



Panasonic

Operating Instructions

प्रचालन निर्देश
هدایات برائے استعمال
دفترچہ راهنما
إرشادات التشغيل

Steam Grill Microwave Oven

स्टीम ग्रिल माइक्रोवेव अवन
سٹیم گریل مائیکرو اوون
اجاق مائیکروویو سرخ کن بخار
فرن مائیکروویف للشوي بالبخار



Panasonic Corporation
Web Site: <http://panasonic.net>

Model: NN-GS597M

F00038S82KP
iPress0808-2

Read all instructions carefully before using the oven and please keep it importantly.
अवन का उपयोग करने के पूर्व सभी निर्देशों को ध्यानपूर्वक पढ़ लें और इन निर्देशों को किसी सुरक्षित स्थान में संजोकर रखें।
برائے مہربانی اوون استعمال کرنے سے پہلے تمام تحریری ہدایات کو غور سے پڑھ لیجیے اور پھر انہیں سنبھال کر لکھ لیجیے۔
لطفاً قبل از استفاده از مائیکروفر دستور العملها را به دقت بخوانید و آنها را مهم بشمارید۔
برجاء قراءة كافة التعليمات قبل استخدام الفرن مع وضعها في الاعتبار.

Table of Contents

Quick Guide to Operation	2-3
Safety Instructions	4
Installation and General Instructions	5
Feature Diagram	6
Control Panel	7
Display Window	8
Dial Feature	8
Clock Setting	9
Child Safety Lock Setting	9
Micro Power Setting	10
Cooking Time Adjustment Setting	11
Usage of Oven Accessories	11
Steam & Micro Power Setting	12
Steam Shot Setting	12
Defrosting by Time Setting	13
Defrosting by Steam Setting	13
Defrosting Tips and Techniques	14
Steam Reheat Setting	15
Sensor Reheat Setting	16
Recommended Food Temperature	17
Heater Selection Mode Setting	18-20
Timer Setting	21
3-Stage Setting	22
Drain Setting	22
Auto Cook Setting and Menus	23-25
Before Requesting Service	26-27
Care of your Microwave Oven	28
Technical Specifications	29

English

Quick Guide to Operation

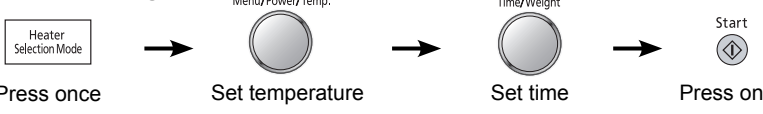
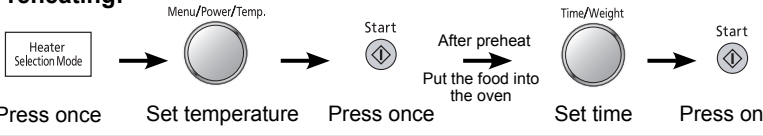
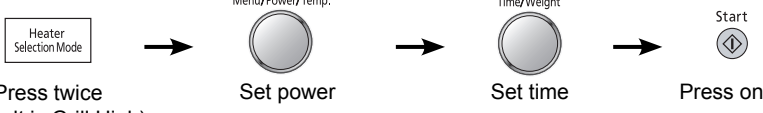
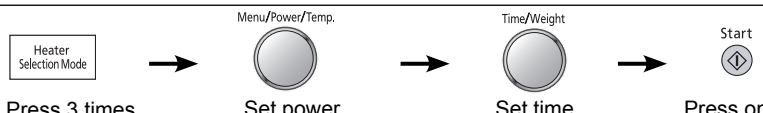
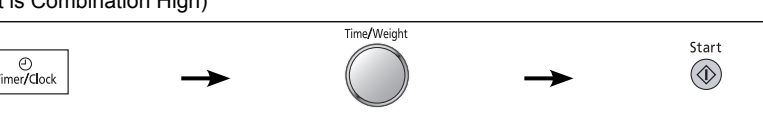
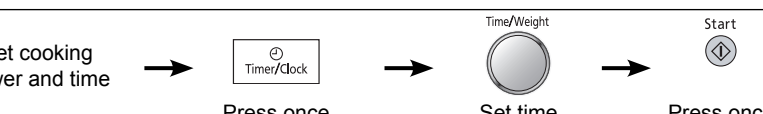


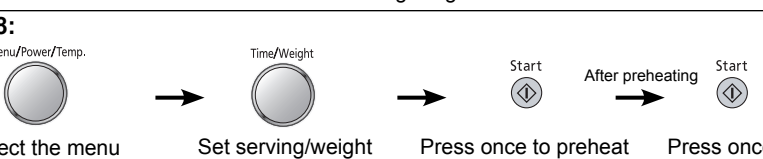
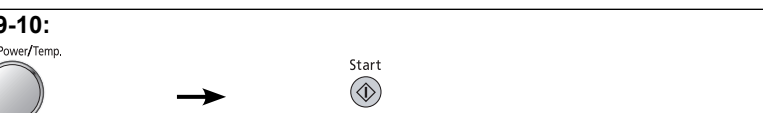
After plugging in, "WELCOME TO INVERTER COOKING" will appear in the display window, then you can start to operate.

English

Feature	How to Operate
To Set Clock (page 9)	<p>Press twice → To set time (12-hour) → Press once</p>
To Set/Cancel Child Safety Lock (page 9)	<p>To Set: → Press 3 times</p> <p>Cancel: → Press 3 times</p>
To Set Micro Power (page 10)	<p>Method 1: → Set time → Press once</p> <p>Press once to 6 times to set power</p> <p>Method 2: → Set power → Set time → Press once (Default is Micro Power High)</p>
To Set Steam & Micro Power (page 12)	→ Set time → Press once
Steam Shot Setting (page 12)	<p>During Oven or Grill → → (If necessary)</p> <p>Press once to set 1 minute steam Press once or twice in 5 seconds after step 2 to add 1 or 2 minutes steam</p>
To Use Steam Defrost (page 13)	→ Set weight → Press once
To Reheat using Steam Reheat (page 15)	→ (If necessary) → Press once
To Reheat using Sensor Reheat (page 16)	→ Set temperature → Press once

Quick Guide to Operation

English

Feature	How to Operate
To Use Oven (page 18)	Without Preheating:  <p>Press once → Set temperature → Set time → Press once</p>
	With Preheating:  <p>Press once → Set temperature → Press once → After preheat Put the food into the oven → Set time → Press once</p>
To Use Grill (page 19)	 <p>Press twice (Default is Grill High) → Set power → Set time → Press once</p>
To Use Combination (page 20)	 <p>Press 3 times (Default is Combination High) → Set power → Set time → Press once</p>
To Use as a Kitchen Timer (page 21)	 <p>Press once → Set time → Press once</p>
To Set Stand Time (page 21)	 <p>Set cooking power and time → Press once → Set time → Press once</p>
To Set Delay Start (page 21)	 <p>Press once → Set time → Set cooking power and time → Press once</p>
To Cook using Auto Cook (page 23)	Menu 1-7:  <p>Select the menu → Set serving/weight → Press once</p>
	Menu 8:  <p>Select the menu → Set serving/weight → Press once to preheat → After preheating → Press once to start cooking</p>
	Menu 9-10:  <p>Select the cleaning function → Press once</p>

Safety Instructions

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 grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

Precautions:

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

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. The appliance is not intended for use by young children or infirm persons without supervision.
11. Young children should be supervised to ensure that they do not play with the appliance.

Practical Hints:

Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during COMBINATION, GRILL and OVEN. Use care when opening or closing door and when inserting or removing food and accessories.

