Panasonic®

Operating Instructions
使用說明書
Panduan

Steam Combination Microwave Oven
蒸氣烤焗微波爐
Dua Pemanas Stim Ketuhar Gelombang Mikro

Household Use Only
僅家庭用
Kegunaan Rumah Sahaja

Model No.
型號：NN-DS59NB

Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd.
888, 898 Long Dong Road, Pu Dong, Shanghai, 201203, China
Web Site: http://www.panasonic.com

F0003CM40HP
PA0922-0
Printed in China

Important safety instructions
Read carefully and keep for future reference
重要安全措施
仔細閱讀並妥善保存
Panduan keselamatan penting
Baca dengan teliti dan simpan untuk rujukan masa depan

F0003BH71HP_Cov_00_160420.indd 1
2016/4/22 15:49:01

Table of Contents

Quick Guide to Operation 2-6
Important Safety Instructions 7-9
Installation and General Instructions 9-11
Microwaves and How They Work 11-12
Cookware and Utensil Chart 13-14
Cooking Modes 15-17
Oven Accessory 18
Parts of Your Oven 19-20
Control Panel 21
How to Use the Dial 22
Display Window 22
Word Prompting 23
Beep Choice 23
Operation Guide in the Display Window 24
Child Safety Lock 24
Clock Setting 25
Using the Timer 25-26
Add Time 27
Microwave Cooking and Defrosting 28
Micro Power Defrost Setting 29
Turbo Defrost Setting 29
Defrosting Tips and Techniques 30
Steam Cooking 31-32
Steam Shot 33
Grill Cooking 34-35
Oven Cooking 36-38
Combination: Grill and Microwave 39-40
Combination: Cooking with Steam 40-42
Multi-stage Cooking 43
One Push Reheating 44
Auto Menu Programs 45-51
Cleaning Setting 52-54
- Drain Water 52
- System Cleaning 53
- Deodorization 54
- Cavity Cleaning 54

Defrosting Chart 55
Reheating Chart 56
Cooking Chart 57
Oven Fry Chart 58
Before Requesting Service 59-60
Care of your Microwave Oven 61-62
INGREDIENT CONVERSION CHART 62
Technical Specifications 63

English

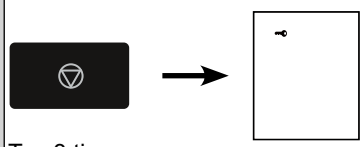
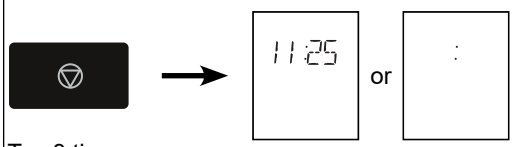
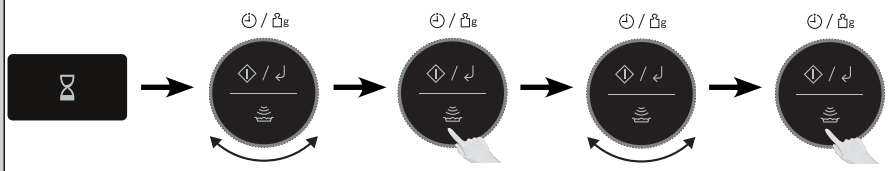
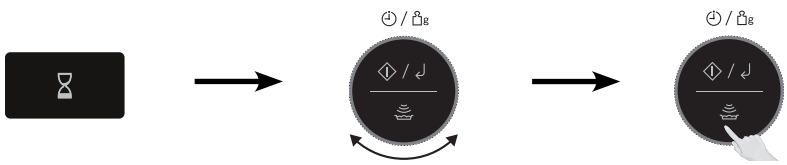
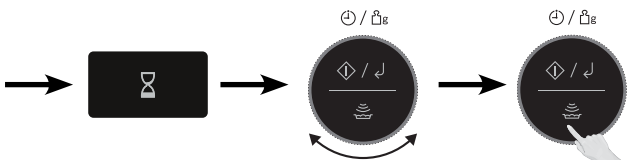
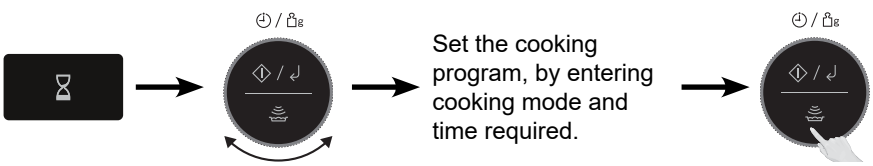
© Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd. 2022

F0003CM40HP_Eng.indd 1 2022/7/20 10:09:16

Quick Guide to Operation

English

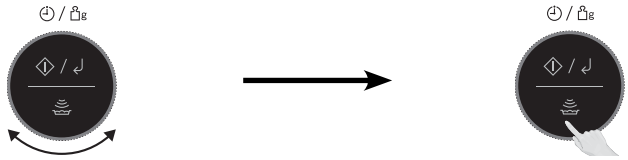
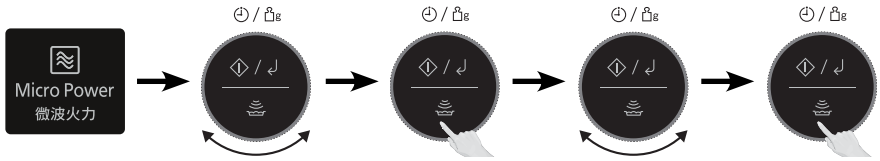
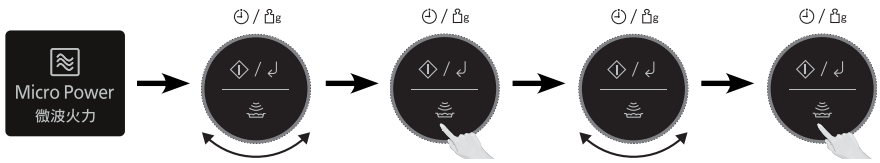
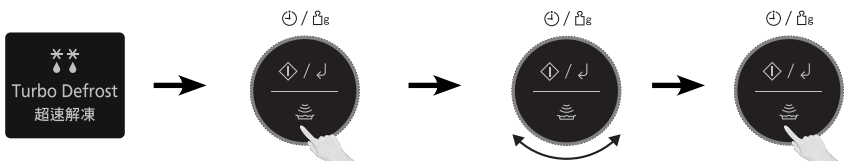
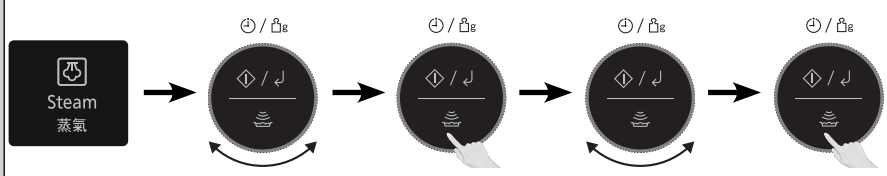
After plugging in, "WELCOME TO INVERTER COOKING" will appears in the display window, then you can start to operate.

Feature	How to Operate
To Set/Cancel Child Saftey Lock (page 24)	**To Set:** **Display**  Tap 3 times. **To Cancel:** **Display**  Tap 3 times.
To Set Clock (page 25)	 Tap twice. Select hour. Press once. Select minutes. Press once.
To Set Kitchen Timer (page 25)	 Tap once. Select time. Press once.
To Set Standing Time (page 26)	Set the cooking program, by entering cooking mode and time required.  Tap once. Select time. Press once.
To Set Delay Start (page 26)	 Tap once. Select time. Set the cooking program, by entering cooking mode and time required. Press once.

F0003CM40HP_Eng.indd 2 2022/7/20 10:09:16

Quick Guide to Operation (continued)

English

Feature	How to Operate
To Use Add Time (page 27)	 After cooking, turn the Dial to select Add Time function. Press once.
To Set Microwave Power (page 28)	 Tap once. Select power level. Press once. Select cooking time. Press once.
To Use Microwave Defrost (page 29)	 Tap once. Select 300 W. Press once. Select cooking time. Press once.
To Use Turbo Defrost (page 29)	 Tap once. Press once. Select weight. Press once.
To Use Steam (page 31)	 Tap once. Select power level. Press once. Select cooking time. Press once.

F0003CM40HP_Eng.indd 3 2022/7/20 10:09:16

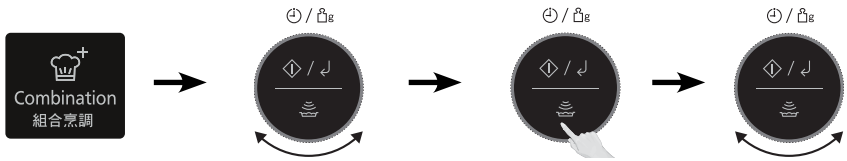
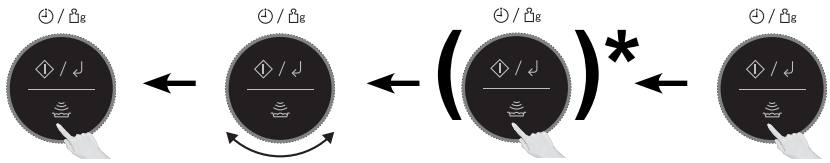
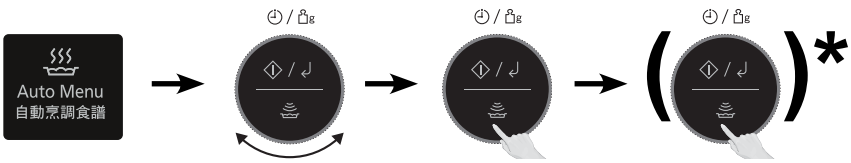
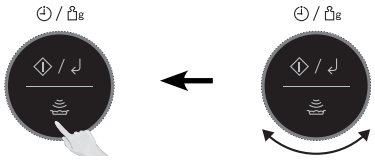
Quick Guide to Operation (continued)

Feature	How to Operate
To Use Steam Shot (page 33)	Set and operate the desired program. → Steam 蒸氣 → (Steam 蒸氣) Optional As required during operation, hold Steam pad for 2 seconds and 1 minute will be added. If you want to add 2 or 3 minutes, tap Steam pad once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time.
To Use Grill (page 34)	Grill 燒烤 → Tap once. → Select power level. → Press once. → Select cooking time. → Press once.
To Use Oven (page 36)	Oven 烘焗 → Tap once. → Select temperature. → Press once. → (Press once to preheat.)* → Select cooking time. → Press once. **** Skip this step when preheat is not required.***
To Use Combination 1-5 (page 39, 41)	Combination 組合烹調 → Tap once. → Select power level. → Press once. → Select cooking time. → Press once.

F0003CM40HP_Eng.indd 4 2022/7/20 10:09:16

Quick Guide to Operation (continued)

English

Feature	How to Operate
To Use Combination 6 (page 41)	 Tap once. → Select Combination 6. → Press once. → Select temperature. ↓  Press once. ← Select cooking time. ← Press once to preheat.* ← Press once. **** Skip this step when preheat is not required.***
To Use One Push Reheating (page 44)	 When clock or colon is displayed, press the Dial to start.
To Use Auto Menu Programs (page 45)	 Tap once. → Select food category. → Press once. → Press once to preheat.* ↓  Select serving/ weights . → Press once. **** Skip this step when preheating is not required.***

F0003CM40HP_Eng.indd 5 2022/7/20 10:09:16

Quick Guide to Operation (continued)

English

Feature	How to Operate
To Use Drain Water (page 52)	Add 100 g of water. → Tap once. → Select F1. → Press the Dial to confirm. → Press the Dial to start.
To Use System Cleaning (page 53)	Make a solution of 16 g citric acid and 200 g of water, add the solution to the water tank. → Tap once. → Select F2. → Press the Dial to confirm. → Press the Dial to start. → After the program has paused, empty the drip tray and fill the water tank with water (to max level). → Press once.
To use Deodorization (page 54)	Tap once. → Select F3. → Press the Dial to confirm. → Press the Dial to start.
To use Cavity Cleaning (page 54)	Tap once. → Select F4. → Press the Dial to confirm. → Press the Dial to start.

