Please read this owner's manual thoroughly before operating. The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.
How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Microwave ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no “left over” energy to harm you when you eat your food.
1. Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven. which involves the removal of any cover which gives protection against exposure to microwave energy. Do not operate the oven, if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.

Unlike other appliances, the microwave oven is high-voltage and high-current equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or an electric shock.

2. Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with the wet newspapers, clothes, toys, electric devices, pet or child etc.)

It can be the cause of serious damage of safety such as a fire, a burn or a sudden death due to an electric shock.

3. The appliance is not intended for use by young children or infirm persons.

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.

Improper use may cause the damage of safety concerns such as a fire, an electric shock and a burn.

4. Accessible parts may become hot during use. Young children should be kept away.

They may get a burn.

5. Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.

They could burst.

6. 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.
Important Safety Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

1. You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlock.
   - It could result in harmful exposure to excessive microwave energy.
   (Safety interlocks automatically switch off any cooking activity when the door is opened.)

2. Do not place any object (such as kitchen towel, napkin, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.
   - It could result in harmful exposure to excessive microwave energy.

3. Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
   - It could result in harmful exposure to excessive microwave energy.

4. Please ensure cooking times are correctly set small amounts of food require shorter cooking or heating time.
   - The over cooking may result in the food catching a fire and subsequent damage to your oven.

5. When heating liquids, e.g. soups, sauces and beverages in your microwave oven,
   * Avoid using straight sided containers with narrow necks.
   * Do not overheat.
   * Stir the liquid before placing the container in the oven and again halfway through the heating time.
   * After heating, allow to stand in the oven for a short time, stir or shake them again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).

   - Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

6. An exhaust outlet is located on top or bottom or side of the oven. Don’t block the outlet.
   - It could result in damage to your oven and poor cooking results.

7. Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
   - Improper use could result in damage to your oven.
8. Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.

- Improper use can be the cause of an explosion or a fire.

9. Do not use wooden containers and ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check the utensils are suitable for use in microwave ovens before use.

- They may heat-up and char. Especially metal objects in the oven may arc, which can cause serious damage.

10. Do not use recycled paper products.

- They may contain impurities which may cause sparks and/or fires when used in cooking.

11. Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.

- Improper use could result in damage to your oven.

12. Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.

- Improper use could result in bodily injury and oven damage.

13. Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.

- They could burst.

14. Do not cook eggs in their shell. 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.

- Pressure will build up inside the egg which will burst.

15. Do not attempt deep fat frying in your oven.

- This could result in a sudden boil over of the hot liquid.

16. If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.

- It can be the cause of serious damage of safety such as a fire, an electric shock.
Important Safety Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

17. When food is heated or cooked in disposable containers of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.

- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.

18. The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before clearing make sure they are not hot.

- As they will become hot, unless wearing thick oven gloves there is the danger of a burn.

19. The oven should be cleaned regularly and any food deposits removed.

- 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.

20. Only use the temperature probe recommended for this oven (for appliances having a facility to use a temperature-sensing probe).

- You can not ascertain that the temperature is accurate with unsuitable temperature probe.

21. If heating elements are provided, during use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

- There is the danger of a burn.

22. Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.

- Overcooking could result in the corn catching a fire.
Important Safety Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

23. This appliance must be earthed.
   The wires in this mains lead are colored in accordance with the following codes
   BLUE ~ Neutral
   BROWN ~ Live
   GREEN & YELLOW ~ Earth

   As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:

   The wire which is colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK.
   The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED.
   The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or √.

   If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
   Improper use may cause serious electric damage.

24. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.
   They can scratch the surface, which may result in shattering of the glass.

25. This oven should not be used for commercial catering purposes.
   Improper use could result in damage to your oven.

26. The microwave oven must be operated with the door of built-in cabinet open.
   If the door of cabinet is closed while operating, the airflow get worse and it could result in a fire or damage to your oven and the cabinet.

27. The connection may be achieved by having the plug accessible or by incorporation a switch in the fixed wiring in accordance with the wiring rules.
   Using improper plug or switch can cause an electric shock or a fire.
Precautions

Precautions to avoid possible exposure to excessive microwave energy.

WARNING

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the case of a microwave oven could result in harmful exposure to microwave energy. It is important not to tamper with the safety interlocks.

Do not place any object between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

Your oven should not be adjusted or repaired by anyone except qualified service personnel.

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, delayed eruptive boiling 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:

1 Avoid using straight sided containers with narrow necks.
2 Do not overheat.
3 Stir the liquid before placing the container in the oven and again halfway through the heating time.
4 After heating, allow to stand in the oven for a short time, stir or shake them (especially the contents of feeding bottles and baby food jars) again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars). Be careful when handling the container.

WARNING

Please ensure cooking times are correctly set as over cooking may result in the FOOD catching fire and subsequent damage to your oven.

WARNING

Always allow food to stand after being cooked by microwaves and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.
By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your oven has not been damaged during delivery.

1. Unpack your oven and place it on a flat level surface.

2. Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 20cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.

* THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES
Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.

Press the STOP button, and press the START button one time to set 30 seconds of cooking time. You will hear a BEEP each time you press the button. Your oven will start before you have finished the sixth press; don’t worry this is normal.

Open your oven door by pressing the DOOR OPEN BUTTON. Place the ROTATING RING inside the oven and place the GLASS TRAY on top.

The DISPLAY will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. Be careful when removing the container it may be hot.

Fill a microwave safe container with 300ml (1/2 pint) of water. Place on the GLASS TRAY and close the oven door. If you have any doubts about what type of container to use please refer to page 47.

The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

YOUR OVEN IS NOW INSTALLED

HOW TO USE THE ACCESSORY

Normal
Abnormal

Do not operate the appliance as shown figure. As misuse will lead to sparking and damage the appliance.
You can set either 12 hour clock or 24 hour clock.

In the following example I will show you how to set the time for 14:35 when using the 24 clock.

Make sure that you have removed all packaging from your oven.

Press **STOP/CLEAR**.

When your oven is plugged in for the first time or when power resumes after a power cut, a ‘:’ will be shown in the display; you will have to reset the clock.

If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

Press and hold **Kitchen Timer/Clock** until “12 H” appears on the display.

Press **Kitchen Timer/Clock** again for 24 hour clock setting.

(If you want to change different option after setting clock, you have to unplug and plug it back in.)

Turn **TIME/WEIGHT** dial until display shows “14:00”.

