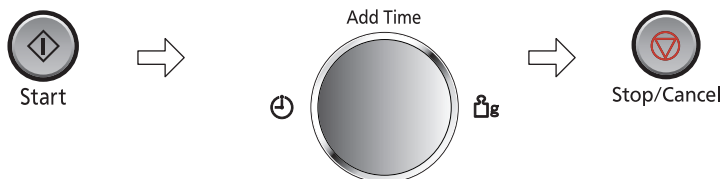
This is designed for retail store display and enables you to experiment with setting various programs. There is no microwave power produced and it is safe to use the oven without any food in this mode. To select this mode press Microwave once, then press the Start button 4 times and the Stop/Cancel button 4 times. "DEMO MODE PRESS ANY KEY" will appear. To cancel press Microwave once, then press the Start button 4 times and the Stop/Cancel button 4 times.

7 Child Lock

To activate the child lock feature press the Start button three times. This will make the oven controls inoperable, however, the door can be opened.  will appear in the display and none of the controls will operate. To cancel the child lock feature, press Stop/Cancel three times. To activate or cancel child lock, Start or Stop/Cancel must be pressed 3 times within a 10 second period. Child Lock can be set when a colon or the time of day is displayed.

Beep Choice

The oven has both “Beep On” and “Beep Off” modes. This unique feature of your Panasonic microwave oven allows you to establish the initial non-cooking features of your oven.



Press Start after first plugging in.
“BEEP ON/OFF” scrolls across the display window.
The default mode is “ON”.

Turn dial.
The mode changes to “OFF”.

After setting, press Stop/Cancel to exit.

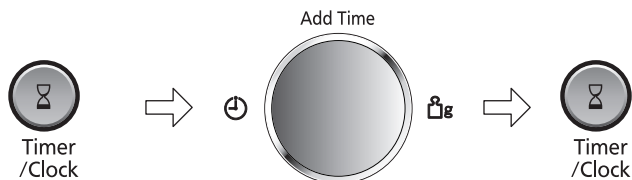


Note

1. The choice can be selected only when you plug-in the oven.
2. Turn dial again during step 2 will revert back to the initial “On” mode.

Setting the Clock

Example of how to set 2:15am.



Press Timer/Clock twice
“SET TIME” will appear in the display window, and the colon starts to blink.

Turn dial
Enter the time by turning the dial. The time appears in the display.

Press Timer/Clock
The colon stops blinking. 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. Clock is a 12-hour display.
4. Oven will not operate while colon is still blinking.

Operation Guide Setting

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.

To turn off:



Timer
/Clock



OPERATION GUIDE OFF



Colon or time of day appears in the display window.

Press Timer/Clock four times.

To turn on:



Timer
/Clock



OPERATION GUIDE ON



Colon or time of day appears in the display window.

Press Timer/Clock four times.

Microwave Cooking and Defrosting

There are 7 different microwave power levels available.

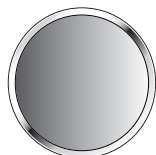
Press	Level	Wattage	Max. time available
Once	High	1000 W	30 minutes
Twice	Medium-High	800 W	1 hour and 30 minutes
3 times	Medium	600 W	1 hour and 30 minutes
4 times	Low	440 W	1 hour and 30 minutes
5 times	Simmer	300 W	1 hour and 30 minutes
6 times	Defrost	270 W	1 hour and 30 minutes
7 times	Warm	100 W	1 hour and 30 minutes



Microwave



Add Time



Start

Press Microwave

Press this button until the power you require appears in the display window. The microwave symbol  will also appear. When you select 270 W, ** will also appear.

Set time

Select cooking time by turning the dial. Your oven can be programmed for up to 1 hour and 30 minutes on 800 W, 600 W, 440 W, 300 W, 270 W and 100 W microwave. 1000 W microwave can be programmed for 30 minutes.

Press Start

The cooking program will start and the time in the display will count down.

Microwave Cooking and Defrosting



Note

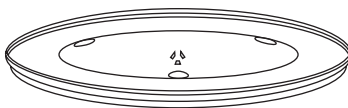
1. Maximum time that can be set on **1000 W** microwave is 30 minutes.
2. On all power levels, except **1000 W** microwave, the maximum time that can be set is 1 hour and 30 minutes.
3. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
4. For manual defrosting times, please refer to defrost chart on page 34.
5. For multi-stage cooking refer to page 51.
6. Stand time can be programmed after microwave power and time setting. Refer to using the timer on pages 52-53.

Accessories to Use

When using your oven on **microwave** only, the Glass Tray provided must always be in position. **Do not** attempt to use microwave only with any metal accessory in the oven.

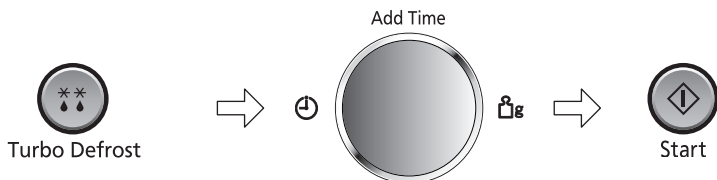
Do not place food directly onto the glass tray except in the case of jacket potatoes cooked by **microwave** only.

Foods reheated or cooked by **microwave** only are normally covered with a lid or cling film, unless otherwise stated.



Turbo Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight starts from the minimum weight for each category.



Select the desired program by pressing button once, twice or three times. The microwave , auto menu  and defrost  symbol will also appear.

Select the weight of the food by turning the dial.

Turning the dial slowly will count up in 10 g steps. Turning the dial quickly will speed up this process.

Press Start

Remember to stir or turn the food during defrosting.

Program	Weight Range	Suitable Food
1. Bread	100 g - 900 g	Bread and rolls. Turn at beeps. Standing time 10-15 minutes.
2. Small Pieces	200 g - 1200 g	Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps. Standing time 15-30 minutes.
3. Large Piece	400 g - 2000 g	Whole chicken, meat joints. Turn at beeps. Standing time of at least 1 hour.

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread.

The **Turbo Defrost** button should be pressed to select the correct category and then enter in the weight of the food in grams using the dial.

Foods should be placed in a suitable dish. Whole chickens and joints of meat should be on an upturned saucer or on a microwave-safe rack if you have one. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The **Chaos** Theory principle is used in Auto Weight defrost programs to give you a quick and more even defrost. The **Chaos** system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **It is essential that you turn and stir the food frequently if necessary** (See pages 32-33). On hearing the first beep you should **turn** (if possible). On the second beep you should turn the food or break it up.

Turbo Defrost

1st Beep
Turn



2nd Beep
Turn or break up



Category 1 Bread

The Bread Program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. **This program is not suitable for cream cakes or desserts** e.g. cheesecake.

Category 2 Small Pieces (mince/chops/chicken portions)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently.

Category 3 Large Piece (Meat joints/whole chickens)

Back fat of joints, legs, wings and breast bones need standing time of at least 1 hour (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

Defrosting Guidelines

For Best Results:

1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a microwave-safe rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”.
5. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
6. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).

Defrosting Chart Using Defrost Microwave and Time

Select 270 W. 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	Defrosting Time	Method	Standing Time
Meat			
Beef/Lamb/ Pork joint 450 g	8-9 mins	Place in a suitable dish or on an upturned saucer or use a microwave safe rack. Turn 3-4 times.	60 mins
Minced beef 450 g	6-7 mins	Place in a suitable dish. Break up and turn 3-4 times.	15 mins
Chops 450 g	6-7 mins	Place in a suitable dish in a single layer. Turn twice.	15 mins
Sausages 450 g	6 mins	Place in a suitable dish in a single layer. Turn twice.	15 mins
Bacon rashers 450 g	3-4 mins	Place in a suitable dish. Turn and separate twice.	10 mins
Stewing steak 450 g	6 mins	Place in a suitable dish. Break up frequently.	15 mins
Whole chicken 450 g	6-8 mins	Place in a suitable dish on an upturned saucer or use a microwave safe rack. Turn 3-4 times.	60 mins
Chicken portions 450 g	6-8 mins	Place in a suitable dish in a single layer. Turn twice.	30 mins
Fish			
Whole 450 g	7-9 mins	Place in a suitable dish. Turn twice.	15 mins
Fillets/Steak 450 g	6-7 mins	Place in a suitable dish. Turn twice, separate.	15 mins
Prawns 450 g	4-6 mins	Place in a suitable dish. Stir twice during defrosting.	15 mins
General			
Bread sliced 400 g	3 mins	Place on a plate. Separate and rearrange during defrosting.	10 mins
Slice of bread 30 g	20 secs - 30 secs	Place on a plate.	1-2 mins
Pastry 500 g	3 mins 30 secs	Place on a plate. Turn halfway.	15-30 mins
Soft fruit 450 g	5-6 mins	Place in a suitable dish. Stir twice during defrosting.	15 mins



Note

Opening the door and taking out the defrosted parts during the operating time is recommended. Turn over, stir or rearrange the parts which are still in icy.