F0003CM40HP_Eng.indd 6 2022/7/20 10:09:16

Important Safety Instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

English

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

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

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

PRECAUTIONS:

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

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

Practical Hints:

1. For initial use of **Steam**, **Grill**, **Oven** and **Combination**, if you see white smoke arise, it is not a malfunction.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during **Steam**, **Grill**, **Oven** and **Combination**. Use with care when opening or closing door and when inserting or removing food and accessory.

Caution! Hot surfaces

3. The oven has heating elements situated in the top and in the base of the oven. After using the **Grill**, **Oven** and **Combination** functions, the ceiling will be very hot.
4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
5. The accessible parts may become hot when **Steam**, **Grill**, **Oven** and **Combination** is in use. Children should be kept away.
6. Before using **Grill**, **Oven** and **Combination** functions for the first time, operate the oven without food and accessory on **Oven** 230 °C for 10 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

F0003CM40HP_Eng.indd 7 2022/7/20 10:09:17

Important Safety Instructions (continued)

Important Instructions

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

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

Circuits

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

Earthing Instructions

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

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

Fan Motor Operation after Cooking

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

After using **Oven** mode, it is recommended to open the door of the oven to accelerate the cooling down process and shorten fan running time.

F0003CM40HP_Eng.indd 8 2022/7/20 10:09:17

Important Safety Instructions (continued)

English

WARNING

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

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, tap **Stop/Cancel** and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
4. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
5. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the oven. The oven can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on the base of oven unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
11. **DO NOT** use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
12. When using the **Combination with Microwave** mode, never place any aluminum or metal container directly on the Grill Tray.
13. Do not use the Grill Tray when cooking in the **Microwave** mode only.
14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
15. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
16. Metallic containers for food and beverages are not allowed during microwave cooking.
17. Only use utensils that are suitable for use in microwave ovens.

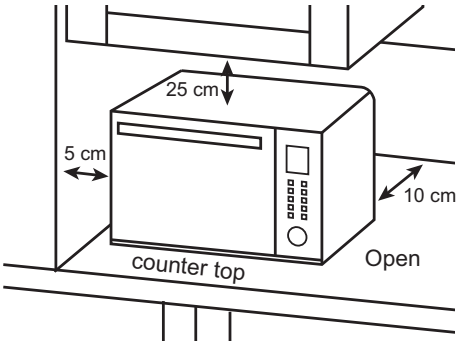
F0003CM40HP_Eng.indd 9 2022/7/20 10:09:17

Installation and General Instructions (continued)

Placement of the Oven

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

1. The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow, **i.e. 5 cm at one side, the other being open; 25 cm clear over the top; 10 cm at the rear. Do not remove feet.**



   (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.

   (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.

   (c) Do not operate oven when room humidity is too high.

2. This oven was manufactured for household use only.

Food

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

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

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

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

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

   (a) Avoid using straight-sided containers with narrow necks.

   (b) Do not overheat.

   (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.

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

   (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

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

6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER**. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.

F0003CM40HP_Eng.indd 10 2022/7/20 10:09:17

Installation and General Instructions (continued)

7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Microwaves and How They Work

MICROWAVE COOKING

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

Reflection

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

Transmission

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

Absorption

Microwaves are absorbed by food. They penetrate to a depth of about 2 to 4 cm.
Microwave energy excites the molecules in the food (especially water, fat and sugar molecules), and causes them to vibrate very quickly.
The vibration causes friction and heat is produced. In large foods, the heat which is produced by friction is conducted to the center to finish cooking the food.

MICROWAVE COOKING UTENSILS

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

Glass, Ceramic and China

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

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces.

If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the microwave oven.

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

HOW TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE:

Fill a 300 ml (½ pt.) glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute at 1000 W, if the container is microwave oven safe, it should remain comfortable cool and the water should be hot. If the container is warm, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers which should be dishwasher safe.

F0003CM40HP_Eng.indd 11 2022/7/20 10:09:17

Microwaves and How They Work (continued)

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

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

Paper, Napkins, Paper Towels, Plates and Cups

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

Straw, Wicker and Wood

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

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

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. Close cooking bag with nylon tie provided, otherwise, use a piece of cotton string, or a strip cut from the open end of the bag. Make six 1 cm (½ in.) slits in the top of bag to allow steam to escape. DO NOT use wire twist-tie to close bag. They can act as an antenna and cause arcing (blue sparks). Wire twist-ties could ignite and damage the oven. DO NOT cook in plastic food storage bags. They are not heat resistant and may melt. Do not use roaster bags on Auto Sensor programmes.

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

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

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

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

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

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while heating in the microwave oven.

Metal Twist-Ties either paper or plastic coated, should NOT be used in the microwave oven.

F0003CM40HP_Eng.indd 12 2022/7/20 10:09:17

Cookware and Utensil Chart

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

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

English

F0003CM40HP_Eng.indd 13 2022/7/20 10:09:17

Cookware and Utensil Chart (continued)

English

	Combination			
	Combi 1,2 (Grill + Microwave)	**Combi 3, 4** (Steam + Microwave)	**Combi 5** (Steam + Grill)	**Combi 6** (Steam + Oven)
Aluminium foil	for shielding	for shielding	yes	yes
Ceramic Plate	yes	yes	yes	yes
Browning Dish	no	no	no	no
Brown paper bags	no	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes	yes
Non-oven/microwave safe	no	no	no	no
Disposable paperboard containers	yes*	no	no	no
Glassware oven glassware & ceramic	yes	yes	yes	yes
Non-heat resistant	no	no	no	no
Metal cookware	no	no	yes	yes
Metal twist-ties	no	no	yes	yes
Oven cooking bag	yes	yes	yes	yes
Paper towels and napkins	no	no	no	no
Plastic defrosting rack	no	no	no	no
Plastic dishes microwave safe	no	yes	no	no
Non-microwave safe	no	no	no	no
Microwave safe cling film	no	not required	no	no
Straw, wicker, wood	no	yes	no	no
Thermometers microwave safe	no	no	no	no
conventional	no	no	no	no
Waxed paper	yes	yes	yes	yes
Silicon bakeware	yes*	yes*	yes*	yes*

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

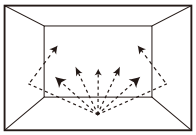
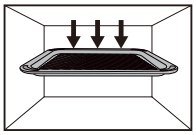
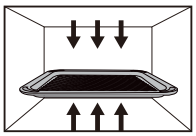
F0003CM40HP_Eng.indd 14 2022/7/20 10:09:17

Cooking Modes

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

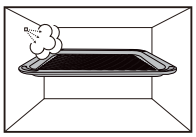
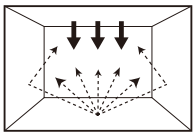
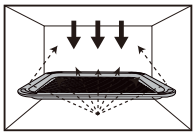
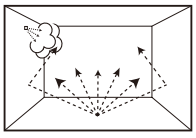
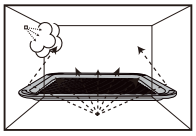
The icon " " in below chart means **Grill Tray**.

English

MICROWAVE  Accessory -	**Uses**	■ 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**
	Containers	Use your own Pyrex® dishes, plates or bowls, directly on the base of the oven. Microwaveable, no metal.
GRILL  Accessory 	**Uses**	■ Grilling of meat or fish. ■ Toast grilling. ■ Colouring of gratin dishes or meringue pies. **No preheating**
	Containers	Heatproof, metal tin can be used on Grill Tray in lower or upper shelf positions.
OVEN  Accessory 	**Uses**	■ Baking of small items with short cooking times: puff pastry, cookies, roll cakes, scones. ■ Special baking: bread rolls or brioches, sponge cakes. ■ Baking of pizzas and tarts. **Preheating advised**
	Containers	Heatproof, metal tin can be used on Grill Tray in lower or upper shelf positions. Do not place dishes directly on base of oven.

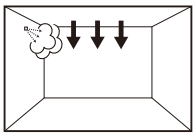
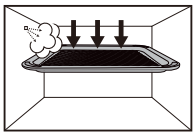
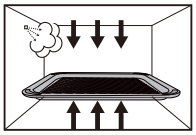
F0003CM40HP_Eng.indd 15 2022/7/20 10:09:17

Cooking Modes (continued)

STEAM  Accessory 	**Uses**	■ Cooking fish, vegetables, chicken, rice, and potatoes. **No Preheating**
	Containers	Heatproof container can be used on Grill Tray in upper or lower shelf positions.
Combi 1, 2 (Grill + Microwave)   Accessory 	**Uses**	■ Cooking lasagne, meat, potatoes or vegetable gratins. **No Preheating**
	Containers	Place food directly on Grill Tray in upper or lower shelf positions or place food in a microwaveable dish on the base of the oven.
Combi 3, 4 (Steam + Microwave)   Accessory 	**Uses**	■ Cooking fish, vegetables, chicken, rice, and potatoes. **No Preheating**
	Containers	Place food directly on Grill Tray in upper or lower shelf positions or place food in a microwaveable dish on the base of the oven.

F0003CM40HP_Eng.indd 16 2022/7/20 10:09:17

Cooking Modes (continued)

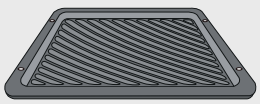
Combi 5 (Steam + Grill)   Accessory 	**Uses**	■ Gratins ■ Kebabs ■ Fish fillets ■ Whole fish ■ Part baked bread **No Preheating**
	Containers	Heatproof dishes can be used on the Grill Tray in the lower or upper shelf positions or directly on the base of the oven.
Combi 6 (Steam + Oven)  Accessory 	**Uses**	■ Baking cakes ■ Pastry tarts **Preheating advised**
	Containers	Heatproof dishes can be used on the Grill Tray in the lower or upper shelf positions. Do not place dishes directly on base of oven.

F0003CM40HP_Eng.indd 17 2022/7/20 10:09:17

Oven Accessory

The oven comes equipped with an accessory, the Grill Tray. Always follow the directions given for use of the accessory. The accessory has a number of uses:

English



Grill Tray

- Do not pre-heat.
- **Always use oven gloves when handling the hot tray.**
- Ensure all food packaging is removed before cooking.
- Do not place any heat-sensitive materials on the hot tray as this may cause burning.
- For correct use of the Grill Tray for each cooking mode, see pages 15-17.