(PRESS CLOCK KEY)

Press **Kitchen Timer/Clock**.

Turn **TIME/WEIGHT** dial until display shows “14:35”.

Press **START/Q-START**.

The clock starts counting.
Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

Press STOP/CLEAR.

Press and hold STOP/CLEAR until “CHILD LOCKED” appears on the display and BEEP sounds. The CHILD LOCK is now set.

To cancel CHILD LOCK press and hold STOP/CLEAR until “CHILD LOCKED” disappears. You will hear BEEP when it’s released.
In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.

Make sure that you have correctly installed your oven as described earlier in this book.

Press STOP/CLEAR.

Your oven has five microwave Power settings.

<table>
<thead>
<tr>
<th>Power Setting</th>
<th>%</th>
<th>Power Output</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Max</td>
<td>100%</td>
<td>900 W</td>
</tr>
<tr>
<td>Medium High</td>
<td>80%</td>
<td>720 W</td>
</tr>
<tr>
<td>Medium</td>
<td>60%</td>
<td>540 W</td>
</tr>
<tr>
<td>Defrost</td>
<td>40%</td>
<td>360 W(   )</td>
</tr>
<tr>
<td>Medium Low</td>
<td>20%</td>
<td>180 W</td>
</tr>
</tbody>
</table>

Don't Use

- Grill Rack (High Rack)
- Convection Rack (Low Rack)
- Drip Dish (Gray Color)

Press Micro twice.

It will show 720 W.

Press START/Q-START.

When cooking you can increase or decrease cooking time by turning TIME/WEIGHT dial.

Don't Use

- Grill Rack (High Rack)
- Convection Rack (Low Rack)
- Drip Dish (Gray Color)
Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.

<table>
<thead>
<tr>
<th>POWER LEVEL</th>
<th>USE</th>
<th>POWER LEVEL (%)</th>
<th>POWER OUTPUT</th>
</tr>
</thead>
</table>
| HIGH        | * Boil water  
              * Brown minced beef  
              * Cook poultry pieces, fish, vegetables  
              * Cook tender cuts of meat | 100 % | 900 W |
| MEDIUM HIGH | * Reheating(Liquid)  
              * Roast meat and poultry  
              * Cook mushrooms and shellfish  
              * Cook foods containing cheese and eggs | 80 % | 720 W |
| MEDIUM      | * Reheating(Mashed potato, Plated meal, Ready meal)  
              * Prepare eggs  
              * Cook custard  
              * Prepare rice, soup | 60 % | 540 W |
| DEFROST/ MEDIUM LOW | * All thawing  
                        * Melt butter and chocolate  
                        * Cook less tender cuts of meat | 40 % | 360 W( **) |
| LOW         | * Soften butter & cheese  
              * Soften ice cream  
              * Raise yeast dough | 20 % | 180 W |
In the following example I will show you how to set 2 minutes of cooking on 900 W power.

The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **Q-START** button.

1. Press **STOP/CLEAR**.

2. Press **Q-START** four times to select 2 minutes on 900W power. Your oven will start before you have finished the fourth press.

3. During **QUICK START** cooking, you can extend the cooking time up to 99 minutes 59 seconds by turning the **TIME/WEIGHT** dial.

**Don't Use**

- **GRILL RACK** (HIGH RACK)
- **CONVECTION RACK** (LOW RACK)
- **DRIP DISH** (Gray Color)
In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.

Press STOP/CLEAR.

Press Grill. The following indication is displayed: “.”

Turn TIME/WEIGHT dial until display shows “12:30”.

Press START/Q-START.

When cooking you can increase or decrease cooking time by turning TIME/WEIGHT dial.

Be careful when removing your food because the container will be hot!
In the following example I will show you how to preheat the oven at a temperature of 230°C.

The convection oven has a temperature range of 40°C and 100°C~250°C (180°C is automatically available when convection mode is selected).

The oven has a ferment function at the oven temperature of 40°C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40°C.

When you use this function if the oven temperature is over 70°C Error code “E-05” displays.

Your oven will take a few minutes to reach the selected temperature.

Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.

Then place your food in your oven; then tell your oven to start cooking.

Press STOP/CLEAR.

Press Conv.
The following indication is displayed: “ ”

Turn MENU/TEMP dial until display shows “230°C”.

Press START/Q-START.

Preheating will be started with displaying “PREHEAT”.

1

2

3

4
Convection Cooking

In the following example I will show you how to preheat the oven first, then cook some food at a temperature of 230°C for 50 minutes.

1. Press STOP/CLEAR.

2. Press Conv.
The following indication is displayed: “ordeal”

3. Turn MENU/TEMP dial until display shows “230°C”.

4. Turn TIME/WEIGHT dial until display shows “50:00”.

5. Press START/Q-START.

When cooking you can increase or decrease cooking time by turning TIME/WEIGHT dial.

Be careful when removing your food because the container will be hot!
In the following example I will show you how to programme your oven with micro power 60% and at a convection temperature 200°C for a cooking time of 25 minutes.

You can set three kinds of micro power level (20%, 40% and 60%) in combi mode.

<table>
<thead>
<tr>
<th>Microwave Power (%)</th>
<th>(Watts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>540</td>
</tr>
<tr>
<td>40</td>
<td>360</td>
</tr>
<tr>
<td>20</td>
<td>180</td>
</tr>
</tbody>
</table>

Press STOP/CLEAR.

Press Combi button once until display shows “540W”. The following indications are displayed: “”, “”.

Turn MENU/TEMP dial until display shows “200°C”.

Turn TIME/WEIGHT dial until display shows “25:00”.

Press START/Q-START.

When cooking you can increase or decrease cooking time by turning TIME/WEIGHT dial.

Be careful when removing your food because the container will be hot!
Grill Combination Cooking

In the following example I will show you how to programme your oven with micro power 20 % and grill for a cooking time of 25 minutes.

Your oven has a combination cooking feature which allows you to cook food with heater and microwave at the same time or alternately. This generally means it takes less time to cook your food.

You can set three kinds of micro power level(20%, 40% and 60%) in combi mode.

<table>
<thead>
<tr>
<th>Microwave Power (%)</th>
<th>(Watts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>540</td>
</tr>
<tr>
<td>40</td>
<td>360</td>
</tr>
<tr>
<td>20</td>
<td>180</td>
</tr>
</tbody>
</table>

Press STOP/CLEAR.

Press Combi button six times until display shows “180W”. The following indications are displayed: “ ”, “ ”.