Using the Quick 30 Function

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



Quick 30



Start

Press **Quick 30** to set the desired cooking time (up to 5 minutes). Each press adds 30 seconds. Time appears in the display. Power level is pre-set at **1000 W** microwave.

Press Start

The cooking will start and the time in the display will count down. At the end of cooking, five beeps will sound.

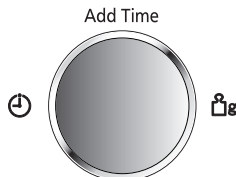


Note

1. This function is only available for Microwave. If desired, you can use other Microwave levels. Select desired power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you can not use the dial.

Using the Add Time Function

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



Add Time



Start

After cooking, turn dial to select Add Time function. Maximum cooking time: Microwave: 1000 W microwave up to 30 minutes; other microwave powers up to 1 hour and 30 minutes; Grill: 1 hour and 30 minutes, Convection, Air Fry, Combination: 9 hours. Timer: 1 hour and 30 minutes.

Press Start

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



Note

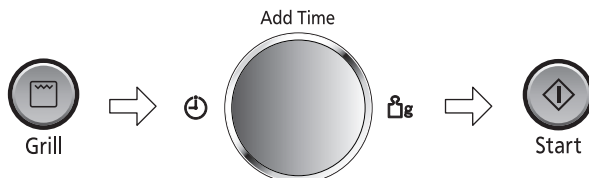
1. This function is only available for Microwave, Grill, Convection, Air Fry, Combination and Timer functions and it is not available for Auto programs.
2. The Add Time function is only available within 1 minute after cooking.
3. The Add Time function will operate when "0" flash in display.
4. The Add Time function can be used after multi-stage cooking.
5. The power level is the same as the last stage.

Grilling

The Quartz Grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steak, toast, oven chips etc.

Do not preheat the grill before use.

The enamel tray must be on the Glass Tray when using.



Press	Power Level
Once	Grill 3 (High)
Twice	Grill 2 (Medium)
3 Times	Grill 1 (Low)

Select Grill power

Press once for Grill 3 (High), twice for Grill 2 (Medium) or three times for Grill 1 (Low). The grill symbol  will also appear.

Set Time

Select cooking time by turning dial. Maximum time can be set up to 1 hour and 30 minutes.

Press Start

The cooking program will start and the time in the display will count down.



Note

1. The Grill will only operate with the oven door closed, and there is no microwave power on the **grill** only program.
2. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Grilling Times

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories, page 37).

The Grill has three variable settings, Grill 3 (High), Grill 2 (Medium) and Grill 1 (Low). Grill 3 will be the hottest.



Caution!

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

Grilling

Oven Accessories to Use

When grilling foods the Glass Tray should be in position, with the enamel tray and the wire rack on top.

Place food on the wire rack on the enamel tray on the glass tray. The wire rack will allow fat to drip through into the enamel tray to reduce excess splatter and smoke when grilling steaks, chops and other fatty foods.

Most foods require turning halfway during cooking. When turning food, open the oven door and **carefully** remove the enamel tray and wire rack by holding the accessories firmly. Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

After turning, return food to the oven, close the door and press **Start**. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.

If grilling fish or small items, place the enamel tray on top of the wire rack.



Guidelines

1. There is no microwave power on the **Grill** only program.
2. Use the accessories provided, as explained.
3. The Grill will only operate with the oven door closed.
4. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting - **Grill 3**. This setting is also suitable for toasting bread, muffins and teacakes etc.
5. **Grill 2** and **Grill 1** are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. **Do not preheat the grill.**
7. **Never cover the food when grilling.**
8. **Always use oven gloves when removing the food and accessories after grilling as the oven and accessories will be very hot.**
9. After grilling it is important that the grill accessories are 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.

Convection Cooking

Your microwave oven can be used in convection mode which incorporates a heating element with a fan. For best results always place food in a preheated oven. The enamel tray must be on the Glass Tray when preheating.



Convection



Start



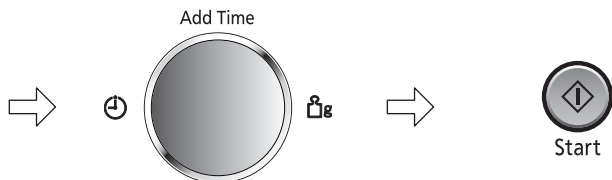
Press to select oven temperature. There is a choice of convection temperatures from 30 °C - 220 °C.

For quick selection of the most commonly used cooking temperatures, the oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 220 °C, then to, 30 °C, 40 °C etc. The convection symbol  will also appear.

Press Start 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)



Set time

Select cooking time by turning dial.
30 °C - 220 °C: Maximum cooking time is 9 hours.

Press Start

Note: Check that only the convection symbol  is still in the display. If the microwave symbol  is displayed this is incorrect and the program should be cancelled. Reselect the convection setting.



Note

- * Open the door using the door release; if the Stop/Cancel button is pressed the program may be cancelled.
- The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven, then it will automatically cancel the cooking program and "OPEN DOOR" will appear in the display window. If no cooking time is set, the oven will revert to time of day after 6 minutes.
- You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.



Caution!

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

Convection Cooking



Note

4. After pressing Start, the selected temperature can be recalled and changed (30 °C - 60 °C: temperature can be recalled but not changed). Press the Convection button once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by pressing the Convection button.
5. The oven cannot preheat to 30 °C - 60 °C.
6. When using Convection, the Glass Tray should be in position and must have the enamel tray placed on top.
7. When the selected cooking time is less than one hour, the time counts down second by second.
8. 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.



Caution!

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

Oven Accessories to Use

When using the Convection oven the Glass Tray should be in position and must have the enamel tray placed on top.

The food is then placed onto the enamel tray. Follow your individual recipe guidelines.



Roasting meat: Glass Tray, enamel tray.



Baking: Glass Tray, enamel tray.



Baking: Glass Tray, enamel tray, wire rack.

When using the oven as a **convection** oven, there is **no microwave power**, i.e. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

It is not recommended to cook on more than one level when using the **convection** oven. When cooking 2 trays of buns etc, cook in two batches.

Air Fry Cooking

The Air Fry function combines intense heat and maximised airflow to cook food crispy and brown. There is no need to preheat, simply turn the Dial to set the cooking time (up to 9 hours) after selecting the Air Fry function.

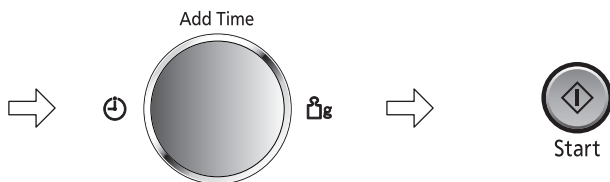


Air Fry



Press	Air Fry Level	Air Fry Type	Uses
Once	Air fry 1	180 °C	Prawns, Cauliflower, Asparagus, Mushrooms
Twice	Air fry 2	200 °C	Whole fish, Spring rolls, Sausages
3 times	Air fry 3	220 °C	Chicken kiev, Scampi, Chicken breast
4 times	Air fry 4	180 °C + MW 300 W	Part-baked rolls, Shortcrust flan case, French bread
5 times	Air fry 5	200 °C + MW 300 W	Jacket potatoes, Fish and chips, Frozen chicken nuggets, Frozen potato fries

MW indicates « Microwave »



Set Time

Select cooking time by turning dial.
Time can be set up to 9 hours.

Press Start



Note

1. Ensure you use the proper accessories. Put small foods in the Air Fry Basket on the Wire Rack on the Enamel Tray to help catch any dripping oil. DO NOT remove any of the spacers on the Wire Rack. Big pieces or foods with a lot of juice or grease can be placed directly on the Enamel Tray.
2. Arrange food evenly in the Air Fry Basket. For best results, place food in a single layer and leave space between pieces. For large amounts of food, stir or re-arrange the food several times during cooking.
3. When the selected cooking time is less than one hour, the time counts down second by second.
4. 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.
5. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Air Fry Cooking



Caution!

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

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Oven Accessories to Use

When using the **Air Fry** function, place the accessories in the oven with the enamel tray on top of the Glass Tray, then the wire rack with the Air Fry Basket on top containing the food. For big pieces or food with a lot of juice or grease, such as meat pies, place on the Enamel Tray on the Glass Tray.



Note

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
3. Foods should always be cooked until browned and piping hot.

Air Fry Cooking Chart

Food	Weight range	Air Fry Setting	Recommended time (minutes)	Tips
Fresh				
Breaded prawns	250-350 g	Air Fry 1	8-10 mins	Coat the shrimp with egg, then cover with a mixture of breadcrumbs and oil. Turn over at $\frac{2}{3}$ of total time.
Prawns	300-500 g	Air Fry 1	8-12 mins	Season with oil, salt & black pepper. Turn over at $\frac{1}{2}$ of total time.
Cauliflower	310-500 g	Air Fry 1	14-18 mins	Season with oil, salt black pepper & chili powder. Turn over/stir at $\frac{2}{3}$ of total time.
Brussel sprouts	310-500 g	Air Fry 1	14-18 mins	Season with oil, salt & black pepper. Turn over/stir at $\frac{2}{3}$ of total time.
Asparagus	200-310 g	Air Fry 1	10-14 mins	Season with oil, salt & black pepper.
Mushrooms	340-500 g	Air Fry 1	10-14 mins	Season with oil, salt & black pepper.
Whole fish	310-450 g	Air Fry 2	18-22 mins	Season with oil, salt & black pepper, cut the fish in half and put on aluminum foil or baking sheet. Turn over at $\frac{1}{2}$ of total time.
Carrots	500-800 g	Air Fry 2	20-25 mins	Season with oil, salt & black pepper. Turn over/stir at $\frac{1}{2}$ of total time.