Care of the Grill Tray

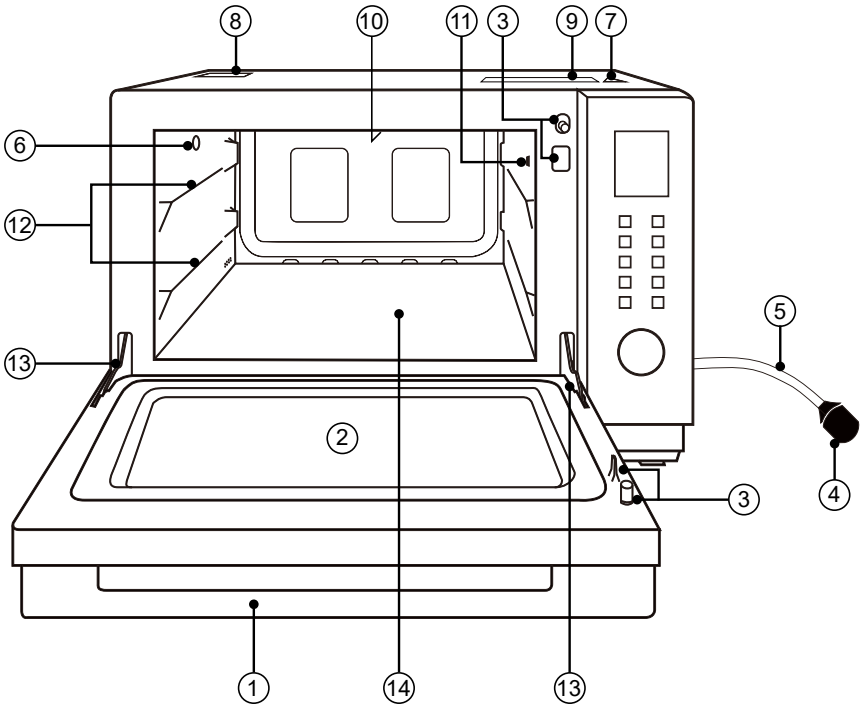
1. Never use any sharp utensils on the tray as this will damage the non-stick surface.
2. After use, wash the tray in hot soapy water and rinse in hot water. Do not use any abrasive cleaning substances or scouring pads as this will damage the surface of the tray.
3. **The Grill Tray is dishwasher safe.**

Cooking modes	Grill Tray	Position
Microwave	×	-
Grill	✓	
Oven	✓	
Steam	✓	
+ Combi 1,2	✓	
+ Combi 3,4	✓	
+ Combi 5	✓	
+ Combi 6	✓	

F0003CM40HP_Eng.indd 18 2022/7/20 10:09:18

Parts of Your Oven

English



① **Door handle**
Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and the **Dial** is pressed. The oven lamp lights as soon as the oven door is opened.

② **Oven window**

③ **Door safety lock system**
To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.

④ **Power supply plug**

⑤ **Power supply cord**

⑥ **Steam outlets**

⑦ **Warning symbol**

⑧ **Warning label**

⑨ **Menu label**
Position your supplied menu label.

⑩ **Grill elements**

⑪ **LED lights**
Oven Light will turn on during cooking and also when door is opened.

⑫ **Shelf positions**

⑬ **Door hinges**
To prevent injury when opening or closing the door, keep fingers away from the door hinges.

⑭ **Flat Table**
1. Clean the flat table after cooling.
2. Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.

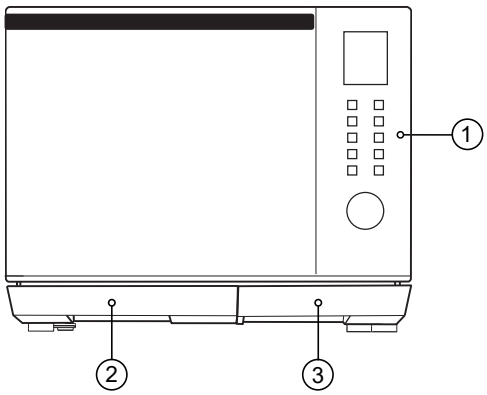
Note

The above illustration is for reference only.

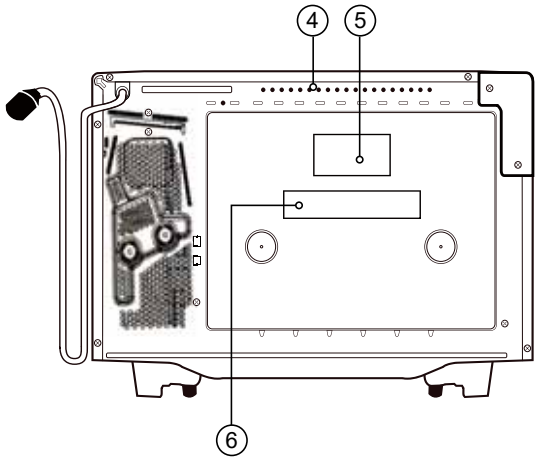
F0003CM40HP_Eng.indd 19 2022/7/20 10:09:18

Parts of Your Oven (continued)

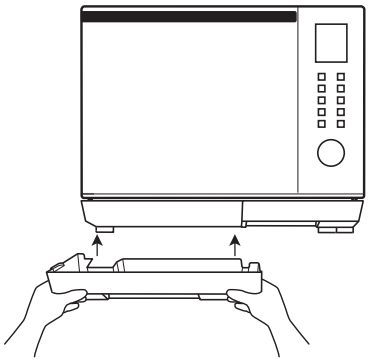
Front View



Rear View



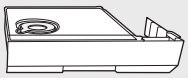
1. **Control panel**
2. **Drip tray**
3. **Water tank**
4. **Air vent exhaust**
5. **Warning label**
6. **Identification label**



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

Drip Tray

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



Water Tank

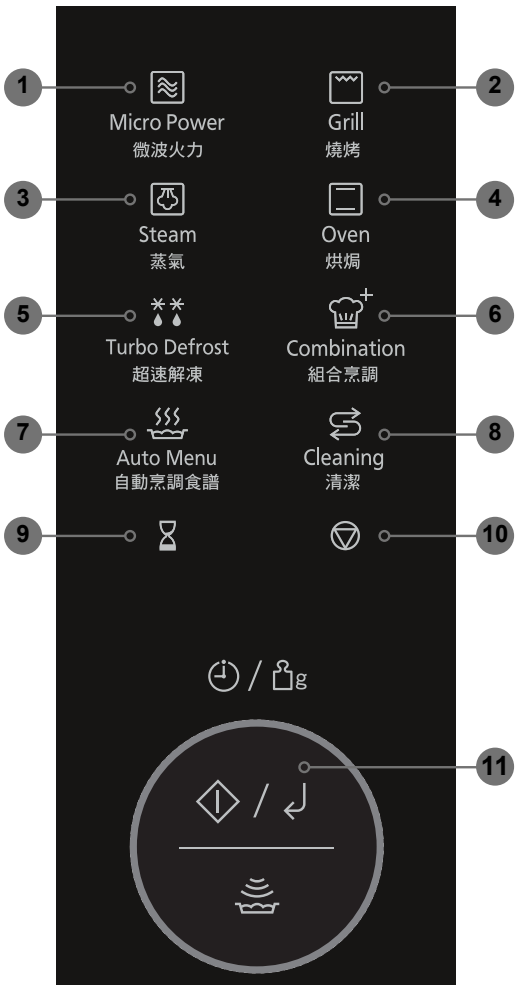
Carefully remove the water tank from the oven. Remove the lid and fill with distilled water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week. See page 32 for reference

Note

The above illustration is for reference only.

F0003CM40HP_Eng.indd 20 2022/7/20 10:09:18

Control Panel



1. **Micro Power Pad** (pages 28-29)
2. **Grill Pad** (pages 34-35)
3. **Steam Pad** (pages 31-33)
4. **Oven Pad** (pages 36-38)
5. **Turbo Defrost Pad** (pages 29)
6. **Combination Pad** (pages 39-42)
7. **Auto Menu Pad** (pages 45-51)
8. **Cleaning Pad** (pages 52-54)
9. **Timer/Clock Pad** (pages 25-26)
10. **Stop/Cancel Pad**
    Before cooking:
    One tap clears your instructions.
    During cooking:
    One tap temporarily stops the cooking program. Another tap cancels all your instructions and a colon or the clock will appear in the display.
11. **Dial** (page 22)

English

Beep sound

A beep sounds when a key is tapped. If this beep does not sound, you may have turned off the beep choice, you can turn it on by turning the **Dial** after first plugged in, (see page 23). When the oven changes from one function to another or remind you to stir food during cooking, two beeps sound. After the completion of the preheating on **Oven** or certain **Combination** mode, three beeps sound. After completion of the preheating on some auto menus, a long beep sounds. After completion of cooking, five beeps sound.

Note:

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

F0003CM40HP_Eng.indd 21 2022/7/20 10:09:18

How to Use the Dial

The Dial has the following 4 functions:

English

Turn the **Dial**

1 **Power/Time/Weight/Temperature/Menu Selection**
Select the power, time, weight, temperature or auto menu by turning the **Dial**.

2 **Add Time**
Use the **Dial** for the add time function (see page 27).

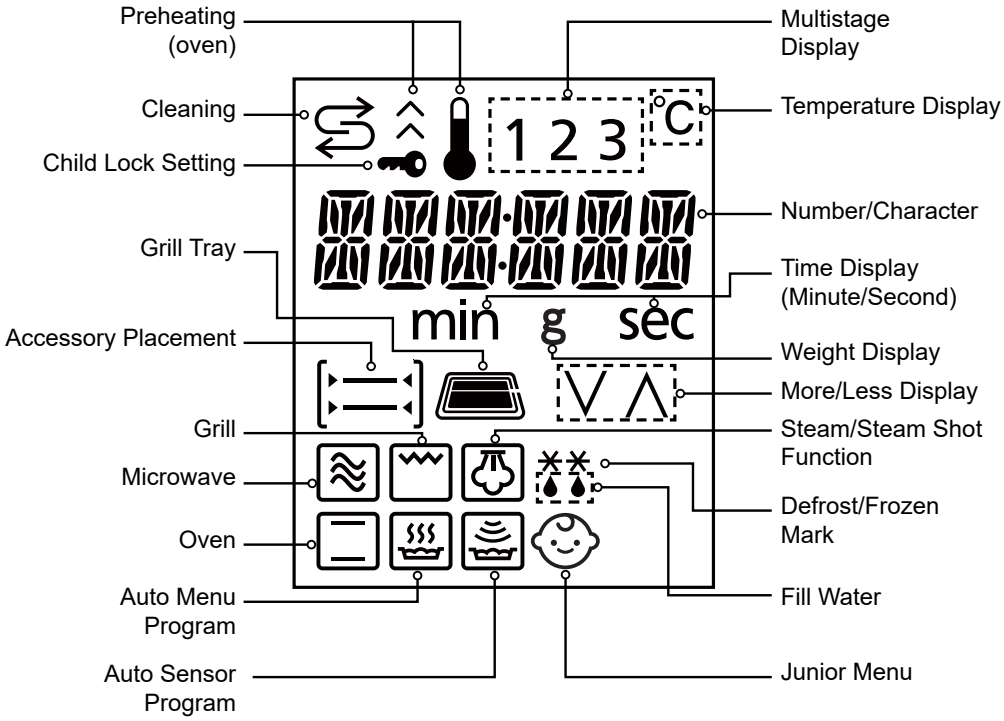
Press the **Dial**

3 **Start/Set**
Press the **Dial** to start operating the oven or confirm the setting. If during cooking the door is opened or **Stop/Cancel** is tapped once, the **Dial** has to be pressed again to continue cooking.

4 **One Push Reheating**
When clock or colon is displayed, press the **Dial** for quick start reheating chilled meal. (see page 44)

Display Window

To help you operate the oven conveniently, the present state will appear in the display window.



F0003CM40HP_Eng.indd 22 2022/7/20 10:09:18

Word Prompting

These models have a unique function “Word Prompting” which guides you through the operation of your microwave. After plugging in the oven, press the **Dial** and then turn the **Dial** until you locate your language. As you tap the keys, the display will scroll the next instruction eliminating the opportunities for mistakes. If for any reason you wish to change the language displayed, unplug the oven and repeat this procedure.