Turn TIME/WEIGHT dial until display shows “25:00”.

Press START/Q-START.

When cooking you can increase or decrease cooking time by turning TIME/WEIGHT dial.

Be careful when removing your food because the container will be hot!
This feature allows you steamed cook.

**CAUTION:**
1. Always use oven gloves when removing a STEAMER from the oven. It’s very hot.
2. Do not put a hot STEAMER on a glass table or a place easy to be melted after cooking. Always make sure to use a pad or tray.
3. When you use this Steamer, pour at least 300 ml water before use. If the amount of water is less than 300 ml, it may cause incomplete cooking, or may cause a fire or fatal damage to the product.
4. Be careful when you move the STEAMER with water.
5. When you use the STEAMER, the steam cover and steam water bowl should be set perfectly right. The eggs or the chestnut would be exploding without setting the steam cover and steam water bowl.
6. Never use this Steamer with a product of different model. it may cause a fire or fatal damage to the product.

---

**Press STOP/CLEAR.**

**Press SteamChef Cook.**

**Turn MENU/TEMP dial until display shows “3” (GREEN BEANS).**

**Turn TIME/WEIGHT dial until display shows “0.3kg”.**

**Press START/Q-START.**

When cooking you can increase or decrease cooking time by turning TIME/WEIGHT dial.

*Be careful when removing your food because the container will be hot!*
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
</table>
| SteamChef Cook | Broccoli | 0.1-0.4kg | Steam cover Steam plate Steam water bowl | Room | 1. Clean vegetables and cut into similar sized pieces.  
2. Pour 300ml tap water into the steam water bowl.  
   Place the steam plate on the steam water bowl.  
   Place prepared food on the steam plate in a single layer.  
   Cover with the steam cover.  
3. Place the steam water bowl in the oven.  
4. Choose the menu and weight, press start.  
   - Cut small florets. (12-15g/piece) |
| Carrot | 0.2-0.4kg | Steam cover Steam plate Steam water bowl | Room | Same as above.  
   - Under 5mm thickness |
| Green Beans | 0.1-0.3kg | Steam cover Steam plate Steam water bowl | Room | Same as above. |
| Prawns | 0.2-0.5kg | Steam cover Steam plate Steam water bowl | Refrigerated | Same as above.  
   - Under 20cm length. |
| Mussels | 0.4-0.8kg | Steam cover Steam water bowl | Refrigerated | Ingredients  
Mussels  
300ml dry white wine  
1 teaspoon chopped parsley  
2 garlic cloves, crushed  
1. Clean mussels and discard any broken shell or dead mussels.  
2. Place mussels on the steam water bowl in a single layer. Pour 300ml white wine into the steam water bowl and add remaining ingredients. Cover with the steam cover.  
3. Place the steam water bowl in the oven.  
4. Choose the menu and weight, press start. |
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>SteamChef Cook</td>
<td>Eggs</td>
<td>2-9 eggs</td>
<td>Steam cover</td>
<td>Refrigerated</td>
<td>1. Clean the food. &lt;br&gt;2. Pour 300ml tap water into the steam water bowl. &lt;br&gt;Place the steam plate on the steam water bowl. &lt;br&gt;Place the prepared food on the steam plate in a single layer. &lt;br&gt;Cover with the steam cover. &lt;br&gt;3. Place the steam water bowl in the oven. &lt;br&gt;4. Choose the menu and weight, press start.</td>
</tr>
<tr>
<td>7</td>
<td>Chicken Breasts</td>
<td>0.2-0.6kg</td>
<td>Steam cover</td>
<td>Refrigerated</td>
<td>Same as above. &lt;br&gt;- Under 2.5cm thickness</td>
</tr>
<tr>
<td>8</td>
<td>Fish Fillet</td>
<td>0.2-0.6kg</td>
<td>Steam cover</td>
<td>Refrigerated</td>
<td>Same as above.</td>
</tr>
</tbody>
</table>
In the following example I will show how to cook 0.7kg of roast beef.

1. Press STOP/CLEAR.

2. Press Lean Roast.

3. Turn MENU/TEMP dial until display shows “1” (ROAST BEEF).

4. Turn TIME/WEIGHT dial until display shows “0.7kg”.

5. Press START/Q-START.
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean Roast</td>
<td>Roast Beef</td>
<td>0.5-1.5kg</td>
<td>Low rack on the Drip dish</td>
<td>Refrigerated</td>
<td>Brush beef with melted butter or oil and season as desired. Place food on the low rack on the drip dish. Choose the menu and weight, press start. After cooking, stand covered with foil for 10 minutes.</td>
</tr>
<tr>
<td></td>
<td>Roast Pork</td>
<td>0.5-1.5kg</td>
<td>Low rack on the Drip dish</td>
<td>Refrigerated</td>
<td>Brush pork with melted butter or oil and season as desired. Place food on the low rack on the drip dish. Choose the menu and weight, press start. After cooking, stand covered with foil for 10 minutes.</td>
</tr>
<tr>
<td></td>
<td>Roast Lamb</td>
<td>0.5-1.5kg</td>
<td>Low rack on the Drip dish</td>
<td>Refrigerated</td>
<td>Brush lamb with melted butter or oil and season as desired. Place food on the low rack on the drip dish. Choose the menu and weight, press start. After cooking, stand covered with foil for 10 minutes.</td>
</tr>
<tr>
<td></td>
<td>Roast Chicken</td>
<td>0.8-1.8kg</td>
<td>Low rack on the Drip dish</td>
<td>Refrigerated</td>
<td>Brush chicken with melted butter or oil and season as desired. Place food breast-side down on the low rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking. After cooking, stand covered with foil for 10 minutes</td>
</tr>
</tbody>
</table>
In the following example I will show you how to cook 0.4kg of chicken breasts.

