

Panasonic

Operating Instructions

प्रचालन अनुदो
هدایات برائے استعمال
دفترچه راهنما
إرشادات التشغيل

Microwave Oven

माइक्रोवेव ओवन
مائکروویو اوون
اجاق مایکروویو
فرن مایکروویف



Model: NN-ST757W

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

F00038E71KP
iPress0808-1

Before operating this oven, please read these instructions completely and keep for future reference.

इस ओवन को चलाने से पहले, कृपया इन निर्देशों को पूरी तरह से पढ़ लें और भविष्य में संदर्भ के लिए अपने पास रखें।

اس اوون کو استعمال کرنے سے پہلے براہ کرم ان ہدایات کو مکمل طور پر پڑھ لیں اور آئندہ ریفرنس کیلئے رکھیں۔

قبل از استفاده از این دستگاه، لطفاً مطالب این دفترچه را به طور کامل بخوانید و آن را بر ای مراجعه در آینده نزد خود نگهدارید.

قبل تشغيل هذا الفرن، يرجى قراءة هذه التعليمات بالكامل والاحتفاظ بها للرجوع اليها في المستقبل.

Safety Instructions

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

Inspection for Damage:

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

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

Precautions:

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

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

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.

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. 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.
7. DO NOT remove outer panel from oven.

Circuits

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

DO NOT insert higher value fuse in the power board.

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 special cord available only from the manufacturer.
- (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.

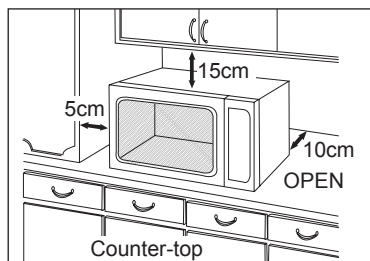
Installation and General Instructions

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 glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
11. If glass tray is hot, allow to cool before cleaning or placing in water.

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. DO NOT remove feet.



- (a) DO NOT block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
 - (b) DO NOT place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - (c) DO NOT operate oven when room humidity is too high.
2. This oven was manufactured for household use only.

Food

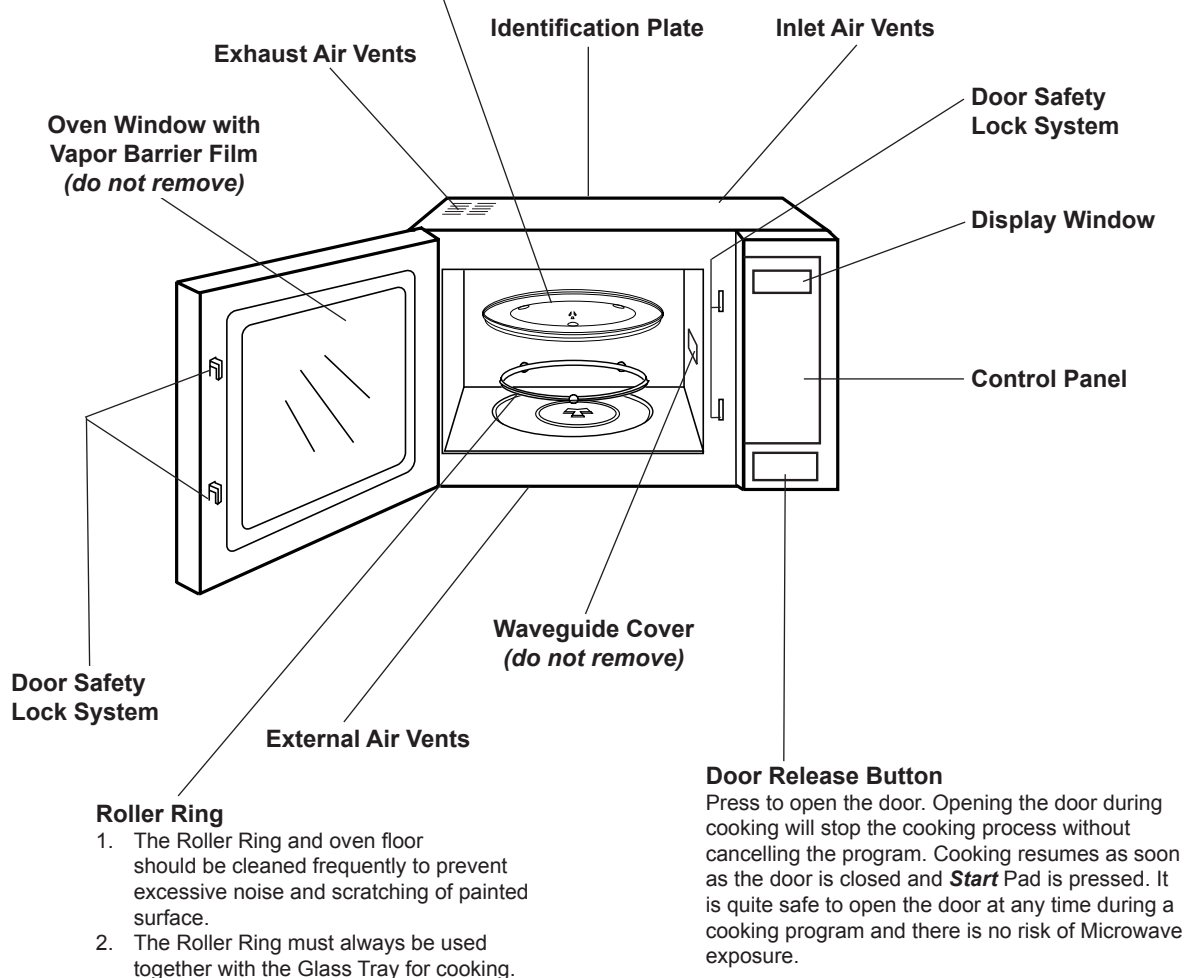
1. DO NOT use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. DO NOT attempt to deep 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 TIMES given in the cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, 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