Circuits

Your microwave ovens should be operated on a separate circuit from other appliances. The voltage used must be the same as specified on this microwave oven. Failure to do this may cause the power board fuse to blow, and/or food to cook slower.

Do not insert higher value fuse in the power board.

Important Instructions

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

1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) may explode and should not be heated in microwave oven. 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) Remove wire twist-ties from bags before placing bag in oven.
 - (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
11. Do not remove outer panel from oven.

Earthing Instructions

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

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

Fan Motor Operation after Cooking

After using this oven (such as Grill, Combination or 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.

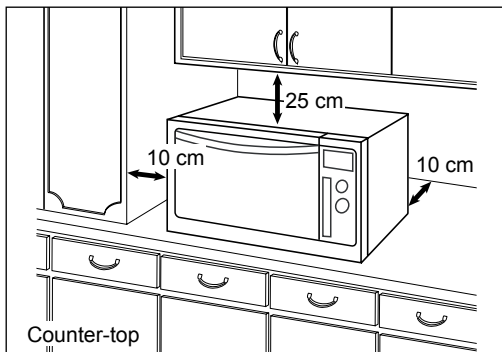
Installation and General Instructions

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.
2. If smoke is observed, press the **Stop/Reset** Pad and leave door closed. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on ceramic plate unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **DO NOT** use this oven to heat chemicals or other nonfood products. **DO NOT** clean this oven with any product that is labeled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. If glass tray is hot, allow to cool before cleaning or placing in water.
12. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire rack. Always insert a heat-proof, glass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
13. It is recommended not to use the wire rack when cooking in the MICROWAVE mode only.

Placement of the Oven

1. The oven must be placed on a flat, stable surface and it shall not be placed in a cabinet. For correct operation, the oven must have sufficient air flow. Allow 25 cm of space on the top of the oven, 10 cm at back and 10 cm on left side. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.



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

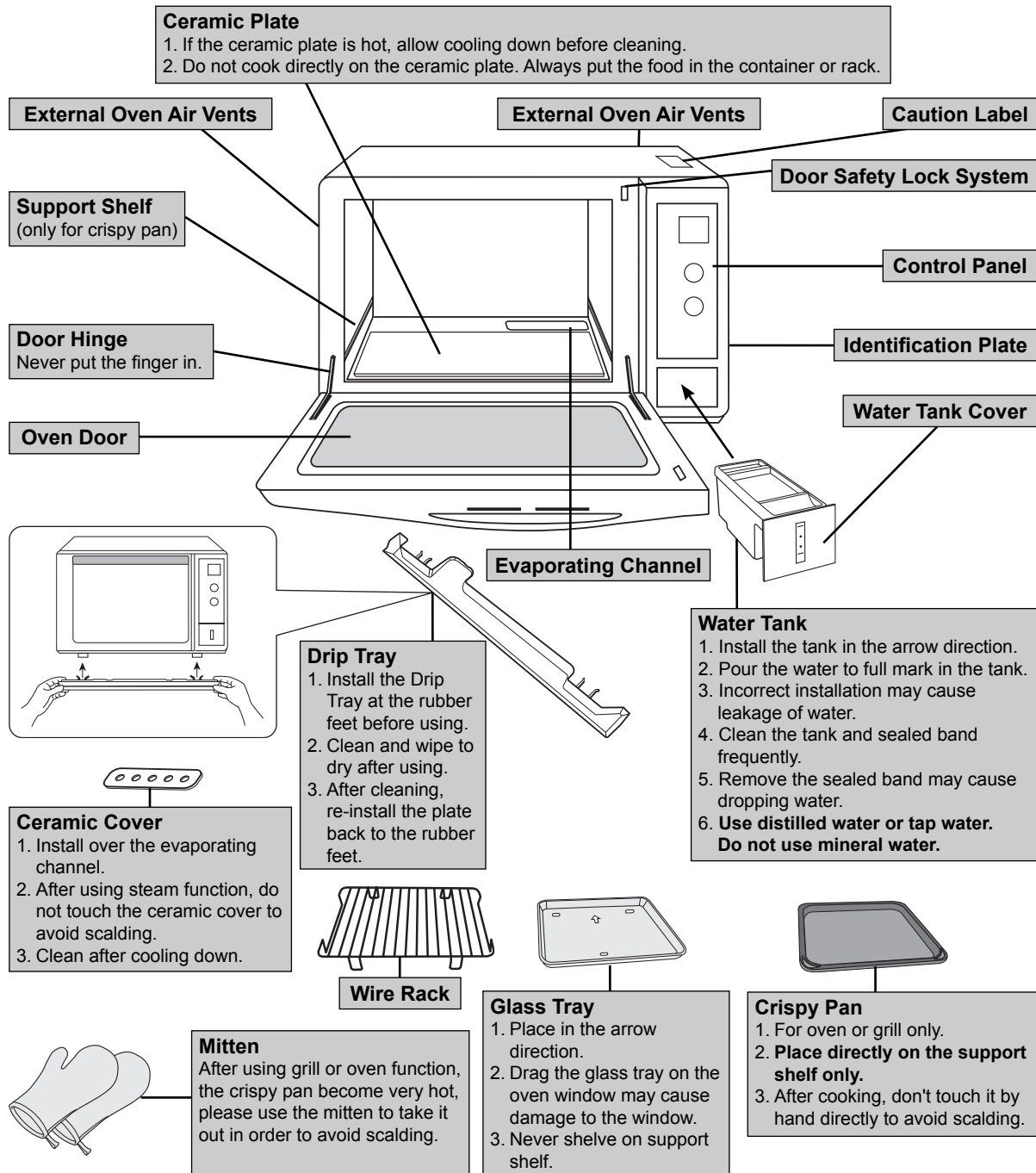
- (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
- (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell (unless otherwise stated in cookbook). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
 - (a) Avoid using straight-sided containers with narrow necks.
 - (b) Do not overheat.
 - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIME given in the cookbook is 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 time 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, check the oven frequently 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.