English

		Word prompting	
Plug-in		"WELCOME TO INVERTER COOKING"	In English
Press		"LANGUAGE"	
Turn		“BAHASA MELAYU”	In Malaysian
		“WORD PROMPT OFF”	No word
		“ENGLISH”	In English
Tap		To exit	

Note:

1. These functions must be operated only when you plug in the oven initially.
2. When you re-plug the mains, the oven will resume default mode and you need to reset.

Beep Choice

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

Press the **Dial** after first plugged in. “LANGUAGE” scrolls across display window, turn the **Dial** to locate the language.

Press the **Dial** to set the beep choice. "BEEP ON/OFF" scrolls across display window. The default mode is "ON".

Turn the **Dial**. The mode changes to "OFF".

After setting, tap **Stop/Cancel** pad to exit.

Note:

1. The choice can be selected only when you plug-in the oven.
2. Tap **Stop/Cancel** pad, it will revert to initial mode.

F0003CM40HP_Eng.indd 23 2022/7/20 10:09:18

Operation Guide in the Display Window

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

English

To turn off:

Tap **Timer/Clock** four times.

OPERATION GUIDE OFF

Display window.

Colon or time of day appears in the display window.

To turn on:

Tap **Timer/Clock** four times.

OPERATION GUIDE ON

Display window.

Colon or time of day appears in the display window.

Child Safety Lock

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

To Set:

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

To Cancel:

Tap **Stop/Cancel** three times. The time of day or colon will reappear in the display.

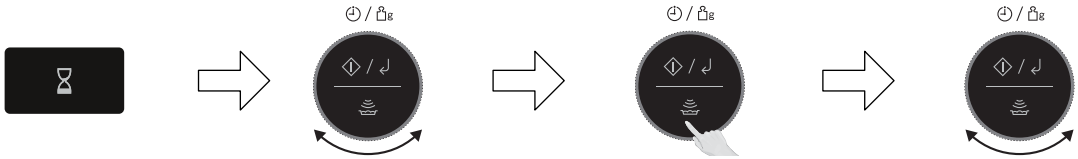
Note:

1. To activate or cancel child lock, **Stop/Cancel** must be tapped 3 times within a 10 second period.
2. Child Lock can be set when a colon or the time of day is displayed.

F0003CM40HP_Eng.indd 24 2022/7/20 10:09:18

Clock Setting

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



Tap **Timer/Clock** pad twice. The colon blinks.

Turn the **Dial** to select the hour.

Press the **Dial** to confirm the selection.

Turn the **Dial** to select the minute.

Press the **Dial** to confirm the selection.The colon stops blinking. Time of day is now locked into the display.

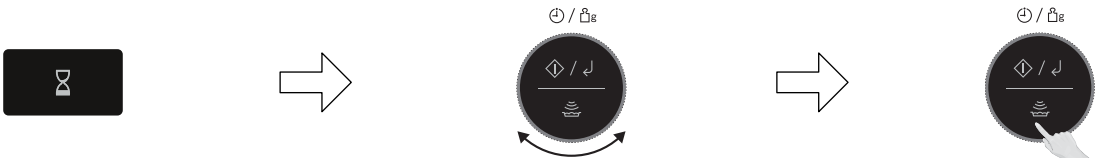
Note:

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

Using the Timer

To Set Kitchen Timer

By using the Timer, you can program the oven as a kitchen timer.



Tap **Timer/Clock** pad once

Set desired amount of time by turning the **Dial**. (up to 1 hour and 30 minutes).

Press the **Dial** to start. Time will count down without oven operating.

English

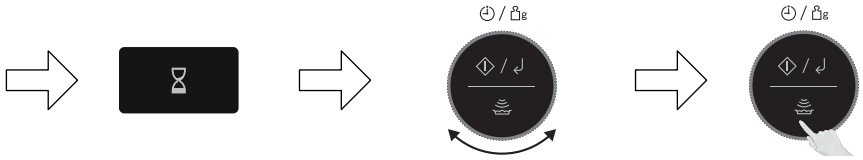
F0003CM40HP_Eng.indd 25 2022/7/20 10:09:19

Using the Timer (continued)

To set a standing time:

By using the Timer, you can program standing time after cooking is completed.

Set the cooking program, by entering cooking mode and time required.



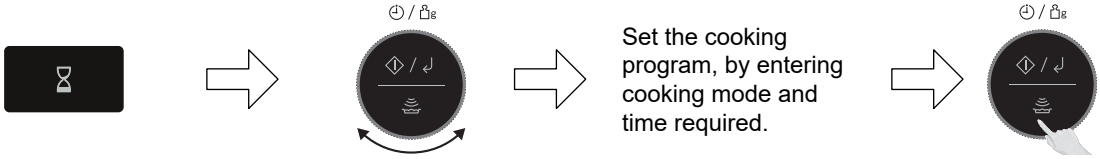
Tap **Timer/Clock** pad once.

Set desired amount of standing time by turning the **Dial**. (up to 1 hour and 30 minutes).

Press the **Dial** to start. Cooking will start. After cooking, standing time will count down without oven operating.

To Set Delay Start

By using the timer, you are able to program delay start cooking.



Tap **Timer/Clock** pad once.

Set desired amount of delay time by turning the **Dial**. (up to 1 hour and 30 minutes).

Set the cooking program, by entering cooking mode and time required.

Press the **Dial** to start. Delay time will count down. Then cooking will start.

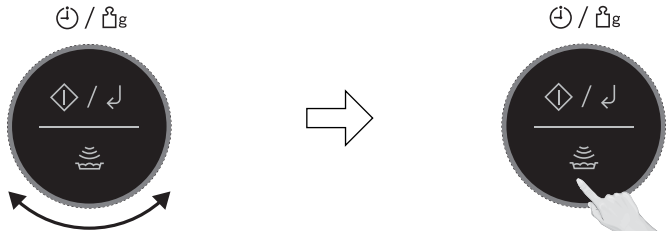
Note:

1. Multi-stage cooking can be programmed including kitchen timer, standing time or delay start cooking.
2. If the oven door is opened during the kitchen timer, standing time or delay time, the time in the display window will continue to count down.
3. If the programmed kitchen timer, standing time or delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
4. Standing time and delay start can not be programmed together with **Auto pragrams**, **Combi 5, 6** and **Oven** feature. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results and/or food may deteriorate.
5. When using standing time or delay start, it’s up to 2 power stages.

F0003CM40HP_Eng.indd 26 2022/7/20 10:09:19

Add Time

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



After cooking, turn the **Dial** to select Add Time function.

Press the **Dial** to start.
Time will be added. The time in the display window will count down.

Cooking modes	Maximum cooking time
Micro Power 1000 W, Steam, Combination 3,4	30 minutes
Other microwave powers, Grill, Combination 1,2, Oven (100 - 250 °C), Timer	1 hour and 30 minutes
Oven (30-90 °C)	9 hours
Combination 5,6	1 hour

Note:

1. This function is only available for **Microwave**, **Grill**, **Oven**, **Steam**, **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 can be used after the multi-stage cooking. The power level is the same as the last stage.

English

F0003CM40HP_Eng.indd 27 2022/7/20 10:09:19

Microwave Cooking and Defrosting

English

This feature allows you to set the desired power and time for cooking by yourself.

Tap **Micro Power** pad once.
The microwave symbol " " will appear.

Select the power level.
Turn the **Dial** until the power you require appears in the display window. (see below chart) When you select 300 W, " " will also appear.

Press the **Dial** to confirm the selection.

Select the cooking time by turning the **Dial**. Maximum cooking time for **1000 W** is 30 minutes, and for **other power levels**, it is 1 hour 30 minutes.

Press the **Dial** to start.
The cooking program will start and the time in the display will count down.

Power Level	Example of Use
1000 W (High)	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
800 W (Med High)	Cook fish and seafood, meat, poultry, eggs and cakes.
600 W (Medium)	Cook cakes, stew food, melt butter and chocolate.
440 W (Low)	Cook tough meat, stew soup and soften butter.
300 W (Defrost)	Defrost meat, poultry or seafood.
100 W (Warm)	Keep food warm and soften ice cream.

Note:

1. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
2. Do not attempt to use microwave only with any metal container in the oven.
3. Do not place food directly onto the base of the oven. Place in a microwaveable or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.
4. Multi-stage can be set continuously. This feature allows you to set only once for some different stages without taking care during cooking. Please refer to page 43.
5. Standing time can be programmed after microwave power and time setting. Refer to using the timer pages 26.
6. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

F0003CM40HP_Eng.indd 28 2022/7/20 10:09:19

Micro Power Defrost Setting

This feature allows you to defrost by setting time by yourself.

Tap **Micro Power** pad once.

Turn the **Dial** until the 300 W in the display window.

Press the **Dial** to confirm the selection.

Press the **Dial** to start.
The defrosting program will start and the time in the display will count down.

Select the cooking time by turning the **Dial**.
Maximum cooking time is 1 hour 30 minutes.

English

Note:

1. 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.
2. For manual defrosting times, please refer to defrosting chart on pages 55.

Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving/ weight is 100 g to 3000 g.

Tap **Turbo Defrost** pad once.

Press the **Dial** to confirm the selection.

Select the weight.
Turn the **Dial** until the weight you require appears in the display window.

Press the **Dial** to start.
The defrosting program will start and the time in the display will count down.

Note:

1. Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight. The oven will determine the defrosting time and power levels. Once the oven is programmed, the defrosting time will appear in the display. For best results the minimum recommended weight is 200 g.
2. Turn over the food, remove defrosted food and shield thin ends/fat bones of roast with foil when buzzer rings in the middle of cooking.
3. The shape and size of the food will determine the maximum weight the oven can accommodate.
4. Allow standing time to ensure the food is completely defrosted.
5. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

F0003CM40HP_Eng.indd 29 2022/7/20 10:09:19

Defrosting Tips and Techniques

English

Preparation for Freezing

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

Note:

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

Turbo Defrost

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

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

Tips for Turbo defrost

Meat, which is with bones. For example, if the meat with bones has the same weight as the pure meat, the meat in the former one is lighter than the latter one. So, subtract 500 g for 2000 g meat with bones is better for defrosting and 200 g - 300 g for meat with bones which is less than 2000 g.

Two buzz beeps

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

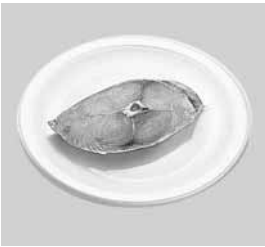
Key to defrosting

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

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

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

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



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

F0003CM40HP_Eng.indd 30 2022/7/20 10:09:19

Steam Cooking

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. There are 2 different steam settings available: **Steam 1** (max) and **Steam 2** (low).

Tap **Steam** pad once.

Select the power level.
Turn the **Dial** until the power you require appears in the display window.
(see below chart)

Pess the **Dial** to confirm the selection.

Select the cooking time by turning the **Dial**. Maximum cooking time is 30 minutes.

Press the **Dial** to start.
The cooking program will start and the time in the display will count down.

Power Level	Example of Use
Steam 1 (max)	Vegetable, chicken, meat, etc.
Steam 2 (low)	Seafood, poached egg, souffle, etc.

Note:

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

Caution:

1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
4. Take care when removing the drip tray. Wipe any water that drips from the left side of the oven. This is normal.