1. Press STOP/CLEAR.

2. Press Healthy Fry.

3. Turn MENU/TEMP dial until display shows “1” (CHICKEN BREASTS).

4. Turn TIME/WEIGHT dial until display shows “0.4kg”.

5. Press START/Q-START.
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy</td>
<td>Chicken Breasts</td>
<td>0.2-0.6kg</td>
<td>Crisping tray on the High rack</td>
<td>Refrigerated</td>
<td>Brush chicken breasts with melted butter or oil and season as desired. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>Fry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chicken Schnitzel</td>
<td>0.2-0.6kg</td>
<td>Crisping tray on the High rack</td>
<td>Refrigerated</td>
<td></td>
</tr>
</tbody>
</table>
| Ingredients|                   |               |                          |            | Chicken breasts of 150-200g per each.  
1 cup flour  
2 eggs, lightly beaten  
1 cup finely ground breadcrumbs  
Salt and pepper to taste |

1. Season chicken breasts with salt and pepper or as desired, coat in flour and brush with beaten eggs.  
2. Coat with finely ground breadcrumbs and brush surface of schnitzel with oil.  
3. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Fry</td>
<td>Chicken Skewers</td>
<td>0.2-0.8kg</td>
<td>High rack on the Drip dish</td>
<td>Refrigerated</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Ingredients</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Chicken wings</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Skewers (metal or wood)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>For Marinade :</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 cup soy sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 cup honey</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 tablespoons lemon juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 garlic cloves, crushed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1. Cut chicken wings into 2 pieces. Combine the ingredients of marinade and marinate chicken wings for 3-4 hours.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2. Thread chicken onto skewers.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>French Fries</td>
<td>Frozen</td>
<td>0.2-0.4kg</td>
<td>Crisping tray on the High rack</td>
<td>Frozen</td>
<td>Spread frozen potato products out on the crisping tray on the high rack. For the best results, cook in a single layer. Choose the menu and weight, press start.</td>
</tr>
<tr>
<td>Fish Fingers</td>
<td>Frozen</td>
<td>0.2-0.4kg</td>
<td>Crisping tray on the High rack</td>
<td>Frozen</td>
<td>Brush surface of fish fingers with oil. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>Function</td>
<td>Category</td>
<td>Weight Limit</td>
<td>Utensil</td>
<td>Food Temp.</td>
<td>Instructions</td>
</tr>
<tr>
<td>----------</td>
<td>------------------</td>
<td>--------------</td>
<td>--------------------------------</td>
<td>------------</td>
<td>----------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Healthy</td>
<td>6</td>
<td>Hamburger</td>
<td>0.2-0.4kg</td>
<td>Refrigerated</td>
<td>Choose hamburger of 100g weight and 0.5-1cm thickness each. Brush surface of hamburger with oil. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>Fry</td>
<td></td>
<td>Patties</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sausages</td>
<td>0.2-0.8kg</td>
<td>Crisping tray on the High rack</td>
<td>Refrigerated</td>
<td>Remove sausages from packaging and slit on surface. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>8</td>
<td>Prawns</td>
<td>0.2-0.5kg</td>
<td>Crisping tray on the High rack</td>
<td>Refrigerated</td>
<td>Brush surface of prawns with oil. Place food on the crisping tray on the high rack. Choose the menu and weight, press start.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
In the following example I will show you how to cook 0.4kg of pork chops.

**Aussie Cook** allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food.

1. **Press STOP/CLEAR.**

2. **Press Aussie Cook.**

3. **Turn MENU/TEMP dial until display shows “4”. (PORK CHOPS)**

4. **Turn TIME/WEIGHT dial until display shows “0.4kg”**.

5. **Press START/Q-START.**

When cooking you can increase or decrease cooking time by turning TIME/WEIGHT dial.
Slice vegetables into large pieces. Brush vegetables with melted butter or oil and season as desired. Place food on the crisping tray on the high rack. Choose the menu and weight, press start.

<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aussie Cook</td>
<td>Roast Vegetables</td>
<td>0.2-0.6kg</td>
<td>Crisping tray on the High rack</td>
<td>Room</td>
<td>Ingredients: Eggplants, cut into 1-2cm thickness Zucchinis, cut into 1-2cm thickness Onions, cut into wedges Sweet peppers, cut in half lengthwise and discard seeds Whole cherry tomatoes Mushrooms, cut in half Slice vegetables into large pieces. Brush vegetables with melted butter or oil and season as desired. Place food on the crisping tray on the high rack. Choose the menu and weight, press start.</td>
</tr>
</tbody>
</table>
1. Cook lasagna sheets according to package directions and drain.
2. Spread about 125g spaghetti sauce in a 26x17cm baking dish.
3. Layer 3 lasagna sheets, 300g cheese sauce, 125g spaghetti sauce, 100g mozzarella cheese. Repeat layering.
4. Finally layer remaining lasagna sheets, spread 125g spaghetti sauce, sprinkle with 100g mozzarella cheese and 30g parmesan cheese.
5. Place baking dish on the low rack. Choose the menu and weight, press start.

**Ingredients**
- 9 lasagna sheets
- 500g spaghetti sauce
- 600g cheese sauce
- 300g grated mozzarella cheese
- 30g grated parmesan cheese

For Cheese sauce:
- 60g butter
- 50g plain flour
- Pinch ground nutmeg
- 500ml milk
- 20g grated parmesan cheese

Melt butter in small saucepan. Add flour and nutmeg, stirring until smooth. Gradually add milk and stir until it boils and thickens. Reduce heat and add parmesan cheese. Stir until cheese melts well.
1. On a lightly floured surface, roll out 1 puff pastry sheet into a circle and line a 20cm pie tin. Trim edges, leaving a little overhang and prick with a fork. Fill with the cooled meat mixture and brush around edges with beaten egg to top will stick to it.

2. Roll out the remaining pastry sheet and place on top of pie to form a lid and trim edges. Press edges together with a fork to seal. Cut a vent in top of pie to allow steam to escape. Brush top with remaining beaten egg.

3. Place pie tin on the low rack. Choose the menu and weight, press start.

Ingredients
- 600-650g meat mixture
- 2 puff pastry sheets, thawed (180~200g/sheet)
- 1 egg, lightly beaten

For Meat mixture:
- 1 onion, chopped
- 500g steak, finely chopped
- 2 tablespoons plain flour
- 250ml bouillon
- 1/2 teaspoon thyme
- Pinch ground nutmeg
- Salt and pepper to taste