Feature Diagram

English

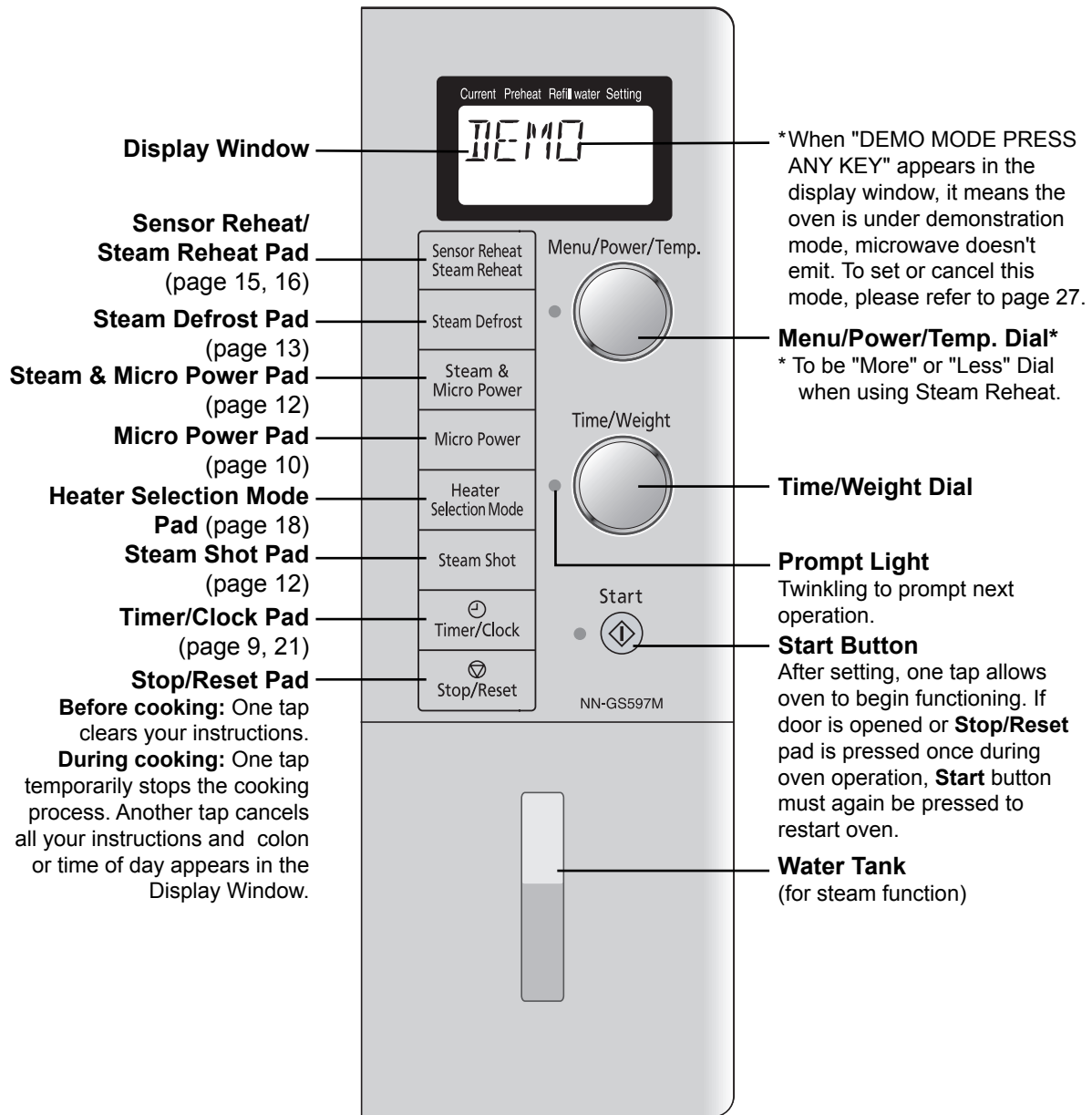


Warning

- (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 service technician trained by the manufacturer.
- (b) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- (c) If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (d) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- (e) 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.
- (f) 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.
- (g) Accessible parts may become hot when COMBINATION/GRILL/OVEN is in use. Children should be kept away.

Control Panel

English



Beep Sound:

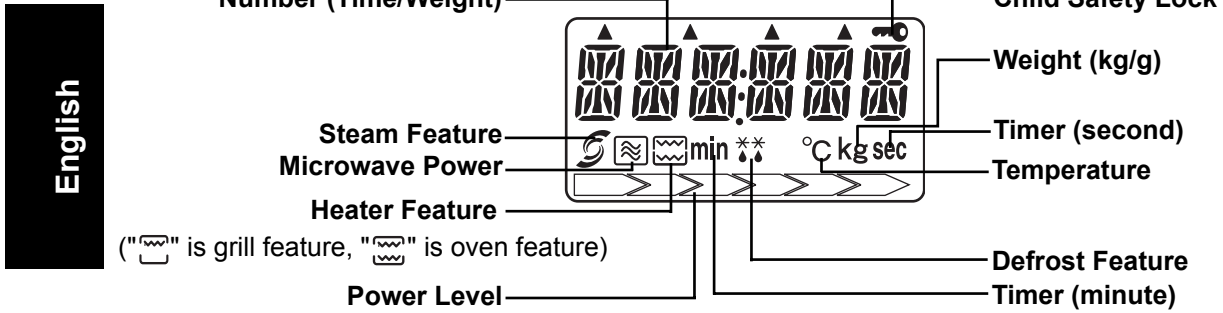
When a pad is pressed correctly, a beep sound will be heard. If a pad is pressed and no beep is heard, the unit did not or could not accept the instruction. The oven will beep twice between programmed stages. At the end of any completed program, the oven will beep 5 times.

Note:

If no operation during program setting or cooking program pausing, 6 minutes later the oven will automatically cancel this setting. The display will revert back to clock or colon mode.

Display Window

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



Dial Feature

Menu/Power/Temp.



- **Menu Setting Dial:**
To choose desired menu among auto cook menus.
- **Power Level Setting Dial:**
To set the power level of micro power, grill and combination.
- **Temperature Setting Dial:**
To set the temperature of sensor reheat and oven.
- **"More" or "Less" Setting Dial:**
To get higher or lower temperature when using steam reheat.

Time/Weight



- **Time Setting Dial:**
To set the time of cooking, countdown and clock.
- **Weight Setting Dial:**
To set the weight of steam defrost and auto cook menus.

* Please set the Dial when it is popping-up. After setting, please replace the Dial to avoid false operation.

Clock Setting

E.g.: 11:25



1. Press **Timer/Clock** pad twice, colon will blink in the Display Window.



Time/Weight



2. Enter time of day using the **Time/Weight** dial.
Time appears in the display window; colon is blinking.
Time counts up in minutes.



3. Press once.
Colon stops blinking; time of day is entered and locked in the display window.

English

Notes:

1. If you want to reset time, please repeat step 1 to 3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.

Child Safety Lock Setting

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

To set:



Press 3 times

Press **Start** button 3 times.
► "🔑" and "LOCK" appears in the display window.

To cancel:



Press 3 times

Press **Stop/Reset** pad 3 times.
► Colon or time of day appears in the display window.

Micro Power Setting

This feature allows you to set the desired power and time for cooking by yourself. Two ways are available for setting.

Method 1:

English



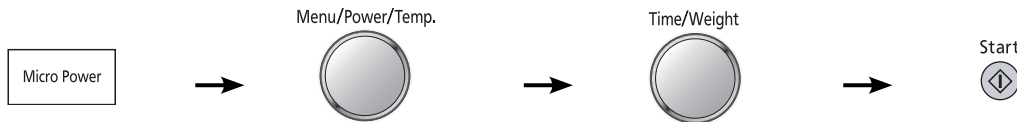
1. Select the desired power you need.
2. Enter the cooking time by using the **Time/Weight** dial.
(High Power: up to 30 minutes)
(Other Powers: up to 90 minutes)
3. Press **Start** button.
The cooking time appears in the display window and begins to count down.

Notes:

1. When selecting High Power at the first stage, you can omit press **Micro Power** pad and enter the cooking time you want by using **Time/Weight** dial. Then press **Start** button.
2. Three stages can be set continuously. This function allows you to set only once for some different stages without taking care during cooking. Please refer to page 22.

Press	Power Level	Wattage	Example of Use
1	High	1000 W	Boil water, cook fresh fruit, fresh vegetables and confectionery, and heat non-milk beverage.
2	Medium-High	700 W	Cook fish, shellfish, cakes, meats, poultry, eggs and cheese.
3	Medium	550 W	Cook cake and casserole, melt butter and chocolate.
4	Medium-Low	400 W	Cook less tender cuts of meat, simmer soups and stews, and soften butter and cream cheese.
5	Defrost	300 W	Thaw.
6	Low	200 W	Keep foods warm, proof yeast, soften ice cream, and make yoghurt.