F0003CM40HP_Eng.indd 31 2022/7/20 10:09:19

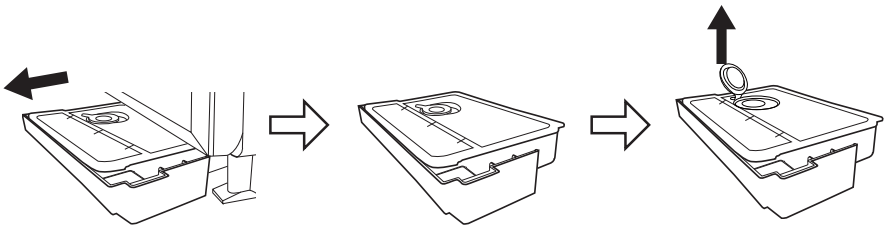
Steam Cooking (continued)

Guidelines

1. There is no microwave power on the steam only program.
2. Use the Grill Tray provided, as explained below.
3. The steam will only operate with the oven door closed.
4. Always use oven gloves when removing the food and Grill Tray after steaming as they will be very hot.

Guidelines for Water Tank

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



Oven Accessory to Use

When steaming, place food directly on the Grill Tray in the upper shelf position. For steaming larger food items, place the Grill Tray in the lower shelf position. During steaming, cooking juices collect in the watercourse of the tray.
Use oven gloves when removing the Grill Tray as it will be very hot, and so will the roof and walls of the oven.

When steaming, place food directly on the Grill Tray in the upper shelf position.

F0003CM40HP_Eng.indd 32 2022/7/20 10:09:19

Steam Shot

This feature allows you to add steam during cooking (up to 3 minutes). Adding steam during cooking enhances the heat distribution and aids the rising process of breads, cakes and pastries. There are 5 modes that you can use steam shot: **Microwave**, **Grill**, **Oven**, **Combi 1**, **Combi 2**.

English

Step 1

Set and operate the desired program.

Step 2

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

Step 3

If you want to add 2 or 3 minutes, tap **Steam** pad once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time. (Tap 3 times, time will decrease to zero. If you want to add steam again, please repeat step 3.)

Note

1. Steam shot is not available during preheating mode.
2. Fill the water tank before use.
3. The original program still counts down when operating steam shot.
4. The steam shot time can not exceed the remaining cooking time.
5. If adding 2 or 3 minutes, steam must be tapped once or twice within a 3 second time period.
6. Wipe away excess water in the cavity and around the water tank after cooking with steam.

Caution:

1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Food	Cooking mode	Steam Shot
Puff pastries	Oven	⅔ total time add 3 mins Steam Shot
Breads	Oven	⅔ total time add 3 mins Steam Shot
Sponge cakes	Oven	½ total time add 3 mins Steam Shot
Part baked rolls	Oven or Grill	⅔ total time add 3 mins Steam Shot

F0003CM40HP_Eng.indd 33 2022/7/20 10:09:20

Grill Cooking

The grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steaks, toast, etc.

English

Tap **Grill** pad once.

Select the power level.
Turn the **Dial** until the power you require appears in the display window.

Press the **Dial** to confirm the selection.

Select the cooking time by turning the **Dial**.Maximum cooking time is 1 hour and 30 minutes.

Press the **Dial** to start.
The cooking program will start and the time in the display will count down.

Power Level	Example of Use
Grill 1 (High)	Toasting bread, muffins and teacakes etc.
Grill 2 (Medium)	Thin seafood
Grill 3 (Low)	Slice of poultry or meat

Oven Accessory to Use

When grilling fish, chops or small food items, the Grill Tray should be placed in the upper shelf position. For larger food items, the Grill Tray should be in the lower shelf position.

For grilling small foods use the Grill Tray in the upper shelf position.

F0003CM40HP_Eng.indd 34 2022/7/20 10:09:20

Grill Cooking (continued)

Place food on Grill Tray

1. The Grill Tray will allow fat and juices to drip into the watercourse to reduce excess splatter and smoke when grilling.
2. Most foods require turning halfway during cooking. When turning food, open oven door and carefully remove the Grill Tray by holding firmly.
3. After turning, return food to the oven, close door and press the **Dial** to 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.

Guidelines

1. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/ decreased in 1 minute increments, up to 10 minutes.
2. There is no microwave power on the **Grill** only program.
3. Use the Grill Tray provided, as explained.
4. The **Grill** will only operate with the oven door closed.
5. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting **Grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
6. **Grill 2** and **Grill 3** are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
7. Never cover the food when grilling.
8. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
9. After grilling, it is important that the Grill Tray is removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
10. When using the grill to cook foods, the cooking times will be similar to traditional grilling.

F0003CM40HP_Eng.indd 35 2022/7/20 10:09:20

Oven Cooking

English

The oven can be used as an oven using the **Oven** mode which uses top and bottom heat. For best results always place food in a preheated oven. When using **Oven** mode, the Grill Tray can be placed in the upper or lower shelf position.

See individual guidelines on pages 38 for recommended use. Do not pre-heat on **Oven** mode with the Grill Tray in position.

Tap **Oven** pad once.

Select the oven temperature.
Turn the **Dial** to select the oven temperature.
The oven starts at 150 °C and the temperature will count up in 10 °C stages up to 250 °C then back to 30 °C in anticlockwise direction.

Press the **Dial** to confirm the selection.

Press the **Dial** to preheat. (except for 30-60 °C)
When the actual temperature reaches the set temperature, the oven will beep. Then open the door and place the food inside.
* Skip this step when preheat is not required.

Select the cooking time by turning the **Dial**.
Maximum cooking time for 30-90 °C is 9 hours, and for 100-250 °C, it is 1 hour and 30 minutes.

Press the **Dial** to start.
Note: Check that only the oven symbol “ ” is still in the display. If the microwave symbol “ ” is displayed this is incorrect and the program should be cancelled. Reselect the oven setting.

Caution:

The Grill Tray and surrounding oven will get very hot. Use oven gloves.

F0003CM40HP_Eng.indd 36 2022/7/20 10:09:20

Note:

1. If the oven has previously been used and it is too hot to ferment dough on 30/40 °C, 'HOT' will appear in the display window. Please wait until the cavity cools down. After the 'HOT' disappears, 30/40 °C may be used again, otherwise you can ferment dough at room temperature.
2. Open the door using the pull down door because if **Stop/Cancel** pad is tapped the program may be cancelled.
3. The oven can not preheat to 30-60 °C.
4. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C is reached. You can change the preheating temperature by turning the **Dial**.
6. After pressing the **Dial**, the selected temperature can be recalled and changed. Tap **Oven** pad once to indicate the temperature in the display window. You can change the temperature by turning the **Dial** While the temperature is recalled in the display window.
7. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.

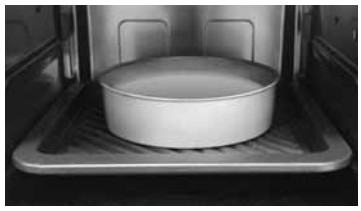
Oven Accessory to Use

In **Oven** mode, you can cook food directly on the Grill Tray in the upper or lower shelf position. Or you can place your standard metal baking tins and ovenware on the Grill Tray in the lower shelf position. Do not place tins and ovenware directly on the base of the oven in **Oven** mode.

Roasting meat:

Grill Tray in lower shelf position.

Baking:



Grill Tray in lower shelf position.

You can use the Grill Tray for baking dish for roasting potatoes or vegetables, and for baking fairy cakes, scones and cookies. It is also ideal for re-heating pre-baked convenience pastry items.

Roasting Vegetables / Potatoes:

Grill Tray in lower shelf position.

Reheating:

Grill Tray in lower shelf position.

Oven Cooking (continued)

Guideline to Oven Temperatures

For best results always place food in a preheated oven. Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 250 °C then back to 30 °C in anticlockwise direction. Food is generally cooked uncovered - unless it is stated in the instructions or recipe.

Temp °C	Example of Use
30/40 °C	Proving bread or pizza dough
50 °C	Warming dishes
60/70 °C	Dried fruits, beef jerky
80/90 °C	Slow cooking
100 °C	Pavlova
110 °C	Meringues
140 °C	Rich fruit cake
150/160 °C	Macaroons
160/170 °C	Casseroles, small tarts, cookies
180 °C	Victoria sandwich, fairy cakes, meat joints
190 °C	Gratins, lasagne, pastry pies, chicken
200 °C	Stuffed peppers, scones, swiss roll, muffins
210 °C	Vegetable parcels, bread
220 °C	Baking pizza, oven fry cooking for drumsticks
230 °C	Garlic bread
240/250 °C	Potato products, sweet potatoes and Roast lamb chops etc.

F0003CM40HP_Eng.indd 38 2022/7/20 10:09:21

Combination: Grill and Microwave

On the base of the oven in your own microwaveable and heatproof dishes, this mode is suitable for cooking lasagne, gratins, meat, potatoes.
To cook successfully by this combination you should always use a minimum of 200 g food. Small quantities should be cooked by **Oven**, **Grill** or **Steam**. It is not possible to preheat when using this **Combination** mode and food should always be cooked uncovered.

Combination Level	Combination Type	Example of Use
Combi 1	Grill 1 + MW 300 W	Breaded chicken, ready meal with gratin tops, meat pies and pastries
Combi 2	Grill 2 + MW 300 W	

Tap **Combination** pad once.

Turn the **Dial** until the power you require appears in the display window. (Skip this step for **Combi 1**)

Pess the **Dial** to confirm the selection.

Select the cooking time by turning the **Dial**. Maximum cooking time is 1 hour and 30 minutes.

Press the **Dial** to start.
The cooking program will start and the time in the display will count down.

Note:

1. Preheating is not available for **Combi 1, 2**.
2. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
3 To turn food just pull the door handle downwards to open, turn the food, return to the oven, close the door and press the **Dial** to start. The oven will continue to count down the remaining cooking time.

F0003CM40HP_Eng.indd 39 2022/7/20 10:09:21

Combination: Grill and Microwave (continued)

English

Oven Accessory to Use

For advice on cooking times refer to cooking and reheating chart in this book. See pages 56-57. Foods should always be cooked until browned and piping hot.

You can use the Grill Tray in either of the shelf positions.

Guideline:

1. Food is always cooked uncovered.
2. Foods should always be cooked until browned and piping hot.

Caution:

Your dishes and surrounding oven will get very hot. Use oven gloves.

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 elements- heatproof glass e.g. Pyrex® or ceramic are ideal.

Combination: Cooking with Steam

Steam can be used to cook foods simultaneously with **Microwave**, **Grill** or **Oven** mode. This can often reduce traditional oven cooking times and keep the food moist.

Combination Level	Combination Type	Example of Use
Combi 3	Steam 1 + MW 300 W	Stewed fruit, fresh vegetables, frozen vegetables
Combi 4	Steam 1 + MW 440 W	
Combi 5	Steam 1 + Grill 1	Fish and chicken with skin
Combi 6	Steam 1 + Oven (150 - 250°C)	Home-made bread

F0003CM40HP_Eng.indd 40 2022/7/20 10:09:22

Combination: Cooking with Steam (continued)

Tap **Combination** pad once.

Turn the **Dial** until the power you require appears in the display window.

Press the **Dial** to confirm the selection.

Turn the **Dial** to select the oven temperature (**Combi 6** only). Temperature ranges from 150-250 °C

Press the **Dial** to confirm the selection. (**Combi 6** only)

Tap if preheating (**Combi 6** only). When the actual temperature reaches the set temperature, the oven will beep. Then open the door and place the food inside.
* Skip this step when preheating is not required.

Select the cooking time by turning the **Dial**. Maximum cooking time for **Combi 3,4** is 30 minutes and maximum cooking time for **Combi 5,6** is 1 hour.