Glass Tray

1. **Do not** operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



Door Release Button

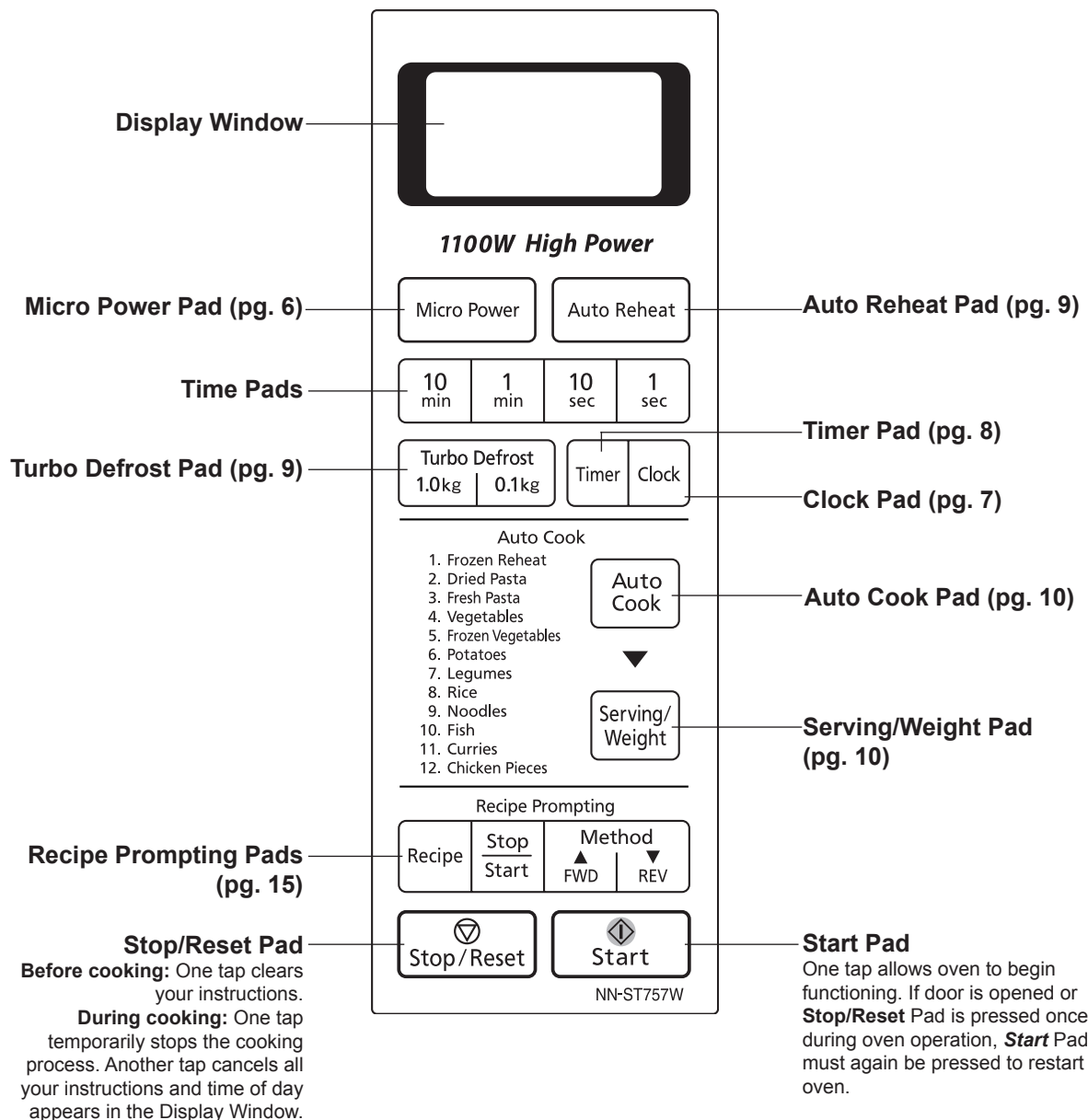
Press to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start** Pad is pressed. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