Air Fry Cooking Chart

Food	Weight range	Air Fry Setting	Recommended time (minutes)	Tips
Roast potatoes	500-900 g	Air Fry 3	24-28 mins	Season with oil, salt & black pepper. Turn over/stir at $\frac{1}{2}$ of total time.
Steak ($\frac{1}{2}$ inch of thickness)	2 - 4 pcs (340 - 670 g)	Air Fry 3	12-15 mins	Season, turn over at $\frac{2}{3}$ of total time
Pork chops	2 - 4 pcs (225 - 450 g)	Air Fry 3	16-22 mins	Season, turn over at $\frac{2}{3}$ of total time
Burger patties	2 - 4 pcs (280 - 560 g)	Air Fry 3	14-18 mins	Season, turn over at $\frac{2}{3}$ of total time
Chicken wings	450 - 1000 g	Air Fry 3	20-26 mins	Season, turn over at $\frac{2}{3}$ of total time
Drumsticks	4 - 8 pcs (450 - 1000 g)	Air Fry 3	30-35 mins	Cut open the surface of drumsticks with a knife; Season, turn over at $\frac{2}{3}$ of total time
Chicken breast	2 - 4 pcs (340 - 670 g)	Air Fry 3	24-28 mins	Season, turn over at $\frac{2}{3}$ of total time
Fish fillets	2 - 4 pcs (225 - 450 g)	Air Fry 3	12-16 mins	Season, less than 1 $\frac{1}{2}$ inch of thickness
Jacket potato	4 pcs (800 - 1000 g)	Air Fry 3	40-50 mins	Choose medium sized potatoes 200 g - 250 g, wash and dry potatoes and prick with a fork several times. Turn over at $\frac{1}{2}$ of total time.
Homemade fries	450 - 900 g	Air Fry 4	20-30 mins	Soak in cold water for 1 hour in the refrigerator, dry and mix with oil, stir at $\frac{2}{3}$ of total time for over 450 g.
Jacket potato	4 pcs (800 - 1000 g)	Air Fry 5	25-30 mins	Choose medium sized potatoes 200 g - 250 g, wash and dry potatoes and prick with a fork several times.

Air Fry Cooking Chart

Food	Weight range	Air Fry Setting	Recommended time (minutes)	Tips
Frozen				
Thin frozen fries	225 - 450 g	Air Fry 3	14-18 mins	Stir at $\frac{2}{3}$ of total time for over 450 g.
	450 - 800 g		18-28 mins	
Frozen cheese sticks	450 - 1000 g	Air Fry 4	12-16 mins	-
Frozen fish sticks	450 - 1000 g	Air Fry 4	16-25 mins	Stir at $\frac{2}{3}$ of total time for over 450 g.
Breaded chicken fillets	3-5 pcs (300 - 500 g)	Air Fry 4	14-18 mins	Turn over at $\frac{2}{3}$ of total time.
Thick frozen fries	450 - 800 g	Air Fry 5	18-26 mins	Stir at $\frac{2}{3}$ of total time for over 450 g.
Frozen potato steak fries/wedges	450 - 800 g	Air Fry 5	18-28 mins	Stir at $\frac{2}{3}$ of total time for over 450 g.
Frozen chicken nuggets	450 - 1000 g	Air Fry 5	16-26 mins	Stir at $\frac{2}{3}$ of total time for over 450 g.
Chilled				
Spring rolls	300-450 g	Air Fry 2	10-15 mins	Brush oil. Turn over at $\frac{2}{3}$ of total time.

Combination Cooking

Your oven has two methods of cooking by Combination.

1. Convection and Microwave (with and without preheat)
2. Grill and Microwave (preheat is not possible)

Combination cooking is ideal for many foods. The microwave power cooks them quickly, whilst the convection or grill gives the traditional browning and crispness.

All this happens simultaneously resulting in most foods being cooked in $\frac{1}{2}$ - $\frac{2}{3}$ of the conventional cooking time.

There is no need to preheat on **Combination** programs, **except when cooking pastry**.

It is possible to use smooth seamed metal tins and foil containers on **Combination** but they must be placed directly onto the enamel tray on the Glass Tray. They must not be placed directly onto the wire rack, or arcing will occur.

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or re-program to **Convection** only.

To cook successfully by **Combination** you should always use a minimum of 200 g (7 oz) food. Small quantities should be cooked by Convection or Grill.

Preheat if necessary (Combination 1-4 only)



Combination

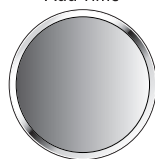


Press	Combination Level	Combination Setting	Uses
Once	Combination 1	Convection 160 °C + MW 100 W	Casseroles, Stewing
Twice	Combination 2	Convection 190 °C + MW 300 W	Fish pie, Shepherd's pie, Sirloin
3 times	Combination 3	Convection 200 °C + MW 300 W	Meat pie, Quiche, Cottage pie, Lasagne, Vegetable bake
4 times	Combination 4	Convection 220 °C + MW 100 W	Apple pie, Bread and butter pudding, Fruit crumble, Chilled pizza
5 times	Combination 5	Grill 2 (Medium) + MW 440 W	Chicken legs, Breasts, Breaded fish fillets, Fish cake
6 times	Combination 6	Grill 3 (High) + MW 440 W	Whole chicken, Frozen potato products

Add Time



Start



Start

Press if preheating *.
Combination 1-4
only.

Set Time
Select cooking time by turning dial.
Time can be set up to 9 hours.

Press Start

Combination Cooking



Caution!

Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot.



Note

1. * When placing food in the oven after preheating, just open the door using the door release button; if the **Stop/Cancel** button is pressed the program may be cancelled.
2. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
3. The wire rack is designed to be used for combination and grilling. Never attempt to use any other metal accessory except the one provided with the oven. Place the enamel tray underneath to catch any fat or drips.

Containers to Use

Do not use plastic **microwave** containers on Combination programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill. Do not put dishes on the wire rack directly under the grill, place them on the enamel tray on the Glass Tray.

Oven Accessories

When using any Combination cooking program the Glass Tray should be in position and must have the enamel tray placed on top, unless otherwise stated.

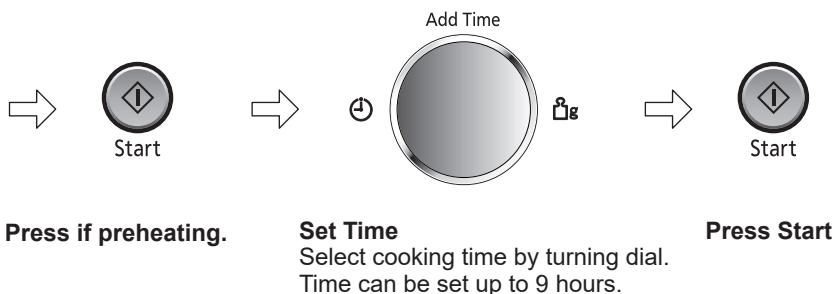
Combination (Convection and Microwave)

This is the most popular combination mode combining Convection heat with Microwave. Casseroles, meat joints, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, rich fruit cakes, biscuits and Yorkshire puddings.

It is not necessary to preheat on combination except when cooking pastry dishes. For pastry dishes preheat oven to 210 °C on Convection so that the oven is hot, and then select the desired combination program or follow recipe guidelines.



Press	Combination Setting	Combination Type
Once	Combination 1	Convection 160 °C + MW 100 W
Twice	Combination 2	Convection 190 °C + MW 300 W
3 times	Combination 3	Convection 200 °C + MW 300 W
4 times	Combination 4	Convection 220 °C + MW 100 W



Combination (Convection and Microwave)

Oven Accessories to Use

When using Combination cooking the Glass Tray should be in position and must have the enamel tray on top, unless otherwise stated.



Items of food can be placed onto the wire rack on the enamel tray on the Glass Tray. Heatproof dishes of food should be placed directly onto the enamel tray on the Glass Tray.



Joints and portions of meat should be placed on an upturned saucer on the enamel tray on the Glass Tray. Alternatively they can be placed in a heatproof dish on the enamel tray on the Glass Tray.



Recipes using foil or metal containers e.g. cakes and pastries should be placed directly onto the enamel tray on the Glass Tray.



Note

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
3. Foods should always be cooked until browned and piping hot.



Caution!