Press the **Dial** to start.
The cooking program will start and the time in the display will count down.

F0003CM40HP_Eng.indd 41 2022/7/20 10:09:22

Combination: Cooking with Steam (continued)

Oven accessory to Use:

Combi 3,4: Steam + Microwave

Directly on the base of the oven in a microwaveable and heatproof dish or alternatively you can use the Grill Tray in either of the shelf positions.

Combi 5: Steam + Grill / Combi 6: Steam + Oven

Grill Tray in either of the shelf positions.

Note:

1. Fill the water tank before using **Steam Combination** function.
2. The maximum time for cooking in **Combi 3, 4** is 30 minutes and maximum time for **Combi 5, 6** is 1 hour. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, press the **Dial** to start. The oven will not continue cooking until the water tank has been re-filled and the **Dial** pressed.
4. Preheating is only available for **Combi 6**.
5. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
6. It is possible to refill water tank at any time during cooking, without having to tap **Stop/Cancel** pad first.
7. It is necessary to wipe the excess water in the cavity after steam combination cooking.

Guidelines

1. During and after cooking with steam combination function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
2. After each steam operation, carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs. (See page 20).

Caution:

1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
4. Take care when removing the drip tray.

F0003CM40HP_Eng.indd 42 2022/7/20 10:09:22

Multi-stage Cooking

This feature allows you to program 3-Stage continually.

E.g.: Continually set [600 W] 2 minutes, [Steam 2] 3 minutes and [Grill 2] 2 minutes.

Tap **Micro Power** pad once.

Turn the **Dial** to Select 600 W.

Pess once to confirm.

Turn the **Dial** to Select 2 minutes.

Tap **Steam** pad once.

Turn the **Dial** to Select Steam 2.

Pess once to confirm.

Turn the **Dial** to Select 3 minutes.

Tap **Grill** pad once.

Turn the **Dial** to Select Grill 2.

Pess once to confirm.

Turn the **Dial** to Select 2 minutes.

Pess once to start.

Note:

1. For multi-stage cooking, enter another cooking program before pressing the **Dial**.
2. During operation, tapping **Stop/Cancel** pad once will stop the operation. pressing the **Dial** will re-start the programmed operation. Tapping **Stop/Cancel** pad twice will stop and clear the programmed operation.
3. Whilst not operating, tapping **Stop/Cancel** pad will clear the selected program.
4. **Auto programs**, **Oven** and **Combi 5, 6** cannot be used with multi-stage cooking.
5. If multiple cooking includes **Steam** or **Steam Combination** mode, the maximum setting time is 30 minutes. Fill water tank before use.

F0003CM40HP_Eng.indd 43 2022/7/20 10:09:23

One Push Reheating

English

This unique feature built in sensor allows you to reheat a chilled meal with one push of the **Dial**. It is not necessary to select the power level or cooking time. The built-in sensor measures the humidity of the food and calculates the microwave power level together with a cooking time.

When clock or colon is displayed, press the **Dial** to start.
To reset oven and return to clock or colon, tap **Stop/Cancel** pad.

To reheat a chilled pre-cooked meal. All foods must be pre-cooked and at refrigerator temperature approx.+5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the center and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Press **Dial** to start the program. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.

Recommend weight range: 200 - 1000 g

Note:

1. Press the **Dial** in two minutes right after the door was closed, otherwise "One Push Reheating" will be rejected and beeps will sound. Open the door and close it again will release the "One Push Reheating".
2. This feature is not suitable for foods that cannot be stirred eg. lasagne / macaroni cheese.
3. The oven automatically calculates the reheating time or the remaining reheating time.
4. The door should not be opened before the time appears in the display window.
5. To prevent any mistakes during "One Push Reheating" ensure that base of oven and the container are dry.
6. The room temperature should not be more than 35 °C and not less than 0 °C.
7. If the oven has previously been used and it is too hot to be used on "One Push Reheating", ‘HOT’ will appear in the display window. After the ‘HOT’ disappears, the "One Push Reheating" may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

How it Works

Once the "One Push Reheating" has been selected and the **Dial** is pressed the food is heating up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to reheat. The remaining cooking time will appear in the display window after two beeps. Whilst the sensor program is still in the display window the oven door should not be opened. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

Adjust to Taste

The "One Push Reheating" reheats a chilled meal for average tastes. You are able to adjust the "One Push Reheating" to your own taste. After pressing the **Dial**, “ ∨ / ∧ “symbol appears in the display,turn **Dial** clockwise for more time or anticlockwise for less time. This operation should be completed within 14 seconds. Default mode is normal.

F0003CM40HP_Eng.indd 44 2022/7/20 10:09:23

Auto Menu Programs

This feature allows you to set some ordinary menus with different Serving/Weights. It will cook automatically without setting power and time. Select the category of food and then just enter the Serving/Weights. Do not include the weight of any added water or the container weight.

English

Step 1

Tap **Auto Menu** pad once.

Step 2

Turn the **Dial** to select the food category.

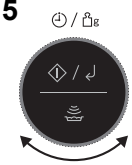
Step 3

Press the **Dial** to confirm the selection.

Step 4

Press the **Dial** to start preheating.
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.

Step 5



Select the serving/weights by turning the **Dial**.

Step 6

Press the **Dial** to start.
The cooking program will start and the time in the display will count down.

When you select an automatic program, symbols will appear in the display to show the cooking mode that will be used. See below to identify the symbols:

Grill Tray

Micro Power

Grill

Steam

Oven

Frozen Mark

Junior Menu

Note:

1. For menu 1 need to skip step 2, 4.
2. For menu 19, 20 need to skip step 5.
3. For menu 2-12, 14-17, 21-27 need to skip step 4.

F0003CM40HP_Eng.indd 45 2022/7/20 10:09:23

Auto Menu Programs (continued)

English

No.	Menu/Function	Serving/Weight				Recommended Containers	Accessory and Placement
Auto Reheat							
1	Beverage	1 cup	2 cups	3 cups	4 cups	cups	on flat table
Auto Steam							
2	Fresh Vegetables	200 g	300 g	400 g	500 g	–	
3	Frozen Vegetables	200 g	300 g	400 g	500 g		
4	Fresh Root Vegetables	200 g	300 g	400 g	500 g		
5	Chicken Breasts	200 g	400 g	600 g	–		
6	Fresh Fish Fillets	200 g	400 g	600 g	–		
7	Fresh Whole Fish	200 g	300 g	400 g	500 g		
8	Rice	100 g	200 g	300 g	–	shallow pyrex® dish	
9	Reheat Chinese Bun	4 pcs	6 pcs	–	–	–	
Healthy Grill & Fries							
10	Fresh Fish Fillets	200 g	400 g	600 g	–	–	
11	Fresh Whole Fish	200 g	300 g	400 g	500 g		
12	Meat Skewers	200 g	400 g	–	–		
13	Frozen Potato Fries	200 g	300 g	400 g	–		
14	Chicken Wings And Drumsticks	200 g	400 g	600 g	–		
Auto Cook							
15	Dumpling	6 pcs	12 pcs	–	–	–	
16	Chilled Pizza	200 g	350 g	–	–		
17	Congee/Porridge	100 g	150 g	200 g	–	casserole with lid	on flat table
18	Roast Beef/Lamb	500 g	1000 g	1500 g	2000 g	–	
19	Cake	8 inch	–	–	–		
20	Cookies	16 pcs	–	–	–		

F0003CM40HP_Eng.indd 46 2022/7/20 10:09:23

Auto Menu Programs (continued)

No.	Menu/Function	Serving/Weight				Recommended Containers	Accessory and Placement
Re-Bake Bread							
21	Baguette/Crusty Rolls	100 g	200 g	300 g	400 g	–	
22	Frozen Baguette/ Frozen Crusty Rolls	100 g	200 g	300 g	400 g		
23	Croissants	1 pc	2 pcs	3 pcs	4 pcs		
Junior Menu							
24	Buttered Sweet Corn	50 g	100 g	150 g	–	pyrex® dish	on flat table
25	Fruit Purée	100 g	200 g	300 g	400 g	pyrex® dish with lid	
26	Vegetable Purée	100 g	200 g	300 g	400 g		
27	Frozen Breaded Products	100 g	200 g	300 g	400 g	–	
Turbo Defrost							
28	Turbo Defrost	100 g - 3000 g (See page 29)					

Guidelines:

1. The auto programs must only be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package weight information.
4. Always use the Grill Tray as indicated.
5. Do not cover foods on the auto steam programs.
6. Most foods benefit from a standing time after cooking on an auto program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
8. The temperature for frozen food is assumed to be -18 °C to -20 °C. The temperature of chilled food is assumed to be +5 °C to +8 °C (refrigerator temperature).
9. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.
10. When "💧 💧" is blinking, fill the water tank.

English

F0003CM40HP_Eng.indd 47 2022/7/20 10:09:23

Auto Menu Programs (continued)

1 Beverage

To reheat beverage (coffee, tea,milk etc.) from fridge temperature. The reheat field is 1-4 cups (200 ml/cup). Select the program and weight, then start. After reheating, stir carefully. Do not cover or wrap.

Notes:

1. Use a microwave safe cup.
2. Heated Beverage can erupt if not mixed with air. Do not heat Beverage without stirring before heating.
3. Care must be exercised not to overheat Beverage. Overheating will cause an increased risk of scalding, or water eruption.

2 Fresh Vegetables

To steam fresh vegetables, e.g. broccoli, cabbage. Fill water tank. Place prepared vegetables onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start.

3 Frozen Vegetables

To steam frozen vegetables e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place vegetables onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start.

4 Fresh Root Vegetables

To steam fresh root vegetables, e.g. carrots, potatoes. Fill water tank. Clean and peel the root vegetables and cut into even sized pieces. Place prepared root vegetables onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start.

5 Chicken Breasts

To steam fresh chicken breasts. Each chicken breast should weigh about 200 g each. Fill water tank. Place chicken breasts onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start. Allow to stand for a few minutes after cooking.

6 Fresh Fish Fillets

To steam fresh fish fillets e.g. salmon steak, cod, haddock, plaice. Fill water tank. Place fresh fish fillets onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start. Allow to stand for a few minutes after cooking.

7 Fresh Whole Fish

To steam fresh whole fish e.g trout, sea bream, mackerel, sea bass, sardines weighing between 200-500 g each. Fill water tank. Place whole fish directly onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start.

8 Rice

To cook rice for savoury dishes (Thai, Basmati, Jasmine, long grain), not pudding rice. Rinse the rice in cold water. Fill water tank. Place rice in a shallow Pyrex® dish. Add 1 part cold water to 1 part rice. Do not cover. Place dish onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start.

9 Reheat Chinese Bun

To reheat refrigerated chinese buns weighing 80-100 g per piece. Fill water tank. Place the buns onto Grill Tray. Do not wrap or lid. Place the Grill Tray in upper shelf position. Select the program and weight, then start.

10 Fresh Fish Fillets

To cook fish fillets for one side grill e.g. salmon, cod, haddock weighing a maximum 200 g each. Fill water tank. Brush skin side with oil. Place fresh fish, skin side down, onto Grill Tray. Place in the lower shelf position. Select the program and weight, then start.

F0003CM40HP_Eng.indd 48 2022/7/20 10:09:23

11 Fresh Whole Fish

To grill fresh whole fish e.g trout, sea bream, mackerel, sea bass, sardines weighing between 200-500 g each. Before cooking non-oily fish (sea bass, trout), brush with oil. Place whole fish directly onto Grill Tray. Place in the upper shelf position. Select the program and weight, then start.