Method 2:

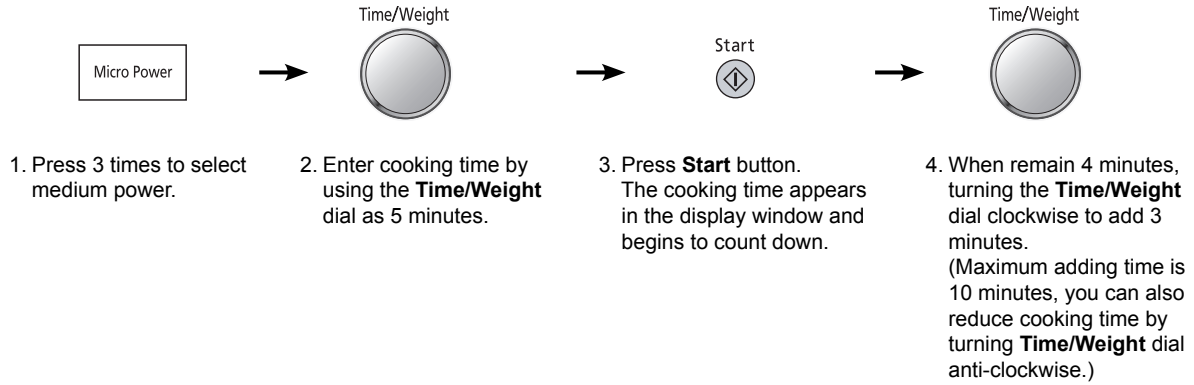


1. Press once.
(Default Power Level is High)
2. Set desired power level by using **Menu/Power/Temp.** dial.
3. Enter the cooking time by using the **Time/Weight** dial.
4. Press **Start** button.
The cooking time appears in the display window and begins to count down.

Cooking Time Adjustment Setting

This feature allows you to add or reduce the cooking time during micro power, combination, oven, grill and timer setting. Turning the dial will count up in 1 minute.

E.g.: To cook at medium power for 5 minutes, add 3 more minutes when remain 4 minutes cooking time.

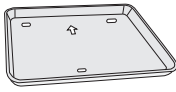
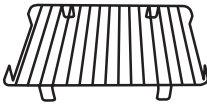
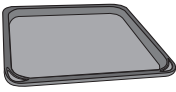


English

Notes:

1. Do not over cook food while using this feature.
2. This feature is not available during Auto Cook and Micro Steam function.
3. The oven stops working when the reduced cooking time is less than the remaining time.

Usage of Oven Accessories

Cooking Method	Oven Accessories		
	Glass Tray 	Wire Rack 	Crispy Pan 
Micro Power	Yes	No	No
Grill	Yes	Yes	Yes
Steam & Micro Power	Yes	No	No
Steam Defrost	Yes	No	No
Combination*	Yes	Yes	No
Oven	No	Yes	Yes

Note:

Always put Wire Rack on Glass Tray when combination cooking. To avoid causing arcing, do not put Wire Rack directly on Ceramic Plate, and do not put any metal cookware directly on Wire Rack.

Steam & Micro Power Setting

This feature combines the steam and microwave, and you only need setting the time.

English



Notes:

1. Always pour the water into the tank before using.
2. If setting the function as the first stage, it needs one minute preheating.
3. The power of micro steam is as MEDIUM power.
4. No cover, lid or plastic wrap when using this feature.
5. The temperature of ceramic cover will be very high just after using micro steam, please do not touch it.
6. Always wipe the remaining water in the evaporating channel after cooling the cavity.

Steam Shot Setting

This feature allows you add steam during oven or grill setting (up to 3 minutes).

E.g.: Add 1 minute during oven.



Notes:

1. Always pour the water into the tank before use.
2. The original setting is still counting down when setting steam shot.
3. The setting time can not exceed the remaining cooking time.
4. If grill heaters are working when setting steam shot function, the heaters have to be stopped a while to keep the steam shot working normally.

Defrosting by Time Setting

This feature allows you to defrost by setting time yourself.



Notes:

1. Please use plastic wrap or lids when defrosting.
2. 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.

English

Defrosting by Steam Setting

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving/weight is 0.1 kg to 3.0 kg.



Notes:

1. Steam will explode during defrosting. Do not cover or wrap.
2. When the oven beep twice, open the door, remove the defrosted part, turn over or rearrange the remaining part.
3. "HOT" will appear and steam defrost function doesn't allow to use if the cavity is too hot. Use manual setting instead of steam defrost.

Defrosting Tips and Techniques

Preparation for Freezing

The quality of the cooked foods comes from the foods before freezing, freezing ways and defrosting tips and times. So it is important to purchase fresh and high quality foods. And freeze them immediately. Thick 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.

Notes:

1. Please remove the aluminum foil if the package is made of aluminum to prevent arcing.
2. The foods in the refrigerator should be kept under 18°C. (At least 24 hours in freezer before defrosting.)

English

Steam Defrost

The Steam 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 the **Time/Weight** dial for 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 chaos defrost function. The minimize weight is 0.1kg and the maximum is 3.0kg for getting the best result.

Foods	The maximum weight for the foods
Meat loaf, chicken, rib	2 kg
Beef, lamb, whole chicken	3 kg
Whole fish, shellfish, prawn and fish fillet	1 kg

Tips for steam defrost

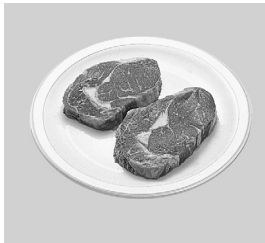
Meat, which is with bones. For example, if the meat with bones has the same weight as the pure meat, the meat in the former one is lighter than the latter one. So, subtract 0.5 kg for 2 kg meat with bones is better for defrosting and 0.2-0.3 kg for meat with bones which is less than 2 kg.

Two buzz beeps

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

Key to defrosting

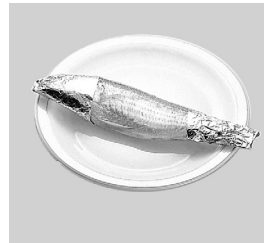
For evenly defrosting, turn over the foods or move the position of the foods in the containers during the progress of defrosting.



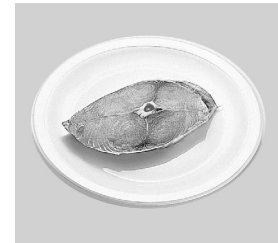
Remove the package of the raw meat and place it on the plate.



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



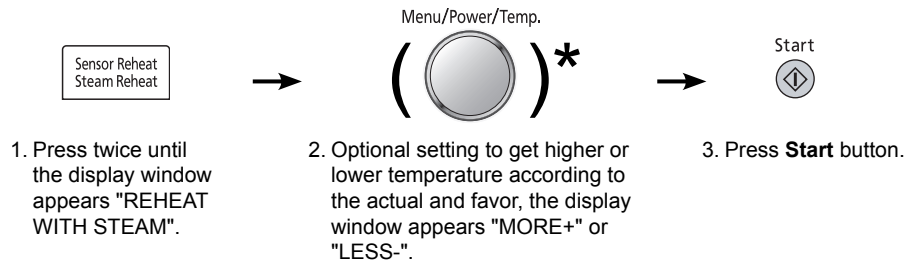
Shield the head and tail of the whole fish by using aluminum foil.



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

Steam Reheat Setting

This feature allows you to reheat rice, meal without setting power and time. The recommended weight is 200-600g.



English

* Optional step. Press **Start** button directly if satisfied with the default setting.

Reheat Rice

- Stir the rice and pour water into the tank before reheating.
- Do not cover or wrap.
- Stir again before serving.

Reheat Meal

- Stir the meal and pour water into the tank before reheating.
- Do not cover or wrap.
- Stir again before serving.