Saute chopped onion over a low heat in a saucepan until soften. Add chopped steak and stir until browned. Sprinkle flour over steak and continue cooking for further 2 minutes. Gradually add bouillon and stir constantly until it boils and thickens. Add all remaining ingredients. Cover and simmer for 30 minutes.
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aussie Cook 4</td>
<td>Pork Chops</td>
<td>0.2-0.8kg</td>
<td>High rack on the Drip dish</td>
<td>Refrigerated</td>
<td>Choose pork chops of 200g weight and 2.5cm thickness each. Season with salt and pepper or as desired. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>5</td>
<td>Lamb Chops</td>
<td>0.2-0.8kg</td>
<td>High rack on the Drip dish</td>
<td>Refrigerated</td>
<td>Choose lamb chops of 100-150g weight and 1.5-2.0cm thickness each. Season with salt and pepper or as desired. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>6</td>
<td>Chicken Wings</td>
<td>0.2-0.8kg</td>
<td>High rack on the Drip dish</td>
<td>Refrigerated</td>
<td>Brush chicken wings with melted butter or oil and season as desired. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</td>
</tr>
<tr>
<td>Function</td>
<td>Category</td>
<td>Weight Limit</td>
<td>Utensil</td>
<td>Food Temp.</td>
<td>Instructions</td>
</tr>
<tr>
<td>------------</td>
<td>----------------</td>
<td>--------------</td>
<td>------------------------------</td>
<td>------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Aussie Cook| Potato Gratin  | 0.5-1.2kg    | microwave-safe baking dish   | Room       | For example of 1.0kg potato gratin

**Ingredients**
- Potato mixture
- 300ml heavy cream
- 350g grated Gruyere cheese

For Potato mixture:
- 1kg potatoes
- 400ml milk
- 1/2 teaspoons salt
- Pinch ground nutmeg

Slice potatoes into 3mm thickness. Combine all ingredients in a saucepan and simmer over medium heat until milk boils and thickens. Keep Stirring potatoes and scraping bottom of pan regularly to prevent sticking.

Place half of the potato mixture into a greased 25x25cm. baking dish, pour half of heavy cream and sprinkle 100g Gruyere cheese. Add the rest of potato mixture, pour remaining cream and finally sprinkle top with remaining Gruyere cheese.

Place baking dish on the low rack. Choose the menu and weight, press start.

<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Frozen Pizza</td>
<td>0.1-0.6kg</td>
<td>Low rack</td>
<td>Frozen</td>
<td>Remove pizza from packaging and place food on the low rack. Choose the menu and weight, press start.</td>
</tr>
</tbody>
</table>
Crispy Reheat

In the following example I will show you how to cook 0.2kg of pizza.

1. Press **STOP/CLEAR**.

2. Press **Crispy Reheat**.

3. Turn **MENU/TEMP** dial until display shows “3” (PIZZA).

4. Turn **TIME/WEIGHT** dial until display shows “0.2kg”.

5. Press **START/Q-START**.

Crispy reheat allows you to reheat leftover foods easily by selecting the food type and entering the weight of the food.
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy Reheat</td>
<td>1 Roasted Meat</td>
<td>0.2-0.6kg</td>
<td>Crisping tray on the High rack</td>
<td>Refrigerated</td>
<td>Cut leftover roasted meat into thin slices. (under 2.5cm thickness) Place food on the crisping tray on the high rack. Choose the menu and weight, press start.</td>
</tr>
<tr>
<td></td>
<td>2 Lasagna</td>
<td>0.2-0.8kg</td>
<td>Crisping tray on the Low rack</td>
<td>Refrigerated</td>
<td>Cut leftover lasagna into pieces. (200-250g/piece) Place food on the crisping tray on the low rack. Choose the menu and weight, press start.</td>
</tr>
<tr>
<td></td>
<td>3 Pizza</td>
<td>0.1-0.4kg</td>
<td>Crisping tray on the Low rack</td>
<td>Refrigerated</td>
<td>Cut leftover pizza into pieces. (100-150g/piece) Place food on the crisping tray on the low rack. Choose the menu and weight, press start.</td>
</tr>
<tr>
<td></td>
<td>4 Pie</td>
<td>0.2-0.8kg</td>
<td>Crisping tray on the Low rack</td>
<td>Refrigerated</td>
<td>Cut leftover pie into pieces. (200-250g/piece) Place food on the crisping tray on the low rack. Choose the menu and weight, press start.</td>
</tr>
</tbody>
</table>
In the following example I will show you how to cook Jacket Potatoes using this function.

1. Press **STOP/CLEAR**.

2. Press **Sensor Cook**.

3. Turn **MENU/TEMP** dial until display shows "4" (**JACKET POTATOES**).

4. Press **START/Q-START**.
   (Do not need to set cooking time. It sensor automatically)
<table>
<thead>
<tr>
<th>Function</th>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food Temp.</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensor Cook</td>
<td>1</td>
<td>Rice/ Pasta</td>
<td>1/2 – 2 cups</td>
<td>Microwave-safe bowl</td>
<td>Place rice/pasta and water with 1/4 to 1 teaspoon salt in a deep and large bowl(3L). Cover with 2cm vented plastic wrap. Place bowl in the oven. Choose the menu, press start. ** Rice - After cooking, stand covered for 5 minutes or until water is absorbed. ** Pasta - After cooking, stand for 1-2 minutes. Rinse pasta with cold water.</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Reheat Dinner Plate</td>
<td>1 serving (0.5-0.6kg)</td>
<td>Microwave-safe plate</td>
<td>Place leftover food (meat, chicken, mashed potato, vegetable etc.) on a plate. Cover with 2cm vented plastic wrap. Place plate in the oven. Choose the menu and weight, press start. After cooking, allow to stand for 3 minutes.</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>Reheat Soup</td>
<td>1-4 cups (1 cup = 250g)</td>
<td>Microwave-safe bowl</td>
<td>Pour soup into a microwave-safe bowl. Cover with 2cm vented plastic wrap. Place bowl in the oven. Choose the menu, press start. After cooking, stir for 3-4 seconds and stand covered for 3 minutes.</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>Jacket Potatoes</td>
<td>1-4 potatoes</td>
<td>Paper towel</td>
<td>Choose medium sized potatoes. (200-220g each) Wash and dry potatoes. Pierce potatoes several times with a fork. Place paper towel in the oven and arrange potatoes on towel. Choose the menu, press start. After cooking, stand covered with aluminum foil for 5 minutes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight</th>
<th>Rice/Pasta</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1/2 cup</td>
<td>300ml</td>
</tr>
<tr>
<td></td>
<td>1 cup</td>
<td>550ml</td>
</tr>
<tr>
<td></td>
<td>1 1/2 cups</td>
<td>800ml</td>
</tr>
<tr>
<td></td>
<td>2 cups</td>
<td>1050ml</td>
</tr>
<tr>
<td>Function</td>
<td>Category</td>
<td>Weight Limit</td>
</tr>
<tr>
<td>------------------</td>
<td>------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Sensor Cook</td>
<td>Fresh Vegetables</td>
<td>1-4 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1cup = 130g)</td>
</tr>
<tr>
<td>6</td>
<td>Frozen Vegetables</td>
<td>1-4 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1cup = 150g)</td>
</tr>
</tbody>
</table>
The temperature and density of food varies. I would recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken; some foods should not be completely thawed before cooking. For example, fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen. The BREAD programme is suitable for defrosting small items such as rolls or a small loaf. These will require a standing time to allow the centre to thaw. In the following example, I will show you how to defrost 1.4kg of frozen poultry.