12 Meat Skewers

To grill meat or poultry skewers without turning. Place the meat skewers onto Grill Tray. Place the Grill Tray in upper shelf position. Select the program and weight, then start.

13 Frozen Potato Fries

To cook frozen potato fries. Select the program, then press **Dial** to preheat the oven. Spread potato fries out onto Grill Tray. After preheated, enter the weight of the frozen potato fries. Place Grill Tray in upper shelf position. Start to cook. Open the door to stir when two beeps heard during cooking, then press **Dial** to continue. For best results cook in a single layer.

Note: Potato fries vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning. This program issuitable for 10 mm fries.

14 Chicken Wings And Drumsticks

To cook chicken wings and drumsticks. Clean the wings and drumsticks, seasoned with salt and pepper for about 20 minutes. Place chicken directly onto Grill Tray. Place Grill Tray in upper shelf position. Select the program and weight, then start.

15 Dumpling

To fry frozen dumplings. Dumplings can be directly cooked by microwave oven from the fridge. Fill water tank. Brush some oil in the Grill Tray. Place the dumplings onto Grill Tray. Do not wrap or lid. Place the Grill Tray in upper shelf position. Select the program and weight, then start.

16 Chilled Pizza

To reheat and brown, chilled pizza (purchased). Remove all packaging and place onto Grill Tray in upper shelf position. Select the program and weight, then start. This program is not suitable for deep pan pizzas, stuffed crust pizzas.

17 Congee/Porridge

To cook congee/porridge. Always use a high microwaveable casserole. Soak the rice for about 30 minutes. Allow at most ½ depth of volume for evaporation to prevent boiling over. 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 the casserole at the centre of flat table. Select the program and weight, then start. Open the door to stir and covered partially when two beeps heard during cooking, press **Dial** to continue. Allow congee/porridge to stand for 5-10 minutes after cooking. Measure rice and distilled water as below chart for reference.

Rice	100 g	150 g	200 g
Water	750 ml	1000 ml	1200 ml

Note: open the cover carefully after cooking to prevent scalding as the high temperature.

18 Roast Beef/Lamb

To roast big piece of beef/lamb. Marinate for half an hour with seasonings. Select the program, then press **Dial** to preheat the oven. Put the meat piece on Grill Tray. After preheated, enter the weight of the beef or lamb. Place Grill Tray in the lower shelf position. Start to cook. Open the door to turn over when two beeps heard during cooking, then press **Dial** to continue. Allow to stand for 10 minutes after cooking.

English

19 Cake

Ingredient:

200 g	egg (about 4 pcs)
170 g	cake powder
170 g	castor sugar
1 tbsp	milk
20 g	butter
½ tsp	baking powder

Method:

1. Beat eggs and castor sugar into a container and stir with an eggbeater at low speed until the sugar is dissolved completely. Adjust to high speed until the beaten eggs are completely foamed and the footprint of the eggbeater keeps for a while. Readjust to low speed to make the bubble uniformly.
2. Fill water tank. Select the program, then press **Dial** to preheat.
3. Gradually add the sifted cake powder and baking powder into the mixture. Mix them with a wooden spoon from bottom to top. Add the melt butter and milk into the mixture and stir evenly. Cover the baking paper at the bottom and edges of the mold and pour the mixture in. Put the mold on Grill Tray.
4. After preheating, beep will be heard. Put the Grill Tray on the lower shelf position quickly and press **Dial**.

20 Cookies

Ingredient:

80 g	plain flour
¼ tsp	baking powder
60 g	butter
35 g	icing sugar
15 g	almond slice (roasted)
½	egg yolk
¼	egg white
a drop of	vanilla essence

Method:

1. Cream butter, sugar and vanilla essence till creamy white, using a cake mixer. Add beaten egg yolk and egg white and continue beating. Gradually add sifted flour and stir well with wooden spoon. Stir almond slice into dough. Place the aluminium foil on the Grill Tray. Divide the dough into 16 parts (about 13 g each) and arrange well into Grill Tray.
2. Select the program, then press **Dial** to preheat.
3. After preheating, beep will be heard. Place the Grill Tray on lower shelf position quickly and press **Dial**.

21 Baguette/Crusty Rolls

To re-bake baguettes and crusty rolls. This program is suitable for reheating, pre-purchased chilled baguettes and rolls. Ensure height of baguette/rolls is no more than 5 cm. Place baguette/crusty rolls onto Grill Tray in lower shelf position. Select the program and weight, then start.

F0003CM40HP_Eng.indd 50 2022/7/20 10:09:23

22 Frozen Baguette/Frozen Crusty Rolls

To re-bake frozen baguettes and crusty rolls. This program is suitable for reheating, pre-purchased frozen baguettes and rolls. Ensure height of baguette/rolls is no more than 5 cm. Place baguette/crusty rolls onto Grill Tray in lower shelf position. Select the program and weight, then start.

23 Croissants

To re-bake croissants. This program is suitable for reheating, pre-purchased, chilled croissants. Place croissants each about 50 g onto Grill Tray in lower shelf position. Select the program and weight, then start.

24 Buttered Sweet Corn

To cook buttered sweet corn. Fill water tank. Place frozen corn kernels in a pyrex® dish. Do not cover. Place dish at the center of flat table. Select the program and weight, then start.

25 Fruit Purée

To cook apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable for weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:

100 g fruit 50 ml water.

200 g, 300 g fruit 75 ml water.

400 g fruit 125 ml water.

Cover with lid. Place dish on base of oven. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, then press **Dial** to continue. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary, adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.

26 Vegetable Purée

To cook parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:

100 g vegetables 75 ml water.

200 g, 300 g vegetables 100 ml water.

400 g vegetables 150 ml water.

Cover with lid. Place dish on base of oven. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, then press **Dial** to continue. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary, adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.

27 Frozen Breaded Products

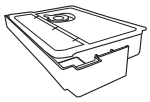
To prepare frozen breaded products such as frozen popcorn chicken, frozen chicken nuggets, frozen turkey drummers, frozen fish fingers, frozen scampi. Remove all packaging and place the frozen breaded products onto the Grill Tray in upper shelf position. Select the program and weight, then start.

Cleaning Setting

English

F1. Drain Water

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



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

Tap **Cleaning** pad once.

Turn the **Dial** to select F1. Drain Water.

Press the **Dial** to confirm the selection.

Press the **Dial** to start.

Note:

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

Caution:

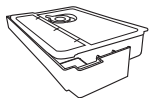
If the drain water program is used directly after a steam cooking program, hot water may be drained into the drip tray.

F0003CM40HP_Eng.indd 52 2022/7/20 10:09:23

Cleaning Setting (continued)

F2. System Cleaning

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



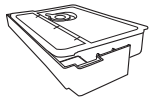
Make a solution of 16 g citric acid and 200 g of water, add the solution to the water tank. Ensure drip tray is empty.

Tap **Cleaning** pad once.

Turn the **Dial** to select F2. System Cleaning.

Press the **Dial** to confirm the selection.

Press the **Dial** to start. The program will run for approx. 29 minutes.



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

Press the **Dial** to start.
The program will run for approx. 1 minute.
Empty the drip tray after the program has finished.

Note:

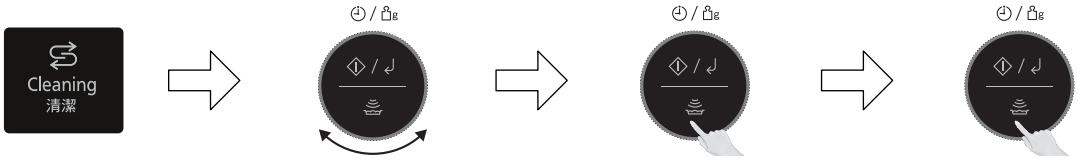
1. When " " icon is displayed, run the 'system cleaning' program.
2. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
3. Do not remove the drip tray during the system cleaning program.
4. Empty the drip tray and rinse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

F0003CM40HP_Eng.indd 53 2022/7/20 10:09:24

Cleaning Setting (continued)

F3. Deodorization

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



Tap **Cleaning** pad once.

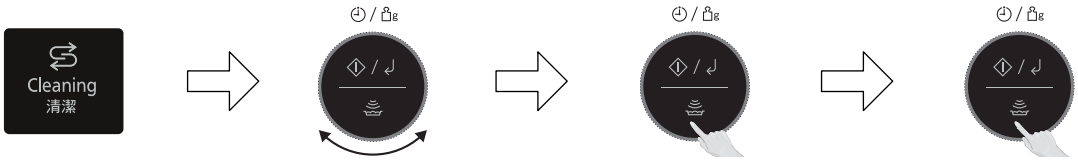
Turn the **Dial** to select F3. Deodorization.

Press the **Dial** to confirm the selection.

Press the **Dial** to start. The program time appears in the display window and begins to count down. The program will run for 20 minutes.

F4. Cavity Cleaning

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



Tap **Cleaning** pad once.

Turn the **Dial** to select F4. Cavity Cleaning.

Press the **Dial** to confirm the selection.

Press the **Dial** to start. The program time appears in the display window and begins to count down. The program will run for 20 minutes.

Note:

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

F0003CM40HP_Eng.indd 54 2022/7/20 10:09:24

Defrosting Chart

English

Preparation for Freezing:

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

Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on flat table.
2. On Turbo Defrost, the oven will beep during the defrosting time. At “beep”, turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties.Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Defrosting Chart (by setting Micro Power at 300 W):

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

F0003CM40HP_Eng.indd 55 2022/7/20 10:09:24

Reheating Chart

English

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

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Chilled meal	200 g	1000 W	2 mins - 2 mins 30 secs	Place in a microwave safe and heat-proof dish on base of oven.
Frozen meal	200 g	1000 W	3 mins 30 secs - 4 mins	Place in a microwave safe and heat-proof dish on base of oven.
Sandwich	100 g	1000 W	30 secs	Place in a microwave safe and heat-proof dish on base of oven.
Canned soup	600 ml	1000 W	3-4 mins	Place in a microwave safe and heat-proof dish with cover on base of oven. Stir half way and end of cooking.
Beverage	235 ml	1000 W	1 min 30 secs	Place in a microwave safe cup on base of oven. Stir half way and end of cooking.
Milk	250 ml	1000 W	1 min - 1 min 30 secs	Place in a microwave safe cup on base of oven. Stir half way and end of cooking.
Canned vegetables				
Bean	415 g	1000 W	2 mins 30 secs - 3 mins	Place in a microwave safe and heat-proof bowl with cover. Place on base and stir halfway.
Tomato	400 g	1000 W	2 mins	
Mushrooms	290 g	1000 W	2 mins - 2 mins 30 secs	
Sweetcorn	330 g	1000 W	2 mins - 2 mins 30 secs	
Meat pies	150 g	1000 W	1 min 30 secs- 2 mins	Place in a microwave safe and heat-proof bowl on base.
		Combi 2	6-7 mins	Remove product from foil container and place on Grill Tray in lower shelf position.
Quiche	400 g	Combi 2	10-11 mins	Remove product from foil container and place on Grill Tray in lower shelf position.
Frozen fruit tart	450 g	Combi 2	8-10 mins	Remove product from foil container and place on Grill Tray in lower shelf position.
Frozen egg tart	300 g	Combi 2	10-11 mins	Remove product from foil container and place on Grill Tray in lower shelf position.
Spring rolls	200 g	Combi 2	5-7 mins	Place on Grill Tray in upper shelf position.
Fried dumpling	200 g	Combi 2	5-7 mins	Remove product from foil container and place on Grill Tray in upper shelf position.
Pizza	300 g	Combi 2	7-9 mins	Remove product from foil container and place on Grill Tray in lower shelf position.