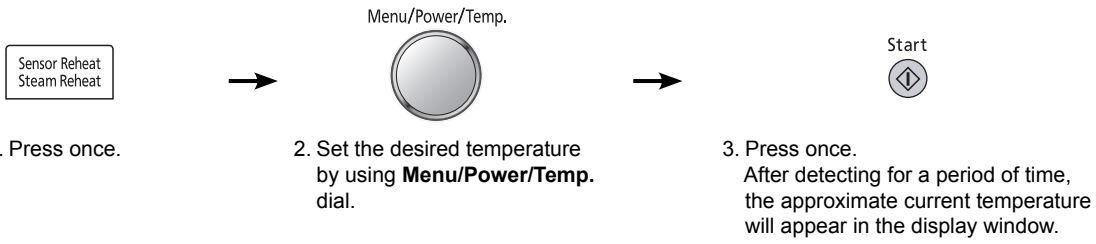
Notes:

1. This feature is only suitable for cooked food.
2. It is not suitable for reheating liquids.
3. Frozen foods can be reheated, but thickness foods is not suitable.
4. If the temperature of the cavity is too high, steam reheat feature can not be used. Display window will appear "HOT". Steam reheat feature can be used again until the "HOT" disappears.

Sensor Reheat Setting

This feature can cook food without setting power and time, only according to the temperature as your require. The field is -10~90°C. The recommended weight is 200-600g.

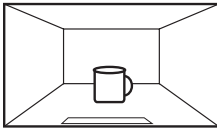
English



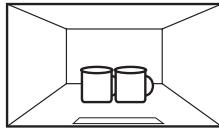
Notes:

- The default setting is 70°C when plugging in. From the second time, the default setting will be changed to previous setting if between 55~75°C.
- After reheating, stir then serve.
- The food must be put in the center of ceramic plate.
- For the beverage, the reheat field is 1-4 cups (200ml/cup). After reheating, stir carefully. Arrange the containers as figure.

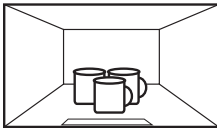
1 cup



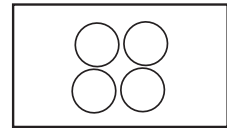
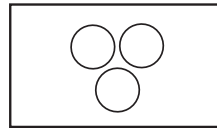
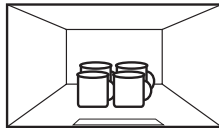
2 cups



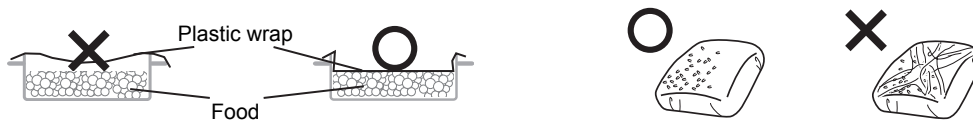
3 cups



4 cups

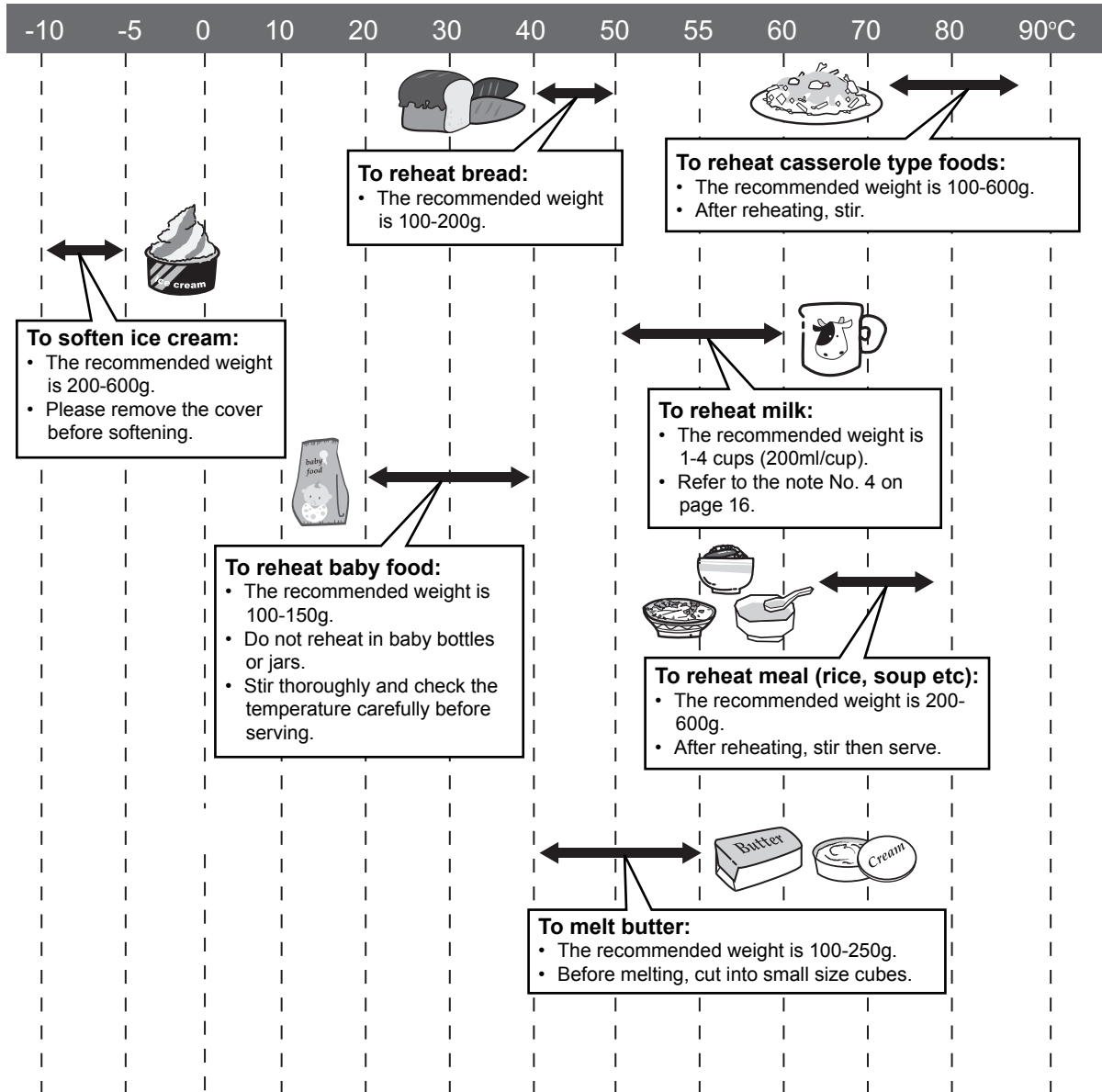


- The plastic wrap should cover the food tightly, otherwise, the temperature of food may not be tested. If the plastic wrap is overlapped, make sure the overlapped area is placed downwards.



- Food less than 100g can not be detected. It may cause overcook.
- If the temperature of the cavity is too high, sensor reheat feature can not be used. Display window will appear "HOT". Sensor reheat feature can be used again until the "HOT" disappears.
- The actual temperature maybe different from the required temperature. It depends on the cavity temperature, the food density, the container, the placement of the food etc.
- Avoid using straight-sided containers with narrow necks when using Sensor Reheat.

Recommended Food Temperature



English

Note: Above is only the recommended temperature. Set the temperature as you desire.

Heater Selection Mode Setting

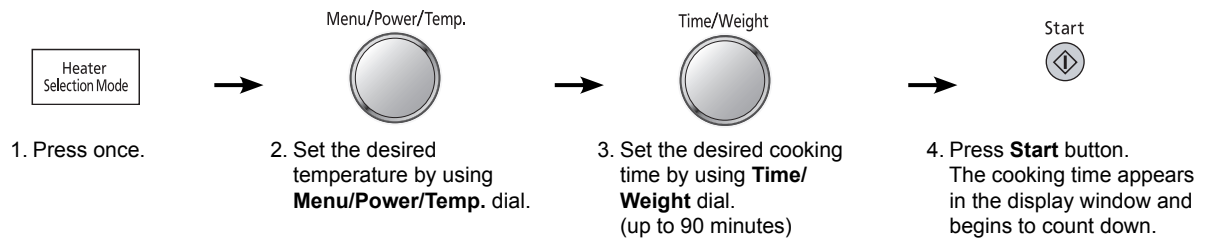
This feature provides 3 modes to select.