Your oven has four microwave defrost settings: MEAT, POULTRY, FISH and BREAD; each defrost category has different power settings.

Press STOP/CLEAR.
Weight the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food.

Press Auto Defrost.

Turn MENU/TEMP dial until display shows “2” (POULTRY).

Enter the weight of the frozen food that you are about to defrost.

Turn TIME/WEIGHT dial until display shows “1.4kg”.

Press START/Q-START.

During defrosting, your oven will “BEEP”, at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing.

After checking, close the oven door and press START/Q-START to resume defrosting.

Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.
Auto weight defrost guide

* Food to be defrosted should be in a suitable microwave proof container and place uncovered on the glass turntable.
* If necessary, shield small areas of meat or poultry with flat pieces of aluminum foil. This will prevent thin areas becoming warm during defrosting. Ensure the foil does not touch the oven walls.
* Separate items like minced meat, chops and bacon as soon as possible.
* When BEEP, turn food over. Remove defrosted portions. Continue to defrost remaining pieces.
  After defrosting, allow to stand until completely thawed.
To thaw completely, for example joints of meat and whole chickens should STAND for a minimum of 1 hour before cooking.

<table>
<thead>
<tr>
<th>Category</th>
<th>Weight Limit</th>
<th>Utensil</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Meat</td>
<td>0.1 ~ 4.0kg</td>
<td>Microwave ware (Flat plate)</td>
<td>Meat&lt;br&gt;Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger, Lamp chops, Rolled roast, Cutlets(2cm)&lt;br&gt;Turn food over and remove defrosted portions at beep.&lt;br&gt;After defrosting, let stand for 5-15 minutes.</td>
</tr>
<tr>
<td>2. Poultry</td>
<td></td>
<td>Paper towel or flat plate</td>
<td>Poultry&lt;br&gt;Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg)&lt;br&gt;Turn food over and remove defrosted portions at beep.&lt;br&gt;After defrosting, let stand for 20-30 minutes.</td>
</tr>
<tr>
<td>3. Fish</td>
<td></td>
<td></td>
<td>Fish&lt;br&gt;Fillets, Steaks, Whole fish, Sea foods&lt;br&gt;Turn food over and remove defrosted portions at beep.&lt;br&gt;After defrosting, let stand for 10-20 minutes.</td>
</tr>
<tr>
<td>4. Bread</td>
<td>0.1 ~ 0.5kg</td>
<td></td>
<td>Sliced bread, Buns, Baguette, etc.</td>
</tr>
</tbody>
</table>
In the following example I will show you how to set the kitchen timer for 3:30.

Your microwave oven can be used as a kitchen timer. You can set up to 99:00.

1. Press Kitchen Timer/Clock.

2. Turn TIME/WEIGHT dial until display shows “3:30”.

3. Press START/Q-START.
# Heating or Reheating Guide

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will be heated more evenly if covered with a microwavable lid or vented plastic wrap. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