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Combination (Grill and Microwave)

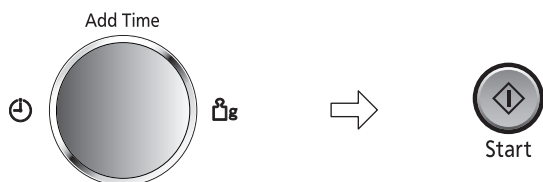
This combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

Do not use this program with less than 200 g (7 oz) of food.

It is not necessary to preheat when using this Combination mode and food should always be cooked uncovered.

The grill will glow on and off during cooking - this is normal.

 Combination	Press	Combination Setting	Combination Type	
	5 times	Combination 5	Grill 2 (Medium) + MW 440 W	
	6 times	Combination 6	Grill 3 (High) + MW 440 W	



Set Time

Select cooking time by turning dial.
Time can be set up to 9 hours.

Press Start

Combination (Grill and Microwave)

Oven Accessories to Use

When using Combination cooking the Glass Tray should be in position and must have the enamel tray on top, unless otherwise stated.



Food should be placed directly onto the wire rack on the enamel tray. This is then placed on the Glass Tray.



When cooking fish or small items, food can be placed directly on the enamel tray on top of the wire rack.

Guidelines

1. Food is usually cooked **uncovered**.
2. To turn food just press the door release, remove the enamel tray and wire rack, turn the food, return to the oven, close the door and press **Start** button. The oven will continue to countdown the remaining cooking time.
3. After Grilling it is important that the Grill accessories are 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.

For advice on cooking times refer to cooking charts in this book and recipes in cookbook. Foods should always be cooked until browned and piping hot.



Caution!

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Containers to Use

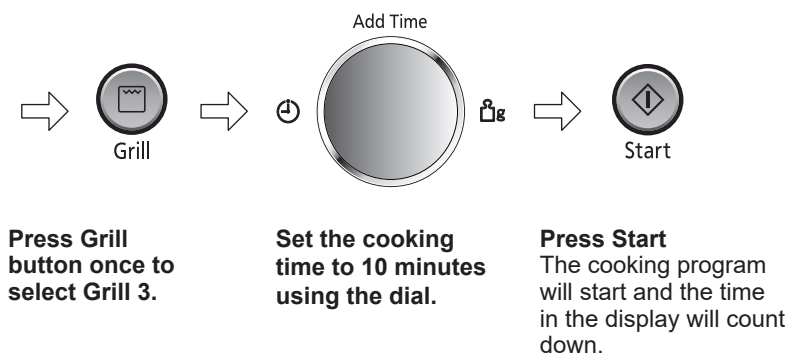
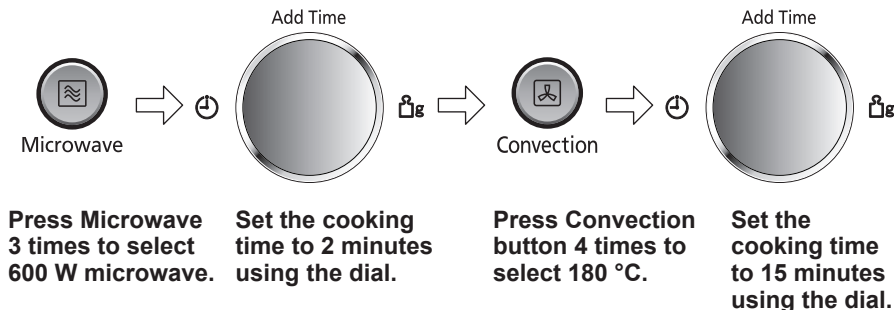
Do not use plastic **microwave** containers on Combination programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill. Do not put dishes on the wire rack directly under the grill, use the enamel tray.

Multi-stage Cooking

2 or 3 Stage Cooking

Example:

To cook on **600 W microwave** for 2 minutes, cook using **Convection** at **180 °C** for 15 minutes and cook on **Grill 3** for 10 minutes.



Note

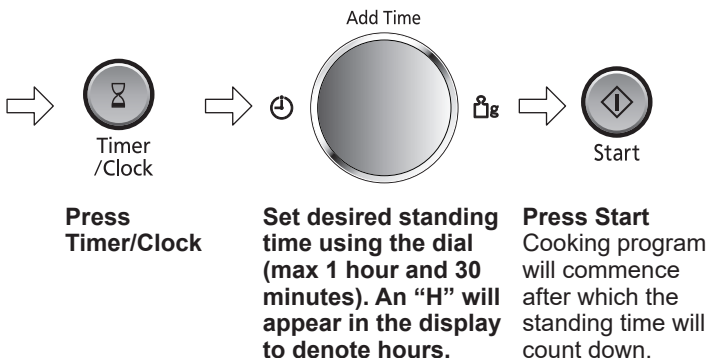
1. For 3 stage cooking, enter another cooking program before pressing Start.
2. During cooking, one press of Stop/Cancel stops the operation. You can re-start it by pressing Start. A second press of Stop/Cancel will cancel the selected program.
3. Whilst not operating, one press of Stop/Cancel cancels the selected program.
4. Auto programs and preheating cannot be used with multi-stage cooking.
5. Delay/stand feature can be used with multi-stage cooking.

Using the Timer

The timer can be used either before or after a cooking program. This feature can be used to set a standing time after cooking or to delay the start of your cooking.

1. To Set a Standing Time:

Set the desired cooking program, by selecting power level and time required (up to 2 stages).

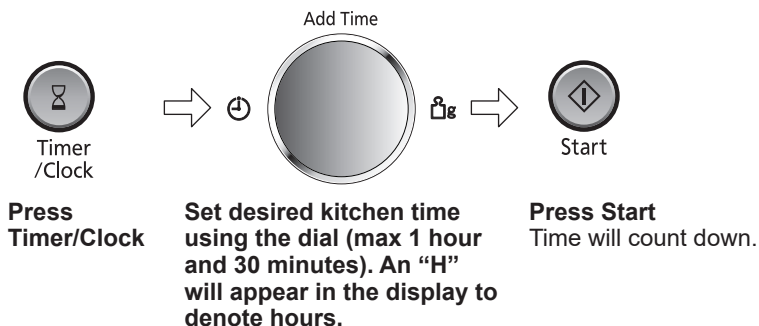


Note



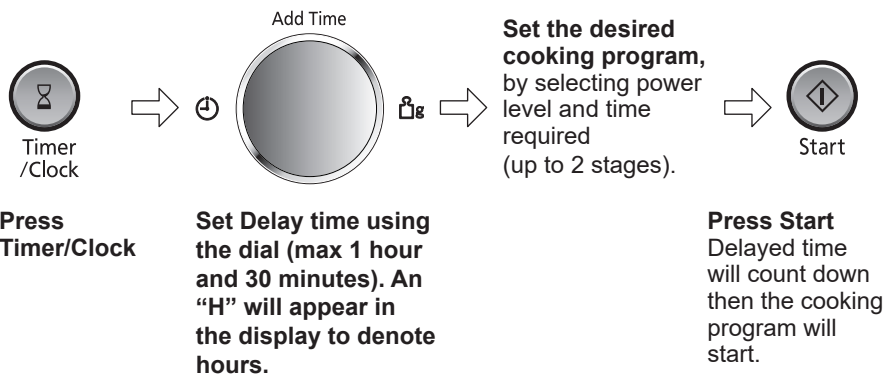
1. Three stage cooking can be programmed including standing time.
2. If the oven door is opened during the standing time or minute timer, the time in the display window will continue to count down.
3. This feature may also be used as a minute timer. In this case press Timer/Clock, set time and press Start.
4. Standing time cannot be programmed after an auto program and preheating.

2. To Set a Kitchen Timer



Using the Timer

3. To Set a Delay Start:



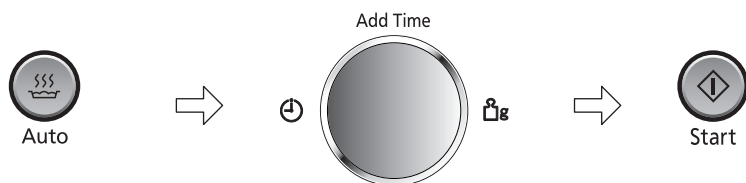
Note

1. Three stage cooking can be programmed including delay start cooking.
2. Delay start cannot be programmed before an auto program and preheating.
3. If the oven door is opened during the delay time, the time in the display window will continue to count down.

Auto Programs

It is not necessary to preheat the oven for the remaining auto programs.
Operate as below:

Auto Programs Without Preheating



To allow auto program operation, ensure the oven is in Clock mode. Select the desired program by pressing the **Auto** button. Refer to pages 54-59.

Place the food in the oven and set weight using dial.

Press Start

When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed, in addition to the Glass Tray. These are what they mean:



Microwave



Convection



Enamel tray



Grill



Frozen food



Wire rack



Auto menu



Air fry



Air Fry Basket



Note

The auto weight programs are designed to take the guesswork out of cooking or reheating your food. They must **only** be used for the foods described.