Oven Light:

Oven Light will turn on during cooking and also when door is opened.

Control Panel

English



Word Prompters

When pads are pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the Display Window. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the Display Window. Words will automatically appear to prompt the user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete programme, the oven will beep five times and "ENJOY YOUR MEAL" will appear in the Display Window.

Let's Start to Use Your Oven!

1 Plug in

Plug into a properly earthed electrical outlet. "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in the Display Window. (This will immediately cease when any pad is pressed.)

2 Open Door

Open the door and place container with food on Glass Tray in the oven. Then close the door.

3 Select Power Level

e.g. P4

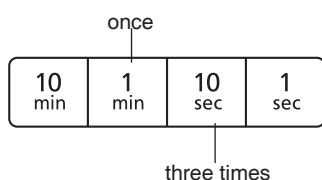
Press **Micro Power** Pad four times.
(see page 6 for Micro Power chart)

Micro Power

4 Set Time

e.g. 1 minute 30 seconds

Press **numbered Time Pads**



5 Press



Verify your selection(s) in the Display Window.

1 30
MIN SEC

Operation Guide in the Display Window

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

To turn off:



To turn on:



To Cook/Reheat/Defrost by Micro Power and Time

1 Select Power Level

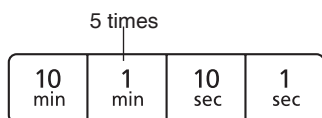
Press **Micro Power** Pad until the power level appears in the Display Window.
(see chart below)

Micro Power

Note: When selecting P10 on the first stage, you can start from step 2.

2 Set Cooking Time e.g. 5 minutes

(P10: up to 30 minutes, other powers: up to 99 minutes and 99 seconds for a single stage)



3 Press

 Start

Cooking will start.
The time in the Display Window will count down.

5 00
MIN SEC

For more than one stage cooking,

Repeat steps 1 & 2 above then press Start. The maximum number of stages for cooking is 3. The oven will beep twice between stages.

e.g. : Casserole

Stage 1

P10 for 10 minutes to
bring to a boil

Stage 2

P2 for 50 minutes to finish cooking
by simmering

Micro Power:

The **Micro Power** Pad gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.

e.g. The lower the micro power setting, the more evenly the food cooks, although it will take a little longer.