English

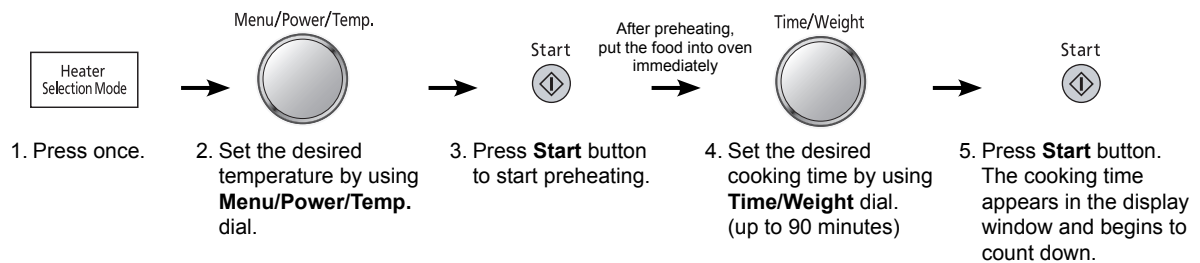
Oven Setting

Oven can set temperature from 110 to 220 degree. Heat radiate from light-wave pipe on the top of cavity and quartz pipes under the ceramic plate. It's particularly for cake, pizza etc. Put the food on the crispy pan, set the proper temperature and time, then start.

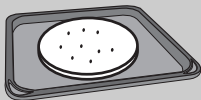
Without Preheating:



With Preheating:



E.g.: Frozen Pizza



Ingredient: Frozen Pizza 9 inches (about 400 g)




1. Take out the pizza from the refrigerator and put on the crispy pan without defrosting.
2. Press **Heater Selection Mode** pad once.
3. Turn **Menu/Power/Temp.** dial until 200°C appears in the display window.
4. Press **Start** button to begin preheating.
5. Open the door when the oven beep 3 times, put the crispy pan with pizza on the support shelf quickly.
6. Set time for 10 to 12 minutes.
7. Press **Start** button to start cooking.

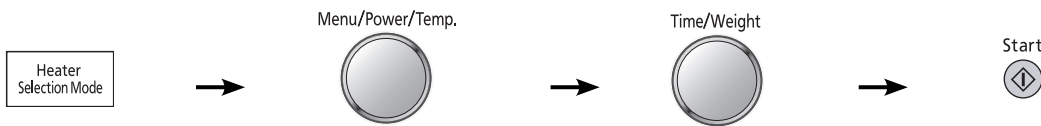
Heater Selection Mode Setting

Grill Setting

There are three power levels for grill. When grilling, heat is radiated from one light-wave pipe. It is especially suitable for thin slices of meat and seafood as well as bread and meal. It is needn't to preheat the oven before grill. Place the sauced food on the wire rack and select the program and time, then press **Start** button. At the half of the cooking time, please open the door and turn over the foods carefully then continue cooking.

English

Power Level	Display	Suitable kinds of foods
Grill (High)		Thicker poultry or meat
Grill (Medium)		Thin seafood, garlic flavor bread and toast
Grill (Low)		Slice of meat and chicken

- 
1. Press twice. (Default is Grill High)
 2. Set the desired power level by using **Menu/Power/Temp.** dial.
* Please omit this step if you use the default power.
 3. Set the desired cooking time by using **Time/Weight** dial. (up to 90 minutes)
 4. Press **Start** button. The cooking time appears in the display window and begins to count down.

E.g.: Roast Chicken Wings

Wire Rack



Glass Tray

Ingredient: 4 chicken wings (about 250 - 300 g) and seasonings

1. Marinate the chicken wings for 15-20 minutes in the seasonings.
2. Place the wings on the wire rack, then place the rack on the glass tray.
3. Press **Heater Selection Mode** pad twice.
4. Input the cooking time: 22-25 minutes.
5. Press **Start** button.
6. Turning over the wings during half of the total time is recommended; it will make the food more evenly.

Heater Selection Mode Setting

Combination Setting

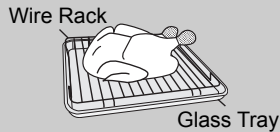
There are three power levels for combination. It's a good way for roasting foods by combining microwave and grill effectively. It's suitable for roasting poultry, meat and seafood. This function can ensure the foods even cooking and keep the crispness of certain foods. Please open the door and turn over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

English

Power Level	Display	Suitable kinds of foods
Combination (High)		Seafood and pudding
Combination (Medium)		Poultry and potatoes
Combination (Low)		Thicker meat

-
- Press 3 times. (Default is Combination High)
 - Set the desired power level by using **Menu/Power/Temp.** dial.
* Please omit this step if you use the default power.
 - Set the desired cooking time by using **Time/Weight** dial. (up to 90 minutes)
 - Press **Start** button. The cooking time appears in the display window and begins to count down.

E.g.: Roast Chicken



Ingredient: one whole chicken and seasonings

- Marinate the chicken with sauce for about 15-20 minutes and spread the sauce on the chicken.
- Weight the chicken and place it on the wire rack. Then put it on the glass tray.
- Press **Heater Selection Mode** pad 3 times. Turn **Menu/Power/Temp.** dial to select Combination Medium power.
- Set the cooking time by using **Time/Weight** dial. (More weight, more time. Please refer to the below chart for more information.)
- Press **Start** button.
- During the cooking time, turn over the chicken for 2 or 3 times. You can open the door during the cooking time to prevent burning.

Weight (kg)	0.6	0.9	1.2
Time (mins)	20	22	26

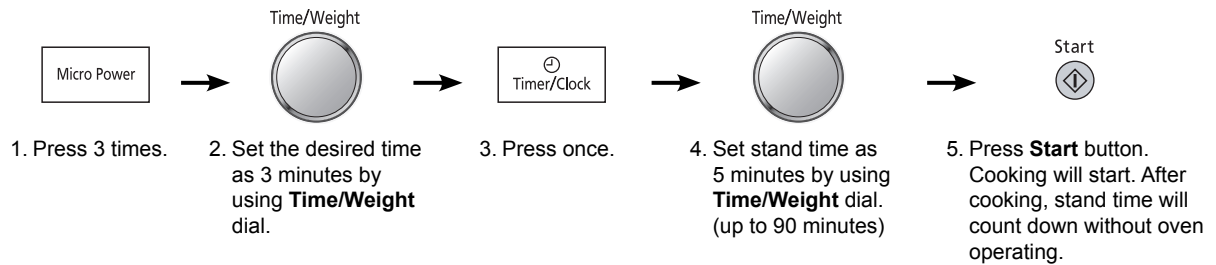
Timer Setting

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

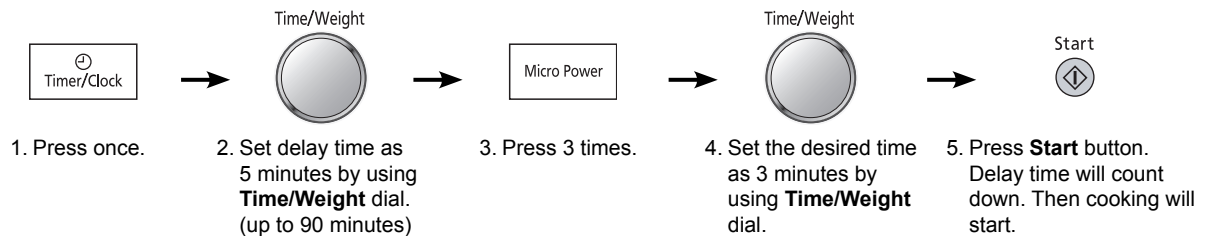
To set Kitchen Timer: **E.g.: To count down 5 minutes**