1. Only cook the specified food weight in the program (see page 55).
2. Only use the accessories as indicated on page 55.
3. **Do not** cover food unless stated, when using a Combination or Convection program, it will prevent the food browning. The heat will also melt any plastic covering.
4. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
6. Always weigh the food rather than relying on the package weight information.

Auto Programs

No.	Menu/Function	Serving/Weight				Recommended Container	Accessory and Placement
4	Fresh Vegetables	100 g	200 g	300 g	400 g	microwave safe casserole with a lid or plastic wrap	Directly on the glass tray.
5	Steam Fish	100 g	200 g	300 g	400 g	microwave safe dish with a lid or plastic wrap	Directly on the glass tray.
6	Stew	4-6 Serv.	1-3 Serv.	-	-	microwave safe casserole with a lid	Directly on the glass tray.
7	Congee/Porridge	50 g	100 g	150 g	200 g	microwave safe casserole with a lid	Directly on the glass tray.
8	Instant Noodles	1 Serv.	2 Serv.	-	-	microwave safe casserole with a lid	Directly on the glass tray.
9	Grill Chicken Pieces	200 g	400 g	600 g	800 g	-	Wire rack with a microwave safe dish underneath
10	Meat Skewers	200 g	400 g	600 g	800 g	-	Wire rack with a microwave safe dish underneath
11	Reheat Fried Foods	200 g	400 g	600 g	800 g	-	Air fry basket on wire rack on enamel tray on the glass tray.
12	Frozen Pizza	200 g	400 g	600 g	-	-	Air fry basket on wire rack on the glass tray
13	Roast Chicken	900 g	1200 g	1500 g	2000 g	-	Enamel tray on the glass tray.
14	Beef Rare	500 g	1000 g	1500 g	2000 g	-	Enamel tray on the glass tray.
15	Beef Medium	500 g	1000 g	1500 g	2000 g	-	Enamel tray on the glass tray.
16	Beef Well Done	500 g	1000 g	1500 g	2000 g	-	Enamel tray on the glass tray.
17	Lamb Medium	1000 g	2000 g	-	-	-	Enamel tray on the glass tray.
18	Lamb Well Done	1000 g	2000 g	-	-	-	Enamel tray on the glass tray.
F1	DEODORIZATION	Cleaning function, see page 60.					

Notes:

- When you select an automatic program, symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.
- Cook according to the following cooking method.

4. Fresh Vegetables

It is suitable for cooking different kinds of leafy vegetables. Clean the vegetables and place them in a microwave safe container, add 15 ml (1 tbsp) of water per 100 g vegetables, some oil and stir. Cover with a lid or plastic wrap and place container at the center of the glass tray. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** button to continue. Add salt and other seasonings after cooking, then stir.

5. Steam Fish

It is suitable for cooking whole fish (thickness of fish should not be more than 3 cm). Select fish suitable for microwave cooking and place in a single layer in a microwave safe dish. Add butter, spices, herbs, or lemon juice to flavour. Overlap thin edges of fillets to prevent overcooking. If stuffing whole fish with seasoning, cooking time may need to be extended. Cover dish securely with plastic wrap or fitted lid and place container at the center of the glass tray. Select the program and weight then press **Start**. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

6. Stew

It is suitable for cooking meat/poultry stews. Cut meat and vegetable into even size. Place all ingredients and liquid in a high microwave safe and heat proof casserole. Allow at most $\frac{1}{2}$ depth of volume for evaporation to prevent boiling over. Cook covered with a lid and place container at the center of the glass tray. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** button to continue. Measure tap water and ingredients as the below chart for reference.

Serving	Meat	Vegetable	Liquid
4-6 servs	1200 g	400 g	2000 ml
1-3 servs	600 g	200 g	1000 ml

Auto Programs

7. Congee/Porridge

It is suitable for cooking Congee/Porridge. Place the rice into a suitable sized microwave safe dish with water. See chart below.

Rice	Water
50 g	350 ml - 400 ml
100 g	600 ml - 700 ml
150 g	900 ml - 950 ml
200 g	1250 ml - 1300 ml

Soak the rice for about 10 minutes. The total volume should not be over half of the total container. Keep the vent of the container opening. If no vent or the vent is not large enough, do not close the container securely to prevent boiling. Place container at the center of the glass tray. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** button to continue. Wait 5-10 minutes after cooking then taste your porridge. Note: Open the cover carefully after cooking to prevent scalding due to the high temperature.

8. Instant Noodles

It is suitable for cooking instant noodles. Place the instant noodle and seasoning in a suitable size microwave safe casserole with water. See chart below.

Instant Noodle	Water
1 Serv. (80 g)	450 ml
2 Serv. (160 g)	800 ml

Allow at least $\frac{1}{2}$ depth of volume for evaporation to prevent boiling over. Cover with a lid and place container at the center of the glass tray. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** button to continue.

9. Grill Chicken Pieces

It is suitable for grilling chicken pieces. Clean the chicken pieces and marinate them with seasoning for 1 hour. Place the food on the wire rack, with a shallow dish underneath to collect drips and place them at the center of the glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, press **Start** button to continue. **DO NOT USE PLASTIC WRAPS OR LIDS.**

10. Meat Skewers

It is suitable for grilling meat skewers. Marinate the food with seasoning for 1 hour. Place the food on the wire rack, with a shallow dish underneath to collect drips and place them at the center of the glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. **DO NOT USE PLASTIC WRAPS OR LIDS.**

11. Reheat Fried Foods

It is suitable for reheating most kinds of fried foods, like fried chicken, curry puffs, fried spring rolls and etc. Place the foods on the air fry basket on wire rack on enamel tray on the glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. **DO NOT USE PLASTIC WRAPS OR LIDS.**

12. Frozen Pizza

It is suitable for browning frozen, purchased pizza. Remove all packaging and place pizza on air fry basket on wire rack on the glass tray.

Select the program and weight then press **Start**. **DO NOT USE PLASTIC WRAPS OR LIDS.**

Notes:

1. Set the cooking time manually according to the actual size when it does not conform to the size specified in the operation instruction.
2. There is no need to use aluminum foil or grease.

13. Roast Chicken

It is suitable for roasting whole chicken. Clean the chicken and marinate it for about 1 hour with seasonings. Place the prepared chicken on enamel tray and put them on the center of glass tray. Start cooking breast side up. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. **DO NOT USE PLASTIC WRAPS OR LIDS.**

14. Beef Rare

It is suitable for roasting joints of beef to a rare result. Clean the beef, brush with oil and seasoning. Place the beef on enamel tray and put on the center of glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. After cooking stand for 10 to 20 minutes. **DO NOT USE PLASTIC WRAPS OR LIDS.**

15. Beef Medium

It is suitable for roasting joints of beef to a medium result. Clean the beef, brush with oil and seasoning. Place the beef on enamel tray and put on the center of glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. After cooking stand for 10 to 20 minutes. **DO NOT USE PLASTIC WRAPS OR LIDS.**

16. Beef Well Done

It is suitable for roasting joints of beef to a well done result. Clean the beef, brush with oil and seasoning. Place the beef on enamel tray and put on the center of glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. After cooking stand for 10 to 20 minutes. **DO NOT USE PLASTIC WRAPS OR LIDS.**

17. Lamb Medium

It is suitable for roasting joints of lamb to a medium result. Clean the lamb, brush with oil and seasoning. Place the lamb on enamel tray and put on the center of glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. After cooking stand for 10 to 20 minutes. **DO NOT USE PLASTIC WRAPS OR LIDS.**

18. Lamb Well Done

It is suitable for roasting joints of lamb to a well done result. Clean the lamb, brush with oil and seasoning. Place the lamb on enamel tray and put on the center of glass tray. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD during cooking**, press **Start** button to continue. After cooking stand for 10 to 20 minutes. **DO NOT USE PLASTIC WRAPS OR LIDS.**

Cleaning Setting

F1. Deodorization

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



Auto



Start

To allow auto program operation, ensure the oven is in Clock mode. Select “F1 DEODORIZATION” by pressing the Auto button 16 times.

Press Start

Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by **1000 W** microwave. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked. Always check food is piping hot and return to the oven if necessary.

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

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 63-79 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

Remember to stir or turn food wherever possible during cooking or reheating. This ensures even cooking or reheating on the outside and in the centre.

When is Food Reheated?

Food that has been reheated or cooked should be served piping hot i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating. If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

Plated Meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. An average plated meal will take 4-5 minutes on **1000 W** microwave to reheat. Do not stack meals.

Canned Foods

Remove foods from can and place in a suitable dish before heating.

Soups

Place soup in a bowl. Stir before heating and at least once during reheat time and again at the end.

Casseroles

Stir halfway through and again at the end of heating.

Cooking and Reheating Guidelines



Caution!

Mince Pies

Remember even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

Christmas Puddings and Liquids

Take great care when reheating these items.

Do not leave unattended.

Do not add extra alcohol.

Babies Bottles

Milk or formula **must** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby. For about 200 ml of milk from fridge temperature, remove lid and teat. Heat on 1000 W microwave for 20-30 seconds.