To select the correct power level for cooking different foods, refer to the chart below.

Press	POWER LEVEL	WATTAGE	EXAMPLE OF USE
1x	P10	1100 W	Boil water. Cook vegetables, rice, pasta and noodles. Reheating.
2x	P9	1000 W	Cook fresh fruits.
3x	P8	900 W	Cook cakes, desserts. Heat milk.
4x	P7	800 W	Cook pork, whole chicken and chicken pieces.
5x	P6	700 W	Cook beef, lamb and eggs. Melt butter.
6x	P5	600 W	Cook meatloaves. Melt chocolate.
7x	P4	400 W	Cook fish and seafood.
8x	P3	300 W	Thaw foods. Cook christmas pudding, corned beef, dried beans and peas.
9x	P2	200 W	Simmer soups, stews and casseroles (less tender cuts).
10x	P1	100 W	Keep cooked foods warm, simmer slowly.

To Set Clock

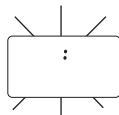
You can use the oven without setting the clock.

English

1 Press

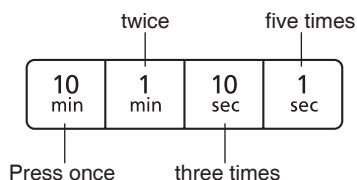
Clock

Colon will blink in Display Window.



2 Enter Time of Day

Enter time of day using Time Pads e.g. 12:35
Clock is a 12 hour display. There isn't a.m. or p.m. setting.



3 Press

Clock

Colon stops blinking; time of day is entered and locked into Display Window.

- Notes:**
1. Oven will not operate while colon is still blinking.
 2. To reset time of day, repeat step 1 through 3.
 3. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
 4. Maximum time available is 12:59. Clock is 12 hour only.

12:35

To Use Child Safety Lock

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

To set:

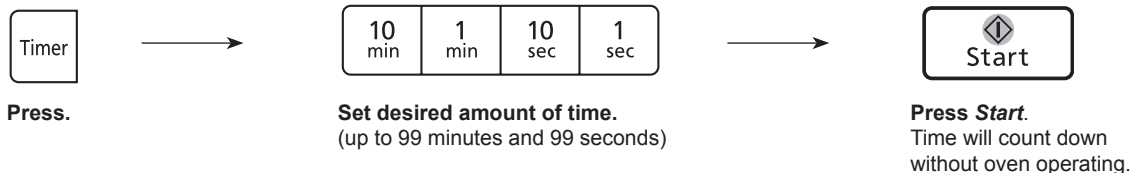


To cancel:

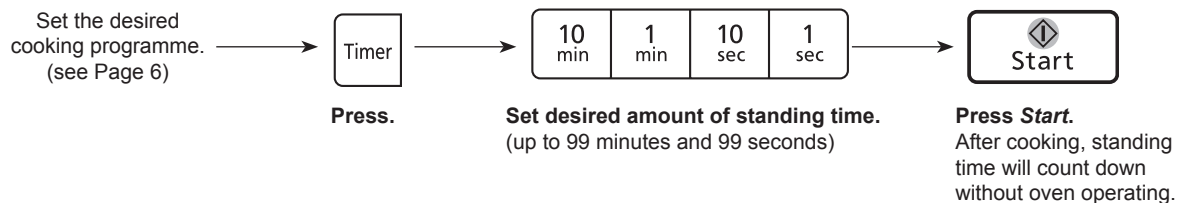


To Use Timer Pad

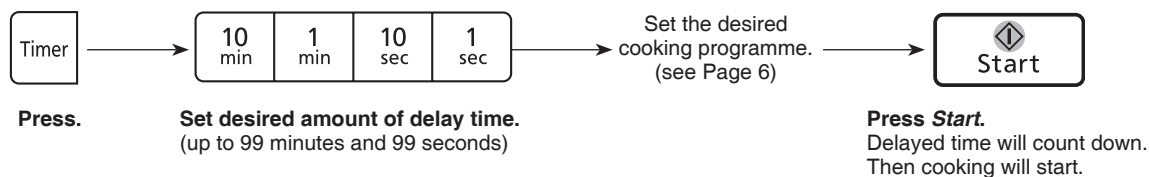
To Use as a Kitchen Timer



To Set Standing Time



To Set Delay Start



Notes:

1. If oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the Display Window will continue to count down.
2. Delay Start cannot be programmed before any Auto Control function. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results and / or food may deteriorate.