F0003CM40HP_Eng.indd 56 2022/7/20 10:09:24

Cooking Chart

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions
Meat				
Lamb joint	Maximum weight 1.5 kg	180 °C	20 mins per 500 g plus 25-30 mins	Preheat oven. Cook on Grill Tray in lower shelf position. Turn halfway. Wrap in foil and allow to stand for 10 mins after cooking.
Steak -medium	150 g	Grill 1	7-8 mins	Place on Grill Tray in upper shelf position. Turn halfway
Steak -well done			9-10 mins	
Beef joint -well done	Maximum weight 1.5 kg	220 °C	20 mins per 500 g plus 30-35 mins	Preheat oven. Place on Grill Tray in lower shelf position. Turn halfway.
Fish and Shellfish				
Fresh fish fillets	500 g	600 W	5-7 mins	Place in a microwave safe and heat-proof dish with cover on base of oven.
Frozen fish fillets	500 g	1000 W	9-10 mins	
Prawns	500 g	600 W	5-7 mins	
Mussels	500 g	600 W	5-7 mins	
Fish thin fillets	500 g	Combi 3	5-7 mins	Fill the water tank. Place in a microwave safe and heat-proof dish without cover on base of oven.
Poultry				
Chicken breasts (boneless and skinless)	250 g	Steam 1	30 mins	Fill the water tank.Place on Grill Tray in upper shelf position.
Chicken legs	1.0 kg	Grill 1	30 mins	Place on Grill Tray in lower shelf position. Turn halfway.
Whole chicken	per 500 g	190 °C	30-35 mins	Preheat the oven. Place chicken on Grill Tray in lower shelf position. Turn halfway.
Fresh vegetable				
Asparagus	200 g	Combi 3	5-6 mins	Fill the water tank. Place in a microwave safe and heat-proof dish without cover on base of oven.
Broccoli	250 g	Combi 4	7-8 mins	
Peas	200 g	Combi 4	4-5 mins	
Boiled potatoes	500 g	Combi 4	14-15 mins	
Rice				
Long grain white	250 g	1000 W	11-13 mins	Use a 5 L microwave safe container. Add 550 ml boiling water. Cover partly and stir halfway.
Pasta				
Fusilli	200 g	1000 W	10 mins	Use a 5 L microwave safe container. Add 550 ml boiling water and 15 ml oil. Cover partly and stir halfway.
Spaghetti	250 g	1000 W	8-10 mins	

English

F0003CM40HP_Eng.indd 57 2022/7/20 10:09:24

English

Oven Fry Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Frozen				
Thin frozen fries	300 g	Oven (Preheat at 220 °C)	23-25 mins	Place on Grill Tray in upper shelf position, stir at ⅔ of total time.
Thick frozen fries/ Frozen potato steak fries/wedges	300 g		40-45 mins	
Frozen cheese sticks	400 g		16-18 mins	Place on Grill Tray in upper shelf position, turn at ⅔ of total time.
Frozen chicken nuggets	400 g		25-30 mins	
Frozen fish fingers	350 g		20-23 mins	
Fresh				
Homemade fries	500 g	Oven (Preheat at 220 °C)	30-35 mins	Place on Grill Tray in upper shelf position. soak in cold water for 1-3 hour in the refrigerator, dry and mix with oil, stir at ⅔ of total time.
Steak (½ inch of thickness)	4 pcs (670 g)	Oven (Preheat at 220 °C)	12-14 mins	Seasoned. Place on Grill Tray in upper shelf position, turn over at ⅔ of total time.
Hamburger	4 pcs (560 g)		16-20 mins	
Chicken wings	1000 g		25-30 mins	
Drumsticks	6 pcs (800 g)		35-40 mins	
Chicken breast	4 pcs (800 g)		30-35 mins	
Fish fillets	4 pcs (450 g)		20-25 mins	Seasoned. Place on Grill Tray in upper shelf position, less than 4 cm of thickness.
Sweet potato	350 g		21-24 mins	Seasoned. Place on Grill Tray in upper shelf position, stir at ⅔ of total time.
Tofu	800 g		18-22 mins	Cut into large Pieces, Seasoned. Place on Grill Tray in upper shelf position.

F0003CM40HP_Eng.indd 58 2022/7/20 10:09:24

Before Requesting Service

English

ALL THESE THINGS ARE NORMAL:	
The oven causes interference with my TV.	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.
Steam accumulates in the oven cavity and on the oven door, and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most the steam and warm air are removed from the oven vents, but some steam will condense on cooler surfaces such as in the oven cavity and on the oven door. This is normal. Always wipe to dry after cooling down.
Steam accumulates inside the oven door.	During cooking, some steam will condense on cooler surfaces such as inside the oven door. It is normal and safe to use the product.
I accidentally operate my microwave oven without any food in it.	Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by **Combination**.	These noise occur as the oven automatically switch the Grill. This is normal.
The oven has an odour and generates smoke when using **Grill**, **Combination** and **Oven** function.	It is essential that your oven is wiped out regularly particularly after cooking by **Combination**, **Oven**, and **Grill** function. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Some smoke will be given off from the cavity when using **Grill**, **Combination** and **Oven** for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.
The fan motor continue operating after cooking is over.	After using the microwave oven, the fan motor will operate for several minutes to cool the electric compenents.
Sounds will occur when using the **Steam** function.	This is caused by air mixed when the water tank is working. It is normal.
The sound of “Bar... Bar...” may be emitted at the back of the oven cavity during and after the use of different kinds of Oven function.	This is a cause of thermal expansion and contraction of the metal material used in the product. It is normal.
Steam leaks out from all four sides of the oven door.	When a function related to steam is used, a lot of steam are generated in the oven cavity during operation of the product. Some steam may leak from all four sides of the oven door. It is normal.

F0003CM40HP_Eng.indd 59 2022/7/20 10:09:24

Before Requesting Service (continued)

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit Breaker or fuse is tripped or blown.	Contact the specified service Centre.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Dial was not pressed after programming.	Press **Dial**.
	Another program has already been entered into the oven.	Tap **Stop/Cancel** pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Cancel pad has been tapped accidentally.	Program oven again.
"HOT" appears in the display window.	The cavity is overheated.	Operate again after it cools down.
"U14" appears in the display window.	The water tank is empty.	Full it with water and tap **Stop/ Cancel** to reset.
"H97" or "H98" or "H00" appears in the display window.	This display indicates a problem with the microwave generation system.	Contact the authorised service centre.
“DEMO MODE PRESS ANY KEY” or “D” appears in the display window.	The oven is under demonstration mode.	Tap **Micro Power** pad once, press **Dial** four times then tap **Stop/Cancel** pad four times.
The "🔑" appears in the Display Window.	The Child Lock was activated by tapping **Stop/Cancel** pad 3 times.	Deactivate Lock by tapping **Stop/ Cancel** pad 3 times.
White powder found at steam outlet, drip tray and oven cavity.	The white powder is mineral crystal from evaporation of water, it is natural substance and harmless to human body.	You can use **Cleaning** setting with Auto Menu F1&F2 to clean the steam system and water supply pipe to improve condition. If crystal attached to the nozzle or in the oven cavity, please wipe and clean with a wring cloth. After using **Steam** function or **Cleaning**, pour out the water from the drip tray and wipe with a sponge.

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

F0003CM40HP_Eng.indd 60 2022/7/20 10:09:24

Care of your Microwave Oven

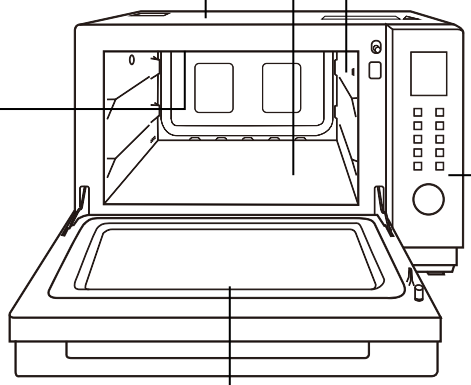
Turn the oven off and remove the power plug from the wall socket before cleaning.

The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

Always clean the Flat Table after cooling down with a mild detergent and wipe to dry.

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

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

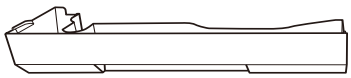


Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning tap **Stop/Cancel** pad to clear display window.

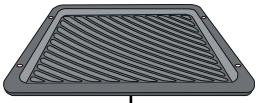
For some models:
The Control Panel is covered with a removable protective film to prevent scratches during shipping. Small bubbles may appear under this film, so if this is the case, remove by applying masking or clear tape to an exposed corner and pull gently.

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

After using, clean it with a mild detergent or dishwasher.



Drip Tray



Grill Tray

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

Note:

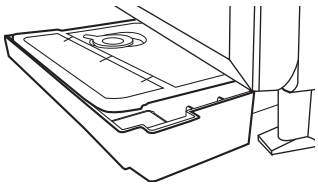
1. When using the **Grill**, **Oven** or **Combination** mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After **Grill**, **Oven** or **Combination** cooking, the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by **Grill**, **Combination**. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.
   DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
   A steam cleaner is not to be used for cleaning.
3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
4. It is possible that a few water droplets appeared on countertop if steam function is used intensively, especially under high humidity environment or poor ventilation conditions. Please wipe the liquid off in case.
5. When it becomes necessary to replace the oven light, please consult the service Centre specified by Panasonic.

F0003CM40HP_Eng.indd 61 2022/7/20 10:09:24

Care of your Microwave Oven (continued)

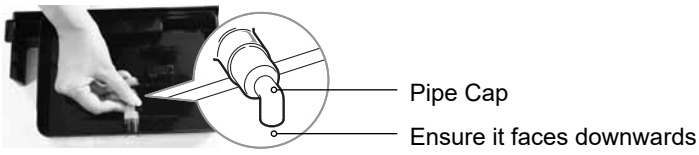
Cleaning the water tank

Clean with a soft sponge in water.



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

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



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

Note:

1. There is a spring at the insertion port of the pipe, please store it properly when cleaning, and do not lose it.
2. Clean the water tank at least once a week to prevent build up of limescale.
3. Do not use a dishwasher to clean the water tank or parts of the water tank.

INGREDIENT CONVERSION CHART

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

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

F0003CM40HP_Eng.indd 62 2022/7/20 10:09:24

Technical Specifications

Model:		NN-DS59NB	
Power Supply:		220 V, 50 Hz	230 - 240 V, 50 Hz
Power Consumption*:	Microwave	4.9 A 1050 W	4.6 A 1050 W
	Grill	6.3 A 1400 W	5.8 A 1400 W
	Oven	6.7 A 1500 W	6.2 A 1500 W
	Steam	5.3 A 1130 W	4.8 A 1130 W
	Combination	9.1 A 1980 W	8.3 A 1980 W
Power Requirement (Maximum):		1980 W	
Output power:	Microwave*	1000 W	
	Grill	1350 W	
	Oven	1450 W	
	Steam	1100 W	
Outside Dimensions (W × H × D):		514 mm x 347 mm x 410 mm (456 mm)**	
Oven Cavity Dimensions (W × H × D):		336 mm x 226 mm x 357 mm	
Overall Cavity Volume:		27 L	
Operating Frequency:		2450 MHz	
Uncrated Weight:		Approx. 15.5 kg	

** 410 mm is the dimension without handle
456 mm is the dimension with handle

* 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.

English

F0003CM40HP_Eng.indd 63 2022/7/20 10:09:26