Check carefully.

For 88 ml of milk at fridge temperature, remove lid and teat. Heat on 1000 W microwave for 10 seconds. **Check carefully.**

Liquid at the top of bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use.

We do not recommend that you use your microwave to sterilise babies' bottles. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating Charts

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Bread – Precooked – Fresh – N.B. Breads reheated by microwave will have a soft base.				
Croissants	1	1000 W	10-20 secs	Place on microwave-safe plate on glass tray. Do not cover.
		or Grill 3	2-3 mins	
	4	1000 W	30-40 secs	
		or Grill 3	3-5 mins	
Rolls	1	1000 W	10-20 secs	
		or Grill 3	3-4 mins	
	4	1000 W	30-40 secs	
		or Grill 3	3-4 mins	
Canned beans, pasta				
Baked beans	220 g	1000 W	2 mins	Place in a microwave-safe bowl on glass tray. Cover.
	415 g	1000 W	3 mins	
Baked beans & sausages/ burgers	415 g	1000 W	3-4 mins	



Note

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Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Canned beans, pasta				
Ravioli in sauce	200 g	1000 W	2 mins 30 secs	Place in a microwave-safe bowl on glass tray. Cover.
	400 g	1000 W	3-4 mins	
Spaghetti in tomato sauce	200 g	1000 W	1 min 30 secs - 2 mins	
Canned meat				
Hot dogs (drained)	400 g	1000 W	2-3 mins	Place in a microwave-safe bowl on glass tray. Cover.
Stewed steak	400 g	1000 W	3-4 mins	
Canned soups				
Cream of mushroom	400 g	1000 W	3-4 mins	Place in a microwave-safe bowl on glass tray. Cover. Stir halfway.
Minestrone	400 g	1000 W	2 mins 30 secs	
Canned puddings				
Custard	400 g	1000 W	2 mins	Place in a microwave-safe bowl on glass tray. Cover. Stir halfway.
Sponge pudding	400 g	1000 W	2 mins 30 secs	Place in a microwave-safe bowl on glass tray. Cover.
Canned vegetables - Drain where appropriate				
Carrots, whole	300 g	1000 W	2 mins	Place in a microwave-safe bowl on glass tray. Cover. Stir halfway.
Peas, mushy	300 g	1000 W	2 mins	
Peas, garden	290 g	1000 W	2 mins - 2 mins 30 secs	Place in a microwave-safe bowl on glass tray. Cover.
Potatoes new	567 g	1000 W	4 mins	
Sweetcorn	198 g	1000 W	1 min 30 secs	Place in a microwave-safe bowl on glass tray. Cover. Stir halfway.
	325 g	1000 W	2-3 mins	
Tomatoes, whole	400 g	1000 W	3 mins 30 secs	Place in a microwave-safe bowl on glass tray. Cover.



Note

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Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Christmas puddings – do not leave unattended as overheating can cause the food to ignite				
Mini	100 g	1000 W	30 secs	Place in a microwave-safe dish on glass tray. Cover.
Small	454 g	1000 W	2 mins	
Medium	907 g	1000 W	3 mins	
Large	1.1 kg	1000 W	3 mins 30 secs	
Drinks — Coffee - at room temperature				
1 mug	235 ml	1000 W	1 min 30 secs-2 mins	Place in a microwave-safe mug on glass tray.
2 mugs	470 ml	1000 W	2 mins 30 secs	
Drinks — Milk - from the fridge				
1 mug	235 ml	600 W	2 mins- 2 mins 30 secs	Place in a microwave-safe mug or jug on glass tray.
1 jug	600 ml	600 W	4-5 mins	
Homemade meat dishes				
Casserole for 2	700 g	1000 W	6-8 mins	Place in a microwave-safe dish on glass tray. Cover. Stir halfway.
Casserole for 4	1 kg	1000 W	10-12 mins	
Bolognese sauce	250 g	1000 W	2-3 mins	
	1 kg	1000 W	7-8 mins	
Pastry products – precooked – N.B. Pastries reheated by microwave will have a soft base. For combination cooking, if pie comes in foil container place directly onto enamel tray.				
Cornish pastie	140 g (1)	1000 W	1-2 mins	Place in microwave-safe dish on glass tray. Do not cover.
		or Combi 4	7-9 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
	300 g (2)	1000 W	2-3 mins	Place in microwave-safe dish on glass tray. Do not cover.
		or Combi 4	8-10 mins	Place on wire rack on enamel tray on glass tray. Do not cover.

Combi indicates « Combination »



Note

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

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Pastry products – precooked – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto enamel tray.				
Meat pies	300 g (2)	Combi 3	6-7 mins	Place on enamel tray on glass tray
Steak and kidney Shortcrust pie	210 g (1)	Combi 4	10-12 mins	
Quiche	400 g (1)	1000 W	3-4 mins	Place in microwave-safe dish on glass tray. Do not cover.
		or Combi 3	7-8 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
Sausage roll	330 g (2)	Combi 4	9-10 mins	
Xmas mince pies	110 g (2)	1000 W	20-30 secs	Place in microwave-safe dish on glass tray. Do not cover.
Plated meals – homemade – chilled				
Child size	1	1000 W	2-3 mins	Place on a microwave-safe plate on glass tray. Cover.
Adult size	1	1000 W	4-5 mins	
Puddings and desserts- Transfer puddings to a microwave-safe/heatproof dish				
Apple pie (chilled)	700 g	1000 W	3-4 mins	Place in microwave-safe dish on glass tray. Do not cover.
		or Combi 4	13-14 mins	Place on enamel tray on glass tray. Do not cover.
Apple and blackcurrant pies (room temperature)	x 6	Convection 220°C	6-7 mins	Place in foil cases on wire rack on enamel tray on glass tray. Do not cover.
Bread and butter pudding (chilled)	500 g	1000 W	3-4 mins	Place on glass tray. Do not cover.
		or Combi 4	15-17 mins	Place on enamel tray on glass tray. Do not cover.
Custard (chilled)	300 ml	1000 W	2 mins-2 mins 30 secs	Place in large jug. Stir during reheating.



Note

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Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Puddings and desserts – Transfer puddings to a microwave-safe/heatproof dish				
Fruit crumble (chilled)	500 g	1000 W	2 mins- 2 mins 30 secs	Place on glass tray. Do not cover.
		or Combi 4	10-15 mins	Place on enamel tray on glass tray. Do not cover.
Jam roly poly (chilled)	480 g	1000 W	2-4 mins	Place on glass tray. Do not cover.
Purchased convenience foods – chilled N.B. Transfer food from foil container to a similar sized microwave-safe/heatproof dish.				
Breaded mushrooms	300 g	Convection: 220 °C	13-15 mins	Place on enamel tray on wire rack on glass tray.
Cottage pie	400 g	1000 W	4-5 mins	Place on glass tray. Uncovered.
		or Combi 3	13-15 mins	Place on enamel tray on glass tray. Do not cover.
Lasagne	400 g	600 W	5-7 mins	Place on glass tray. Uncovered.
		or Combi 3	11-13 mins	Place on enamel tray on glass tray. Do not cover.
Onion bhajis, pakora & felaful	360 g (12)	Convection: 220 °C	10-12 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Spring rolls or samosas	240 g	Convection: 220 °C	10-15 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Potato wedges	385 g	Convection: 220 °C	10-15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Vegetable bake	450 g	1000 W	6-8 mins	Place on glass tray.
		or Combi 2	15-18 mins	Place on enamel tray on glass tray. Do not cover.



Note

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Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Purchased convenience foods – frozen – N.B. Transfer food from foil container to a similar sized microwave-safe/heatproof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Golden drummers	340 g (6)	Grill 3	16-18 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Lasagne	400 g	270 W then 1000 W	4 mins 8-9 mins	Place on glass tray.
		or Combi 2	20-22 mins	Place on enamel tray on glass tray.
Breaded onion rings	250 g	Grill 3	10-12 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fish pie	340 g	1000 W	7-8 mins	Place on glass tray.
		or Combi 3	15-17 mins	Place on enamel tray on glass tray.
Shepherd's pie	400 g	270 W then 1000 W	5 mins 6-8 mins	Place on glass tray.
		or Combi 3	20-22 mins	Place on enamel tray on glass tray.



Note

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Bread – Frozen				
Part-baked rolls	200 g (4)	Combi 3	8-12 mins	Place on enamel tray on glass tray.
Part-baked garlic baguette	170 g (1)	Combi 3	8-10 mins	
Bacon – from raw				
Rashers	300 g (8)	1000 W	4-6 mins or 1 min per rasher	Place on microwave-safe rack or plate on glass tray and cover with kitchen towel to minimise splatter.
		or Grill 3	11-13 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Steaks	250 g (2)	1000 W	4-5 mins	Place on microwave-safe rack or plate on glass tray. Cover.
		or Grill 3	28-30 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Beans & pulses – should be pre-soaked (except lentils)				
Black eyed beans	225 g	1000 W then 300 W	10 mins 25-30 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover.
Chick peas	225 g	1000 W then 300 W	10 mins 40-45 mins	
Lentils	225 g	600 W	10-15 mins	
Red kidney beans	225 g	1000 W then 300 W	15 mins 40-45 mins	
Beef - Joints from raw – Caution: Hot fat! Remove dish with care.				
Topside, Forerib, Sirloin	-	Combi 2	14-16 mins per 450 g	Place on an upturned saucer on enamel tray on glass tray. Turn half-way.
Mince	450 g	1000 W then 600 W	10 mins 15 mins	Place in microwave-safe dish with stock and seasonings on glass tray. Stir halfway. Cover.