<table>
<thead>
<tr>
<th>Item</th>
<th>Cook time (at HIGH)</th>
<th>Special Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced meat</td>
<td>1~2 minutes</td>
<td>Place sliced meat on microwavable plate. Cover with plastic wrap and vent.</td>
</tr>
<tr>
<td>3 slices (0.5cm thick)</td>
<td></td>
<td>• Note: Gravy or sauce helps to keep meat juicy.</td>
</tr>
<tr>
<td>Chicken pieces</td>
<td>2~3 minutes</td>
<td>Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.</td>
</tr>
<tr>
<td>1 breast</td>
<td>3~31/2 minutes</td>
<td></td>
</tr>
<tr>
<td>1 leg and thigh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish fillet</td>
<td>1~2 minutes</td>
<td>Place fish on microwavable plate. Cover with plastic wrap and vent.</td>
</tr>
<tr>
<td>(170-230g)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lasagne 1 serving (300g)</td>
<td>4~6 minutes</td>
<td>Place lasagne on microwavable plate. Cover with plastic wrap and vent.</td>
</tr>
<tr>
<td>Casserole 1 cup</td>
<td>11/2~3 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>4 cups</td>
<td>41/2~7 minutes</td>
<td></td>
</tr>
<tr>
<td>Casserole cream or cheese 1 cup</td>
<td>1~21/2 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>4 cups</td>
<td>31/2~6 minutes</td>
<td></td>
</tr>
<tr>
<td>Sloppy Joe or Barbecued beef 1 sandwich (1/2 cup meat filling) without bun</td>
<td>1~21/2 minutes</td>
<td>Reheat filling and bun separately. COOK covered in microwavable casserole dish. Stir once. Heat bun as directed in chart below.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Cook time (at HIGH)</th>
<th>Special Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed potatoes 350g</td>
<td>6~7 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>Baked beans 1 cup</td>
<td>11/2~3 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>Ravioli or pasta in sauce 1 cup</td>
<td>21/2~4 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>4 cups</td>
<td>71/2~11 minutes</td>
<td></td>
</tr>
<tr>
<td>Rice 1 cup</td>
<td>1~11/2 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>4 cups</td>
<td>31/2~5 minutes</td>
<td></td>
</tr>
<tr>
<td>Sandwich roll or bun 1 roll</td>
<td>15~30 seconds</td>
<td>Wrap in paper towel and place on glass tray.</td>
</tr>
<tr>
<td>Vegetables 1 cup</td>
<td>11/2~21/2 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>4 cups</td>
<td>31/2~51/2 minutes</td>
<td></td>
</tr>
<tr>
<td>Soup 1 serving (8 oz.)</td>
<td>11/2~2 minutes</td>
<td>COOK covered in microwavable casserole dish. Stir once halfway through cooking.</td>
</tr>
<tr>
<td>Vegetable</td>
<td>Amount</td>
<td>Cook time (at HIGH)</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Artichokes (230g each)</td>
<td>2 medium</td>
<td>4/2 - 7</td>
</tr>
<tr>
<td></td>
<td>4 medium</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Asparagus, Fresh, Spears</td>
<td>450g</td>
<td>2 1/2 - 6</td>
</tr>
<tr>
<td>Green Beans</td>
<td>450g</td>
<td>7 - 11</td>
</tr>
<tr>
<td>Beets, Fresh</td>
<td>450g</td>
<td>11 - 16</td>
</tr>
<tr>
<td>Broccoli, Fresh, Spears</td>
<td>450g</td>
<td>5 - 8</td>
</tr>
<tr>
<td>Cabbage, Fresh, Chopped</td>
<td>450g</td>
<td>5 1/2 - 7 1/2</td>
</tr>
<tr>
<td>Carrots, Fresh, Sliced</td>
<td>200g</td>
<td>2 - 3</td>
</tr>
<tr>
<td>Cauliflower, Fresh, Whole</td>
<td>450g</td>
<td>5 - 7</td>
</tr>
<tr>
<td>Fresh, Flowerettes Celery, Fresh, Sliced</td>
<td>2 cups</td>
<td>11 - 16</td>
</tr>
<tr>
<td></td>
<td>4 cups</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Amount</th>
<th>Cook time (at HIGH)</th>
<th>Instructions</th>
<th>Standing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn, Fresh</td>
<td>2 ears</td>
<td>4 - 8</td>
<td>Husk. Add 2 tbsp water in 1.5 litre baking dish. Cover.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td>Mushrooms, Fresh, Sliced</td>
<td>230g</td>
<td>1 1/2 - 2 1/2</td>
<td>Place mushrooms in 1.5 litre covered casserole dish. Stir halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td>Parsnips, Fresh, Sliced</td>
<td>450g</td>
<td>4 - 7</td>
<td>Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td>Peas, Green, Fresh</td>
<td>4 cups</td>
<td>6 - 9</td>
<td>Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td>Sweet Potatoes Whole Baking</td>
<td>2 medium</td>
<td>4 medium</td>
<td>Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 - 9</td>
<td>Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10 - 12</td>
<td>Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 1/2 - 7 1/2</td>
<td>Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 medium</td>
<td>Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 potatoes</td>
<td>Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 potatoes</td>
<td>Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td>Spinach, Fresh, Leaf</td>
<td>450g</td>
<td>4 1/2 - 7 1/2</td>
<td>Add 1/2 cup water in 2 litre covered casserole dish.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td>Courgette, Fresh, Sliced</td>
<td>450g</td>
<td>4 1/2 - 7 1/2</td>
<td>Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
<tr>
<td>Courgette, Fresh, Whole</td>
<td>450g</td>
<td>6 - 9</td>
<td>Pierce. Place on 2 paper towels. Turn courgette over and rearrange halfway through cooking.</td>
<td>2~3 minutes</td>
</tr>
</tbody>
</table>
# Grill Cooking Guide

**Directions for grilling meat on grill**
- Trim excess fat from meat. Cut fat, making sure you do not cut into the lean. (This will stop the fat curling.)
- Arrange on the rack. Brush with melted butter or oil.
- Halfway through, turn the meat over.

**Directions for grilling fish and seafood**
Place fish and seafood on the rack. Whole fish should be scored diagonally on both sides before grilling. Brush fish and seafood with melted butter, margarine or oil before and during cooking. This helps stop the fish drying out. Grill for times recommended in the chart. Whole fish and fish steaks should be carefully turned over halfway through grilling time. If desired thick fillets can also be turned halfway.

<table>
<thead>
<tr>
<th>Item</th>
<th>Weight</th>
<th>Approx. cooking time (in minutes)</th>
<th>Hints</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beefburgers</td>
<td></td>
<td></td>
<td>Baste with oil or melted butter. Thin items should be placed on the grill rack. Turn food over after half the cooking time.</td>
</tr>
<tr>
<td>Beefsteaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2.5cm (1”) thick)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>50g x 2</td>
<td>13-16</td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>100g x 2</td>
<td>19-23</td>
<td></td>
</tr>
<tr>
<td>Well</td>
<td>230g x 2</td>
<td>18-20</td>
<td></td>
</tr>
<tr>
<td>Lamb chops</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2.5cm (1”) thick)</td>
<td>230g x 2</td>
<td>22-24</td>
<td></td>
</tr>
<tr>
<td></td>
<td>230g x 2</td>
<td>25-32</td>
<td></td>
</tr>
<tr>
<td></td>
<td>230g x 2</td>
<td>26-28</td>
<td></td>
</tr>
<tr>
<td>Fish fillets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cm (1/2”) thick</td>
<td>230g</td>
<td>17-21</td>
<td>Brush with melted butter and turn over halfway through cooking.</td>
</tr>
<tr>
<td>1.5cm (1/2”) thick</td>
<td>230g</td>
<td>20-24</td>
<td></td>
</tr>
<tr>
<td>Fish steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.5 cm (1”) thick</td>
<td>230g</td>
<td>24-28</td>
<td></td>
</tr>
<tr>
<td>Whole fish</td>
<td>225-350 g each</td>
<td>16-20</td>
<td>Allow extra time for thick and oily fish.</td>
</tr>
<tr>
<td>Scallops</td>
<td>450g</td>
<td>16-20</td>
<td></td>
</tr>
<tr>
<td>Prawns uncooked</td>
<td>450g</td>
<td>16-20</td>
<td></td>
</tr>
</tbody>
</table>

Turn frequently.
Microwave-safe
Utensils

Never use metal or metal trimmed utensils in your microwave oven

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there’s a simple way to find out if it can be used in your microwave oven.

Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

Dinner plates
Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer’s literature or perform the microwave test.

Glassware
Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

Plastic storage containers
These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

Paper
Paper plates and containers are convenient and safe to use in your microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

Plastic cooking bags
Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

Plastic microwave cookware
A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

Pottery, stoneware and ceramic
Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION
Some items with high lead or iron content are not suitable for cooking utensils.
Utensils should be checked to ensure that they are suitable for use in microwave ovens.
Food characteristics & Microwave cooking

Keeping an eye on things
The recipes in the book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times
Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times. While overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skilful in estimating both cooking and standing times for various foods.

Density of food
Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food that the outer edges do not become dry and brittle.

Height of food
The upper portion of tall food, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall food during cooking, sometimes several times.