To set Stand Timer: **E.g.: To cook at medium power for 3 minutes, with stand time of 5 minutes**



To set Delay Start: **E.g.: To delay the start of cooking for 5 minutes, and cook at Medium power for 3 minutes**



Notes:

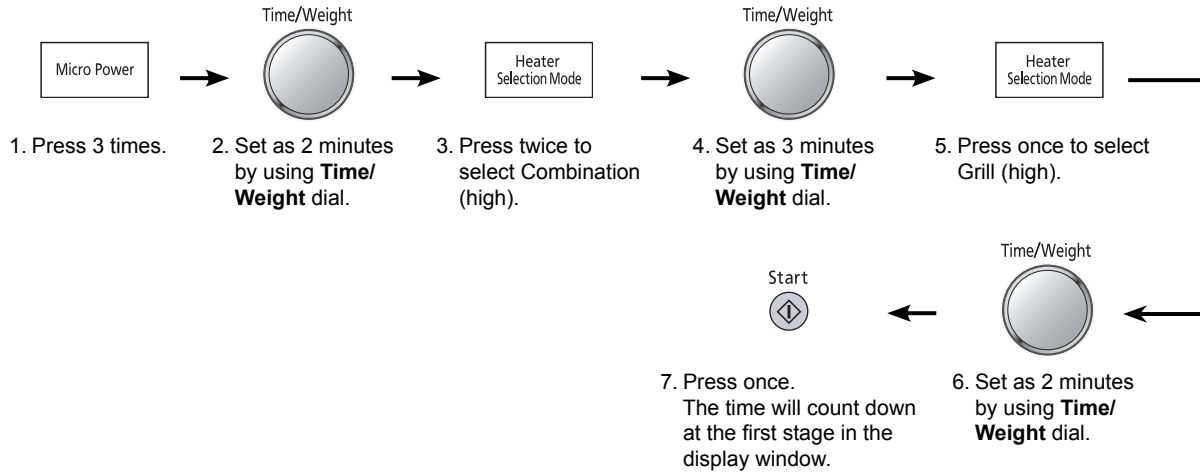
1. If the oven door is opened during Kitchen Timer, Stand Time, Delay Start, the time in the display window will continue to count down.
2. Stand Time and Delay Start can not be programmed together with automatic function. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.

3-Stage Setting

This feature allows you to program 3-stage continually.

E.g.: Continually set [Medium power] 2 minutes, [Combination High] 3 minutes and [Grill High] 2 minutes.

English



Notes:

1. When operating, two beeps will sound between each stage.
2. This feature is not available for Oven, Auto Cook, Steam Defrost and Reheat function.
3. Steam & Micro Power feature can only be used once and can not be set with Grill and Combination.

Drain Setting

This feature allows you to drain the water in the pipe away into the evaporating channel after using steam feature. Please dry it up after the cavity cools down.

Steam Defrost

When Colon or time of day appears in the display window, keep pressing **Steam Defrost** pad for 2 seconds to begin draining.


Notes:

1. This feature can be used up to 3 times in succession. For further use, please wait 10 minutes.
2. Ensure the tank is separated from the connection while using this feature. Otherwise, water in the tank will also be drained into the evaporating channel.

Auto Cook Setting and Menus

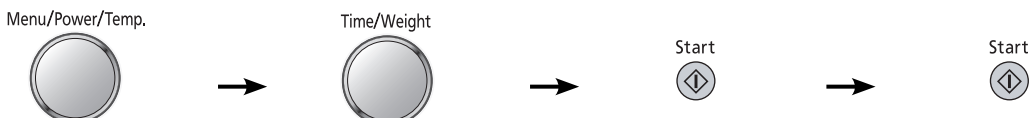
This feature allows you to set some ordinary menus with different weights. It will cook automatically without setting power and time. Turn **Menu/Power/Temp.** dial and the corresponding number will appear in the display window.

For menus 1-7 please operate as follows:

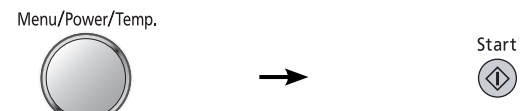
- 
1. Turn **Menu/Power/Temp.** dial to select the desired menu number appears in the display window.
* The green indicator lights up indicating you to full the tank with water as the steam feature is used.
2. Set desired serving/weight by using **Time/Weight** dial.
3. Press **Start** button.
The cooking time appears in the display window and begins to count down.

English

For menu 8 please operate as follows:

- 
1. Turn **Menu/Power/Temp.** dial to select the desired menu number appears in the display window.
* The green indicator lights up indicating you to full the tank with water as the steam feature is used.
2. Set desired serving/weight by using **Time/Weight** dial.
3. Press **Start** button to begin preheating.
* Do not use crispy pan when preheating.
* After preheating, please place the crispy pan with food into the support shelf within 2 minutes, then close the oven door immediately.
* The oven will produce a 30 seconds long reminding sound after the door opening for 1 minute and 30 seconds and no food is put in. If still no food put in after the sound, the oven will stop operating.
4. Press **Start** button.
After detecting for a period of time, the remain cooking time will appear in the display window.

For menus 9-10, please operate as follows:

- 
1. Turn **Menu/Power/Temp.** dial to select the desired menu number appears in the display window.
* The green indicator lights up indicating you to full the tank with water as the steam feature is used.
2. Press **Start** button.
The cleaning time appears in the display window and begins to count down.

Auto Cook Setting and Menus

English

Number	Menus/Functions	Serving/Weight				Recommended Containers
1	Vegetables	120 g	180 g	250 g	370 g	Casserole
2	Potatoes	250 g	370 g	500 g	900 g	Casserole
3	Pasta	150 g	250 g	375 g	500 g	Casserole
4	Steam Fish	120 g	250 g	370 g	500 g	Dish
5	Steam Froz. Foods	100 g	150 g	200 g	250 g	Dish
6	Roast Chicken	600 g	900 g	1200 g	1500 g	Wire Rack and Glass Tray
7	Grill Meat Pieces	200 g	400 g	600 g	800 g	Wire Rack and Glass Tray
8	Cake	8 inches (20 cm)	-	-	-	Crispy Pan
9 *	Clean Cavity	Clean Functions				
10 *	Clean Evaporating Channel					

Notes:

1. If the temperature of the cavity is high, auto cook feature can not be used. Display window will appear "HOT". Auto Cook feature can be used until the "HOT" disappear.
2. Cook according to the following cooking method.
- *3. No. 9 and No. 10 are not cooking menus. They are cleaning functions.

1 Vegetables

It is suitable for cooking (steaming) vegetables, asparagus, beans, broccoli, brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, mushrooms, peas, spinach, squash, tomatoes, zucchini, etc. Arrange vegetables on a plate or casserole dish, stem on outer ring of plate and leafy in the center. Cover with a lid or microwave safe plastic wrap.

2 Potatoes

Potatoes should be trimmed or prepared and cut into evenly sliced pieces. Add 1 tablespoon to 1/4 cup of water to potatoes, if dehydrated or softer texture is desired. Place in a appropriate size dish and cover with plastic wrap or well fitted lid. Halfway through the cooking time, stir potatoes. This will assist in even cooking.