Note

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

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Beef - Joints from raw – Caution: Hot fat! Remove dish with care.				
Rump/ sirloin	380 g (2)	600 W	4-6 mins	Place on microwave-safe rack or plate on glass tray. Cover.
		or Grill 3	12-14 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Stewing steak	450 g - 675 g	1000 W then 300 W	10 mins 60 mins	Place in microwave-safe dish with stock and vegetables on glass tray. Stir halfway. Cover.
		or Combi 1	1 hr-1 hr 40 mins	Place in casserole dish with stock and vegetables with lid on enamel tray on glass tray. Stir halfway.
Beef burgers – Fresh from raw – Caution: Hot fat! Remove oven accessories with care.				
-	226 g (2)	1000 W	4-5 mins	Place on microwave-safe rack or plate on glass tray. Cover.
		or Grill 3	18-20 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Beef burgers – Frozen from raw – Caution: Hot fat! Remove oven accessories with care.				
-	227 g (4)	1000 W	5-7 mins	Place on microwave-safe rack or plate on glass tray. Cover.
		or Grill 3	12-16 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Chicken from raw – Caution: Hot Fat! Remove oven accessories with care.				
Breasts, boneless	600 g (4)	600 W	12-14 mins	Place on microwave-safe rack or plate on glass tray. Cover.
		or Combi 5	16-18 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Drumsticks	800 g (8)	600 W	12-14 mins	Place on microwave-safe rack or plate on glass tray. Cover.
		or Convection 220 °C	25-30 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.



Note

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Chicken from raw – Caution: Hot Fat! Remove oven accessories with care.				
Kiev (fresh)	300 g (2)	Combi 4	14-16 mins	Place on wire rack on enamel tray on glass tray.
	600 g (4)		16-18 mins	
Nuggets (frozen)	500 g	Combi 4	15-20 mins	Place on enamel tray on wire rack on glass tray.
		or Grill 3	15-20 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Nuggets (fresh)	360 g	Combi 4	12-14 mins	Place on enamel tray on wire rack on glass tray.
Chicken legs	1 kg (4)	600 W	15-18 mins	Place on microwave-safe rack or plate on glass tray. Cover.
		or Combi 3	25-35 mins	Place on wire rack on enamel tray on glass tray.
Whole	-	600 W	9-11 mins per 450 g	Place in microwave-safe dish on glass tray. Cover.
		or Combi 2	16-18 mins per 450 g	Place on upturned saucer on enamel tray on glass tray. Start cooking breast side down. Turn halfway. Do not cover.
Eggs – Poached				
Water	45 ml	1000 W	40 secs	- Place water in a small bowl and heat for 1st cooking time. - Add medium egg (size 3). - Pierce yolk and white. - Cover. - Cook for 2nd cooking time. - Then leave to stand for 1 minute.
Egg	1	600 W	40 secs	
Water	90 ml	1000 W	1 min	
Eggs	2	600 W	1 min	
Water	135 ml	1000 W	1 min 30 secs	
Eggs	3	600 W	1 min 20 secs	
Water	180 ml	1000 W	2 mins	
Eggs	4	600 W	1 min 40 secs	



Note

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Eggs – Scrambled				
Egg	1	1000 W	30 secs	• Add 1 tbsp of milk for each egg used. • Beat eggs, milk and knob of butter together. • Cook for 1st cooking time then stir. • Cook for 2nd cooking time then stand for 1 minute.
		1000 W	20 secs	
Eggs	2	1000 W	50 secs	
		1000 W	30 secs	
Eggs	3	1000 W	1 min 20 secs	
		1000 W	30 secs	
Fish – Fresh from raw				
Breaded fillets	235 g (2)	Grill 3	10-15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Cakes	280 g (2)	Combi 5	12-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fillets	260 g (2)	1000 W	3-4 mins	Place in microwave-safe dish. Add 30 ml of liquid. Cover.
		or Grill 3	12-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Steaks	220 g (2)	1000 W	3-4 mins	Place in microwave-safe dish. Add 30 ml of liquid. Cover.
		or Grill 2	12-16 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Whole	260 g (1)	1000 W	3-4 mins	Place in microwave-safe dish. Add 30 ml of liquid. Cover.
		or Grill 2	16 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fish - Frozen from raw				
Breaded fillets	260 g (2)	Combi 5	13-15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
		or Combi 4	14-16 mins	
Cakes	400 g (4)	Grill 3	18-22 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fish fingers	230 g (8)	1000 W	3-4 mins	Place on microwave-safe dish. Do not cover.
		or Grill 3	12-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.



Note

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fish - Frozen from raw				
Haddock fillets	300 g (3)	1000 W	4-5 mins	Place in microwave-safe dish. Add 30 ml of liquid. Cover.
		or Grill 3	15-20 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Scampi	300 g	Grill 3	13-15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
		or Combi 3	9-10 mins	
Whole	500 g (2)	1000 W	12-15 mins	Place in microwave-safe dish. Add 30 ml of liquid. Cover.
Steaks	220 g (2)	1000 W	4-6 mins	Place in microwave-safe dish. Add 30 ml of liquid. Cover.
Boil in the bag	150 g- 170 g	270 W then stand then 600 W	2 mins 2 mins 4-5 mins	Place bag sauce side down on a plate. Slash top.
Fruit – Peel, slice, chop into even sized pieces. Place in shallow microwave-safe/heatproof dish on glass tray.				
Apples – poached	450 g	1000 W	6-7 mins	Add 300 ml (½ pt) of water. Only half fill dish. Cover.
Apples – stewed	450 g	1000 W	5-6 mins	Only half fill dish. Cover.
Peaches – poached	450 g	1000 W	5-6 mins	Add 300 ml (½ pt) of water. Only half fill dish. Cover.
Pears – poached	450 g	1000 W	6-7 mins	
Plums – poached	450 g	1000 W	4-6 mins	
Plums – stewed	450 g	1000 W	3-4 mins	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover.
Rhubarb – stewed	450 g	1000 W	4-6 mins	Only half fill dish. Cover.



Note

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Lamb – from raw – Caution: Hot Fat! Remove accessory with care.				
Chops, cutlets	300 g (4)	600 W	4-6 mins	Place in microwave-safe dish or rack on glass tray. Cover.
		or Grill 3	14-16 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Chops, loin	500 g (4)	600 W	5-7 mins	Place in microwave-safe dish or rack on glass tray. Cover.
		or Grill 3	22-24 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Joints	-	Combi 2	12-15 mins per 450 g	Place on enamel tray on glass tray. Turn halfway.
Stewing lamb	450 g	1000 W then 440 W	10 mins 50-60 mins	Place in microwave-safe dish with stock and vegetables on glass tray. Stir halfway. Cover.
		or Combi 1	1 hr	Place in casserole dish, add stock and vegetables, cover with lid on enamel tray on glass tray. Stir halfway.
Casseroling lamb i.e. diced shoulder	450 g	1000 W then 440 W	10 mins 50-60 mins	Place in microwave-safe dish on glass tray. Stir halfway. Cover.
		or Combi 1	1 hr	Place in casserole dish with lid on enamel tray on glass tray. Stir halfway.
Pasta - Place in a large 3 litre (6 pt) microwave safe bowl.				
Twists	225 g	1000 W	8-10 mins	Use 1 litre (1 ¾ pt) boiling water. Add 15 ml oil. Cover. Stir halfway.
Macaroni	225 g	1000 W	10-12 mins	
Spaghetti / tagliatelle	225 g	1000 W	8-10 mins	Use 1 ½ litres (2 ½ pts) boiling water. Add 15 ml oil. Cover. Stir halfway.
Pasta shells - i.e. conchiglie	225 g	1000 W	10-12 mins	



Note

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Pastry – uncooked				
Shortcrust flan case	23 cm (9")	1000 W	3-4 mins	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on glass tray.
		or Combi 3	8-10 mins	Prick base of pastry and chill well. Do not cover. Place on enamel tray on glass tray.
All butter croissants	350 g (6)	Convection: Preheat 200 °C then 200 °C	8-10 mins	Place on baking sheet on enamel tray on glass tray.
Pizza – fresh chilled – N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep pan, ham	410 g	1000 W	4-6 mins	Place on microwave-safe plate on glass tray. Do not cover.
		or Convection: 220 °C	8-12 mins	Place directly on wire rack on enamel tray on glass tray. Do not cover.
Thin and crispy	300 g	Combi 4	6-8 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
		or Convection: 220 °C	7-9 mins	
Pizza - frozen - N.B. remove all packaging.				
French bread	250 g (2)	Combi 3	7-8 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
Pepperoni	340 g	Combi 3	8-10 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
Pork – from raw – Caution: Hot Fat! Remove oven accessories with care.				
Chops	425 g (5)	Grill 3	20-25 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.