To Defrost

Turbo Defrost or Weight Defrost

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food.

1 Set Weight

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (max 3.0 kg).

Turbo Defrost
1.0kg | 0.1kg

Enter weight.

2 Press



Defrost time appears in the Display Window and begins to count down.

When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

Note:

For further information, refer to next page.

Defrost by Micro Power and Time Setting

Step 1.

Micro Power

Step 2.

10 min | 1 min | 10 sec | 1 sec

Set time.

Step 3.

Start

Press.

Press 8 times to P3.
(Defrost power level, page 6)

To Reheat Food Using Auto Reheat

1 Press

Auto Reheat

Until the desired weight appears in the Display Window.

NO. OF TAPS	DISPLAY	RECOMMENDED FOOD WEIGHT
1	250 g	200 - 300 g
2	450 g	400 - 500 g
3	650 g	600 - 700 g
4	850 g	800 - 900 g

2 Press



Reheating time appears in the Display Window and begins to count down.

For best results on Auto Reheat, follow these recommendations:

1. All foods must be precooked. Suitable for casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
2. Foods should be reheated from room temperature or refrigerator temperature. Do not reheat frozen foods on this setting.
3. Foods should be covered loosely but completely with plastic wrap or a casserole lid which does not snap seal.
4. Foods weighing less than 200 g and more than 900 g should be reheated by Micro Power and Time only.
5. All foods should have a covered stand time of 3 to 5 minutes at the end of reheating.
6. Do not reheat bread or pastry products; raw, uncooked or frozen foods; or beverages.

To Cook Food Using Auto Cook

Auto
Cook

1 Press Auto Cook Pad

Press the Auto Cook Pad until the desired food category appears in the display window.

Serving/
Weight

2 Press Desired Serving / Weight Pad

Press the desired serving / weight Pad until the desired food Serving/Weight appears in the display window.
(see below chart)

Pad	Food Category	Serving / Weight			
		1 tap	2 taps	3 taps	4 taps
Auto Cook	1. Frozen Reheat	250 g	450 g	650 g	850 g
	2. Dried Pasta	150 g	250 g	375 g	500 g
	3. Fresh Pasta	250 g	375 g	500 g	625 g
	4. Vegetables	120 g	180 g	250 g	370 g
	5. Frozen Vegetables	120 g	250 g	500 g	750 g
	6. Potatoes	250 g	370 g	500 g	900 g
	7. Legumes	1.0 cup	2.0 cup	3.0 cup	4.0 cup
	8. Rice	1.0 cup	1.5 cup	2.0 cup	2.5 cup
	9. Noodles	200 g	350 g	500 g	800 g
	10. Fish	120 g	250 g	370 g	500 g
	11. Curries	250 g	500 g	750 g	—
	12. Chicken Pieces	400 g	600 g	800 g	1000 g

Start

3 Press

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

English

To Cook Food Using Auto Cook

REHEATING FROZEN FOODS BY AUTO COOK (250 g - 850 g)

- Foods weighting less than 200 g and more than 900 g should be heated by micro power and time.
- Foods should be reheated from freezer.
- All foods must be precooked. Suitable foods include casseroles, plated dinners, soups, stews, pasta dishes, (except lasagne) and canned foods.
- Do not reheat bread or pastry items, raw or uncooked foods or beverages.
- Cover foods loosely with plastic wrap or a lid, which does not snap seal.
- During the cooking time, the oven will 'beep' and prompt you to rearrange or stir. At the end of cooking time, stir the food, check it is hot and allow standing 2 to 3 minutes.

To Operate: Press **Auto Cook** to **Frozen Reheat**. Select the **Serving/Weight**, then press **Start**.