3 Pasta

Suitable for cooking dried pasta. Place pasta and water in a large sized dish to prevent from boiling over. Use hot tap water at a ratio of:

Pasta	Water
150 g	4 cups
250 g	5 cups
375 g	6 cups
500 g	8 cups

Add 1 tablespoon of oil, if desired, before cooking to prevent the pasta from sticking together. Cover with plastic wrap or a fitted lid. When the cooking time is displayed, remove the cover. Stand for 5 to 10 minutes at the completion of cooking time.

Auto Cook Setting and Menus

4 Steam Fish

Suitable for steaming different kinds of fish. Place the fish on the microwave safety dish, add salt, ginger, green onion and cooking wine for cooking. Do not wrap or cover. Pour water into the tank before cooking. Place the dish on the center of ceramic plate. Select the program and start.

5 Steam Froz. Foods

Suitable for steaming some dessert such as buns. It's not suitable for big size food. Food can be directly cooked by microwave oven from the fridge. Spread some water on them before cooking. Space between food must be left to prevent swelling after cooking and becoming hard under stress. Do not wrap or cover. Pour water into the tank before cooking. Place the dish on the center of ceramic plate.

6 Roast Chicken

Clean the chicken and cut into pieces. Add salt, ginger, green onion, cooking wine, mushroom and ham. Place the chicken pieces loosely on the wire rack. Stir and rearrange during cooking. Place the glass tray on the center of the crystal glass and put the wire rack on the glass tray. Open the door and turn the chicken over when hearing 2 beeps during cooking time. Close the door and press **Start** button to continue. Do not wrap or cover. Pour water into the tank. Select the program and start.

7 Grill Meat Pieces

It is suitable for grilling meat pieces, poultry pieces, seafood, etc. Place prepared food on Wire Rack. Place the glass tray on the center of the ceramic plate and put the wire rack on the glass tray. Pour the water into the water. Select the program and begin to cook. Open the door and turn the meat pieces over when hearing 2 beeps during cooking time. Close the door and press **Start** button to continue.

8 Cake

Ingredients:

Egg	180g
Cake powder	90g
Sugar	90g

Add the beaten eggs and sugar into the container. Whisk using low speed by the mixer till all melt. Change to high speed and bubble the egg until the bubble is thick. Change to low speed and mix the bubble to even. Pour the water into the tank. Select the program and press **Start** button to preheat. Gradually add the sifted cake powder and add into the mixture. Mix the batter even with a wooden spoon from bottom to top. Place the baking paper at the bottom of the circular dish and pour in the batter. Put the dish on the crispy pan. After preheating, three beeps will be heard. Place the crispy pan on the support shelf quickly, close the door and press **Start** button.

Notes:

1. Mix the batter affect the cooking result directly. After adding the powder, do not mix excessively.
2. Set the cooking time according to the actual for different size dish and different ingredients.
3. After preheating, place the crispy pan on the support shelf immediately. The door is opened too long can affect the cooking result.
4. Insert a toothpick in the center. Cake is cooked if the toothpick comes out clean.

9* Clean Cavity

Pour water into the tank. Select the programme, then press **Start** button, the auto cleaning programme will start. When the oven beep 5 times, open the door and remove the softened dirt by using damp cloth.

10* Clean Evaporating Channel

Pour water into the tank. Spray detergent on the evaporating channel and then select this programme. After the oven beep 5 times, remove the dirt.

Before Requesting Service

English

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
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 switches from microwave power to Grill, to create the Combination setting. This is normal.
The oven has an odor and generates smoke when using Oven, Combination and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking by Oven, Combination or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Noise comes from evaporating channel.	When using Steam Shot, Steam Defrost or some auto menus, steam will be made from water tank, then transfer to evaporating channel. The water flow and heated can make this noise.
The fan motor continues operating after cooking is over.	This is perfectly normal, the fan motor is cooling the electric components.

Before Requesting Service

English

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit Breaker or fuse is tripped or blown.	Contact the specified service center.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Start button was not pressed after programming.	Press Start button.
	Another program has already been entered into the oven.	Press Stop/Reset pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset pad has been pressed accidentally.	Program oven again.
"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.
"H00" or "H02" appears in the display window.	The oven is defected.	Contact the specified service center.
"DEMO MODE PRESS ANY KEY" appears in the display window.	The oven is under demonstration mode.	Press Timer/Clock pad 4 times to exit the mode.
The "🔒" and "LOCK" appears in the display window.	The Child Lock was activated by pressing Start button 3 times.	Deactivate Lock by pressing Stop/Reset pad 3 times.
The oven stops cooking by microwave and "H97" or "H98" appears in the display window.	This displaying indicates a problem with the microwave generation system.	Please contact an authorised Service Center.

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

Care of your Microwave Oven

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

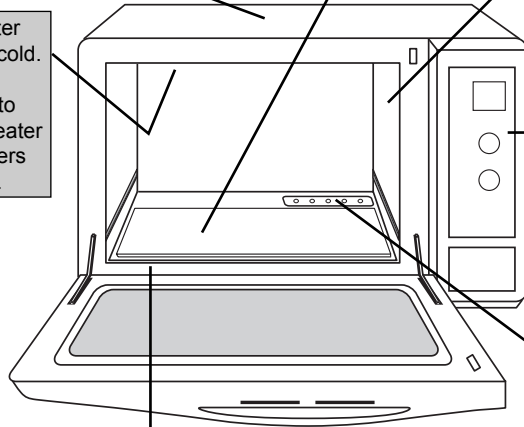
English

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

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

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

Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully to avoid breaking the heater and hurting your fingers by the broken heater.

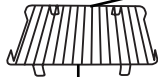


Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning press **Stop/Reset** pad to clear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

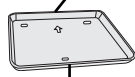
Always clean the Ceramic Cover with a mild detergent to avoid obstruction. Clean the cover after the oven cools down. After using the steam function and the oven is cooling down, dry up the water in the evaporating Channel.

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.

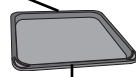
After using, clean it with a mild detergent or dishwasher.



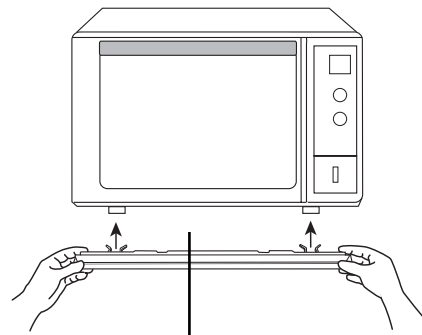
Wire Rack



Glass Tray



Crispy Pan



After using the steam function, dry up the water in the Drip Tray and clean, then re-install the plate back to the rubber feet.

Notes:

1. When using the Oven, Grill or cooking in the Combination mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After Grill, Combination or Oven 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 or Oven. 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. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

Technical Specifications

Power Source:		220 V 50 Hz	230-240 V 50 Hz
Power Consumption:	Microwave	4.7 A 950 W	4.4 A 950 W
	Heater	7.4 A 1,600 W	6.8 A 1,600 W
	Combination	8.0 A 1,700 W	7.5 A 1,700 W
Output Power:	Microwave*	1,000 W	
	Up Heater	1,000 W	
	Low Heater	600 W	
Outside Dimensions (except handle):		320 mm (H) x 520 mm (W) x 445 mm (D)	
Oven Cavity Dimensions:		205 mm (H) x 354 mm (W) x 341 mm (D)	
Cavity Volume:		25 L	
Operating Frequency:		2,450 MHz	
Net Weight:		14.5 kg	

English

* IEC Test Procedure

Specifications subject to change without notice.

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