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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Pork – from raw – Caution: Hot Fat! Remove oven accessories with care.				
Joints	-	600 W	13-14 mins per 450 g	Place on upturned saucer in microwave-safe dish on glass tray. Turn joint over halfway during cooking. Drain off fat during cooking.
		or Combi 2	16-18 mins per 450 g	Place on enamel tray. Turn halfway.
Gammon covered with water	-	1000 W then 600 W	15 mins 25-30 mins per 450 g	Place in large casserole dish with lid and cover with water.
Tenderloin, whole	-	Combi 4	25-30 mins per 450 g	Place on upturned saucer on enamel tray on glass tray.
Porridge – N.B: Use a large bowl.				
1 serving	½ cup of oats	600 W	3-3 mins 30 secs	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup of oats	1000 W	4-5 mins	Add 2 cups of water or milk. Stir halfway.
4 servings	2 cups of oats	1000 W	8-9 mins	Add 4 cups of water or milk. Stir halfway.
Potato products part cooked – frozen				
Croquettes	300 g	Combi 5	11-13 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Hash browns	300 g (7)	Grill 3	12-15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Oven chips & associated products	300 g	Grill 3	12-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
	450 g	or Combi 6	20-22 mins	Place on enamel tray on wire rack on glass tray. Turn at ⅔ of total time.



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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Rice – Place in a large 3 litre (6 pt) microwave safe bowl				
Basmati	250 g	600 W	13-16 mins	Use 600 ml (1 pt) cold water. Cover. Stir halfway.
Easycook white	250 g	1000 W	16-17 mins	
Easycook brown	250 g	1000 W	20-24 mins	
Long grain white	250 g	600 W	14-18 mins	
Brown basmati	250 g	600 W	20-25 mins	
Milk pudding – Use large bowl, cover. Stir halfway.				
Flaked rice	50 g	300 W	35-45 mins	Add 600 ml (1 pt) milk and 30 ml sugar.
Pudding rice	50 g	1000 W then 300 W	5 mins 40 mins	Add 450 ml (1 pt) milk and 30 ml sugar.
Sausages from raw – caution: Hot Fat! Remove oven accessories with care.				
Thick	454 g (8)	Grill 3	15-18 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Turkey from raw – Caution: Hot fat! Remove oven accessories with care.				
Turkey, crown	-	Combi 2	13-15 mins per 450 g	Place on enamel tray on glass tray. Turn halfway.
Fresh vegetables – place in shallow microwave-safe dish				
Asparagus	450 g	1000 W	5-8 mins	Add 90 ml (6 tbsp) water. Cover.
Broad beans	450 g	1000 W	5-6 mins	
Runner beans	450 g	1000 W	7-8 mins	
Beetroot	450 g	600 W	12-15 mins	
Broccoli	450 g	1000 W	6-8 mins	
Brussel sprouts	450 g	1000 W	8-9 mins	
Cabbage - sliced	450 g	1000 W	7-9 mins	
Carrots - sliced	450 g	1000 W	6-8 mins	
Cauliflower - florets	450 g	1000 W	10-12 mins	



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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/ Guidelines
Fresh vegetables – place in shallow microwave-safe dish				
Courgettes	450 g	1000 W	5-6 mins	Add 90 ml (6 tbsp) water. Cover.
Corn on the cob	450 g	1000 W	6-7 mins	
Leeks - sliced	450 g	1000 W	7-8 mins	
Mushrooms	450 g	1000 W	5-6 mins	
Parsnips - sliced	450 g	1000 W	5-6 mins	
Peas	450 g	1000 W	4-6 mins	
Potatoes - boiled	450 g	1000 W	7-9 mins	
Potatoes, par-boiled	450 g	1000 W	5-6 mins	Wash and prick skins several times. Place directly on Glass Tray if cooking by microwave. If cooked by Combination place directly on enamel tray on glass tray. Allow to stand for 5 minutes.
Potatoes - jacket (225 g)	1	1000 W	5 mins	
		or Combi 3	15 mins	
	2	1000 W	8 mins	
		or Combi 3	20 mins	
	4	1000 W	13 mins	
		or Combi 3	25 mins	
	6	1000 W	18-20 mins	
Spinach	450 g	1000 W	5-6 mins	Add 90 ml (6 tbsp) water. Cover.
Swede - cubed	450 g	1000 W	8-12 mins	



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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/ Guidelines
Frozen vegetables - place in shallow microwave-safe dish.				
Beans - broad	450 g	1000 W	8 mins	Add 30 ml (2 tbsp) water. Cover.
Beans - green	450 g	1000 W	8-9 mins	
Broccoli	450 g	1000 W	8-9 mins	
Brussels sprouts	450 g	1000 W	9-10 mins	
Cabbage - shredded	450 g	1000 W	6-7 mins	Add 30 ml (2 tbsp) water. Cover.
Carrots - sliced	450 g	1000 W	8 mins	
Cauliflower	450 g	1000 W	9-10 mins	
Peas	450 g	1000 W	8-9 mins	
Spinach - nuggets	450 g	1000 W	8-9 mins	
Sweetcorn	450 g	1000 W	7 mins	
Miscellaneous				
Frozen yorkshire puddings	370 g	Convection: Preheat 220 °C then 220 °C	15-20 mins	Place directly onto enamel tray.



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Questions and Answers

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:

1. Is the oven plugged in securely? Remove the plug from the outlet, wait 10 seconds and reinsert.
2. Check the circuit breaker and the fuse. Reset the circuit breaker or replace the fuse if it is tripped or blown.
3. If the circuit breaker or fuse is working, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.

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

Q: My microwave oven causes interference with my TV. Is this normal?

A: Some radio, TV, Wi-Fi, cordless telephone, baby monitor, Bluetooth 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.

Q: The oven won't accept my setting. Why?

A: The oven is designed not to accept an incorrect setting. For example, the oven will not accept a fourth stage of cooking.

Q: Sometimes warm air comes from the oven vents. Why?

A: The heat given off from the food whilst cooking warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: Can I use a conventional oven thermometer in the oven?

A: Only when you are using **Grill and Convection, Air fry 1-3** cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on **microwave, Air fry 4-5** and **Combination** cooking functions.

Q: There are humming and clicking noises from my oven when I cook by **Combination**. What is causing these noises?

A: The noises occur as the oven automatically switches from **microwave** power to **Convection/Grill** to create the combination setting. This is normal.

Questions and Answers

- Q: My oven has an odour and generates smoke when using the **Convection, Air Fry, Combination** and **Grill** function. Why?
- A: After repeated use, it is recommended to clean the oven and then run the oven without food, Glass Tray, and roller ring on grill for 5 minutes. This will burn off any food, residue or oil which may cause an odour and/or smoking.
- Q: The oven stops cooking by microwave and "H + number (eg. H98)" appears in the display. Why?
- A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.
- Q: The fan continues to rotate after cooking. Why?
- A: After using the oven, the fan motor may rotate to cool the electrical components. This is normal and you can continue using the oven at this time.
- Q: "DEMO MODE PRESS ANY KEY" or "D" appears in the display and the oven does not cook. Why?
- A: The oven has been programmed in **demo mode**. This mode is designed for retail store display. Deactivate this mode by pressing Microwave once, then press Start button 4 times and Stop/Cancel button 4 times.
- Q: Can I check the pre-set oven temperature while cooking or preheating by **Convection**?
- A: Yes. Press **Convection** button and the oven temperature will appear in the display window for 2 seconds.
- Q: The operation guide has disappeared on my display, I can only see numbers. Why?
- A: The operation guide was turned off by pressing Timer/Clock 4 times. When colon or time of day is displayed, press Timer/Clock 4 times to turn the operation guide back on.

Demonstration mode is designed for retail store display. Cooking and other functions will not operate during the demonstration mode. If it seems there is a problem with the oven, contact an authorised Service Centre.

Technical Specifications

Model		NN-CD58RS
Power Supply		230-240 V~, 50 Hz
Operating Frequency:		2450 MHz
Input Power:	Maximum	8.7 A 2080 W
	Microwave	4.7 A 1090 W
	Grill	5.6 A 1350 W
	Convection	5.7 A 1360 W
	Combination	8.7 A 2080 W
Output Power:	Microwave*	1000 W
	Grill	1300 W
	Convection	1300 W
External Dimensions W x D x H (mm)		520 (W) x 391 (D) x 310 (H)
Interior Dimensions W x D x H (mm)*		359 (W) x 352 (D) x 217 (H)
Overall Cavity Volume*:		27 L
Uncrated Weight (approx. without accessories)		13.3 kg

* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, manufactory and serial number, please refer to the name plate on the microwave oven.