Moisture content of food
Since the heat generated from microwaves tends to evaporate moisture, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and fat content of food
Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat that they do not cook unevenly and do not become overcooked.

Quantity of food
The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of food
Microwaves penetrate only about 2 cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food in cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Round thin foods and ring shaped foods cook successfully in the microwave.

Covering
A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

Browning
Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Food that are cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food the original flavour of the recipe is not altered.

Covering with greaseproof paper
Greaseproofing effectively prevents spattering and helps food retain some heat. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

Arranging and spacing
Individual foods such as baked potatoes, small cakes and hors d’oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.
Food characteristics & Microwave cooking

**Stirring**

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

**Turning over**

Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

**Placing thicker portions facing outwards**

Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

**Shielding**

Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause ‘arching’ in the oven.

**Elevating**

Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

**Piercing**

Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

**Testing if cooked**

Food cooks so quickly in a microwave oven, it is necessary to test it frequently. Some foods are left in the oven until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 50°F (3°C) and 150°F (8°C) during standing time.

**Standing time**

Foods are often allowed to stand for 3 to 10 minutes after being removed from the microwave oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavour blend and develop.

**To Clean Your Oven**

1. **Keep the inside of the oven clean**

   Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.

2. **Keep the outside of the oven clean**

   Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press STOP/CLEAR after cleaning.

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

4. **The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. Metal parts will be easier to maintain if wiped frequently with a damp cloth.**

5. **Do not use any steam cleaner.**

6. **Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it s not, this product can be operated by touching Quick Start button.**
**Questions & Answers**

**Q** What’s wrong when the oven light will not glow?
**A** There may be several reasons why the oven light will not glow.
   Light bulb has blown
   Door is not closed

**Q** Does microwave energy pass through the viewing screen in the door?
**A** No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

**Q** Why does the beep tone sound when a pad on the Control Panel is touched?
**A** The beep tone sounds to assure that the setting is being properly entered.

**Q** Will the microwave oven be damaged if it operates empty?
**A** Yes Never run it empty or without the glass tray.

**Q** Why do eggs sometimes pop?
**A** When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

**Q** Why is standing time recommended after microwave cooking is over?
**A** After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

**Q** Is it possible to pop corn in a microwave oven?
**A** Yes, if using one of the two methods described below
   1 Popcorn-popping utensils designed specifically for microwave cooking.
   2 Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

   FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT. DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN THE CORN CATCHING FIRE.

**CAUTION**

NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POP LEFTOVER KERNELS.

**Q** Why doesn’t my oven always cook as fast as the cooking guide says?
**A** Check your cooking guide again to make sure you’ve followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food condition, just as you would do with a conventional cooker.

**Q** Why is the Cooling fan operated after some cooking?
**A** When the oven inside is hot, the cooling fan is automatically operating to cool down the oven for short time. This is not fault.
### Technical Specifications

<table>
<thead>
<tr>
<th>Technical Specification</th>
<th>MC-9280XC / MC9280XC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Power Input</strong></td>
<td>240 V~ 50 Hz</td>
</tr>
<tr>
<td><strong>Output</strong></td>
<td>900 W (IEC60705 rating standard)</td>
</tr>
<tr>
<td><strong>Microwave Frequency</strong></td>
<td>2450 MHz</td>
</tr>
<tr>
<td><strong>Outside Dimension</strong></td>
<td>574 mm(W) X 376 mm(H) X 520 mm(D)</td>
</tr>
<tr>
<td><strong>Power Consumption</strong></td>
<td></td>
</tr>
<tr>
<td>Microwave</td>
<td>1400 watts</td>
</tr>
<tr>
<td>Grill</td>
<td>1350 watts</td>
</tr>
<tr>
<td>Combination</td>
<td>max. 2150 watts</td>
</tr>
<tr>
<td>Convection</td>
<td>2150 watts</td>
</tr>
</tbody>
</table>

If the supplied flexible mains cord of this appliance is damaged, it must be replaced using the special mains cord part number 2B72234U.
TERMS OF WARRANTY

Should there be a defect in this product due to either FAULTY MATERIAL or WORKMANSHIP become apparent within the first 2 years from the date of original purchase of this product. Then the defect will be rectified without cost to you for either labour or materials at the premises of LG or their Authorized Service Centre (additionally we will cover the magnetron for an additional 3 years. Note: This is the part only not part and labour) Subject to:

1. Particulars of the model and serial number, the date of original purchase and invoice/sales docket number being given to the authorized service centre when a claim under warranty is made. Purchase receipt must be produced.
2. All (a) damage resulted from incorrect installation or misuse other than in accordance with the operating instructions issued by the Company (b) consequential damage being excluded from this Warranty.
3. The Warranty being rendered invalid if the product is misused or if any unauthorized alteration, modification, or substitution of the product is defaced or altered.
4. Costs of transportation both ways to and from the authorized service centre being are paid by the owner if it is necessary to return the product or any part to an authorized service centre.
5. A charge being accepted by the owner for travelling expenses incurred in connection with warranty service at the user’s home.
6. The warranty only applies to the products purchased in Australia and New Zealand.
7. The authorized serviced agent will provide service during normal business hours, Monday to Friday.
8. This warranty is not transferable and applies to the original purchaser only.

Except for those terms that cannot by law be excluded, all terms other than those expressly contained in this warranty statement are excluded. To the extent permitted by law, LG excludes all liability (whether in contract, tort or otherwise) for any consequential, special, incidental or indirect loss or damage including loss of profit, loss or impairment of privacy of conversations, work stoppage or loss or impairment of data arising out of the use or inability to use the Product.

IMPORTANT NOTICE

1. LG ELECTRONICS AUSTRALIA PTY. LTD has arranged for authorized service centres to perform all after-sales and warranty service on its behalf.
2. The authorized service centre can accept no responsibility for damage in transit to and from his premises.
3. If the product or any parts returned to an authorized service centre for any cause not covered by this warranty, all costs involved, including a charge for inspection and handing must be paid to the authorized service centre.
4. Changes not covered by the terms of this Warranty must be borne by the owner. Such charges may arise through the cost of any service all where (a) the product is found to be in good installation, or (b) maladjustment of user controls, or failure to follow operating instructions, mains supply defects or external inference has occurred.
5. No retailer has authority to vary the terms of the above warranty.
Complete the details on this form and retain in the event of warranty service being required (purchase receipt attached).

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<th>PURCHASER’S NAME</th>
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<th>DATE OF PURCHASE</th>
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