COOKING VEGETABLES BY AUTO COOK (120 g - 370 g)

- Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.
- All vegetables should be trimmed or prepared and cut into evenly sized pieces.
- Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place in a suitable size dish.
- Butter, herbs, etc., may be added before heating, but do not salt vegetables until serving.
- Cover dishes securely with plastic wrap or a fitted lid.
- During the cooking time, the oven will 'beep' and prompt you to stir and rearrange vegetables.
- At the completion of heating, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

To Operate: Press **Auto Cook** to **Vegetables**. Select the **Serving/Weight**, then press **Start**.

COOKING DRIED AND FRESH PASTA BY AUTO COOK

Dried Pasta (150 g - 500 g)

- Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral and various pasta shapes.
- Place pasta in an appropriate size dish with boiling water. Use the following as a guide:

Pasta	Boiling Water	Dish Size
150 g	4 cups	3-litre
250 g	5 cups	3-litre
350 g	6 cups	4-litre
500 g	8 cups	4-litre

- Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together.
- At the end of the cooking time, cover and let stand for 5 to 10 minutes, if required, before draining.
- Leave dish uncovered.
- During cooking, the oven will 'beep' and instruct you to stir.

To Operate: Press **Auto Cook** to **Dried Pasta**. Select the **Serving/Weight**, then press **Start**.

Fresh Pasta (250 g - 625 g)

- Suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.)
- Place pasta in an appropriate size dish with boiling water. Use the above chart as a guide:
- Follow Auto Cook directions as for dried pasta.

To Operate: Press **Auto Cook** to **Fresh Pasta**. Select the **Serving/Weight**, then press **Start**.

COOKING FROZEN VEGETABLES BY AUTO COOK (120 g - 750 g)

- Suitable for all types of frozen vegetables.
- Place in a suitable size dish.
- Best results are achieved if large quantities are placed in a single layer.
- Add 1 tablespoon to ¼ cup water to vegetables, if desired.
- Butter, herbs etc. may be added before heating, but do not add salt until serving.
- Cover dishes securely with plastic wrap or a fitted lid.
- During the cooking time, the oven will 'beep' and prompt you to stir and rearrange vegetables.
- At the end of the cooking time, stir vegetables and let stand, covered, for 2 to 3 minutes.

To Operate: Press **Auto Cook** to **Frozen Vegetables**. Select the **Serving/Weight**, then press **Start**.

To Cook Food Using Auto Cook

COOKING POTATOES BY AUTO COOK (250 g - 900 g)

- Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot.
- All vegetables should be trimmed or prepared and cut into even sized pieces.
- Add 1 tablespoon to $\frac{1}{4}$ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place into an appropriate size dish and cover securely with plastic wrap or a fitted lid.
- If desired, butter, herbs etc. may be added but do not add salt until after cooking.
- Anytime during the cooking time, the oven will 'beep' and prompt you to stir and rearrange the vegetables.
- At the completion of cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

To Operate: Press **Auto Cook** to **Potatoes**. Select the **Serving/Weight**, then press **Start**.

COOKING LEGUMES BY AUTO COOK (1 cup - 2.5 cups)

- Suitable for cooking chickpeas, split peas, dried beans and peas and brown rice.
- Cover legumes with cold water and soak overnight, drain.
- Place legumes and boiling water into an appropriate sized dish. (See table for quantities)

Amount of Legumes	Amount of Boiling Water	Dish Size
1 cup	3 cups	2-litre
2 cups	4 cups	3-litre
3 cups	6 cups	4-litre
4 cups	8 cups	4-litre

- During cooking the oven will beep and prompt you to stir. Remove covering.
- At the end of cooking time, allow legumes to stand for 5 minutes if required.

To operate: Press **Auto Cook** to **Legumes**. Select the **Serving/Weight**, then press **Start**.

COOKING RICE BY AUTO COOK (1 cup - 2.5 cups)

- Suitable for cooking short and long grain rice including specialty rices.
- It is not suitable for cooking brown rice or wild rice.
- Place rice with water (at room temperature) in a suitable dish. We recommend the following proportions of rice to tap water:

Rice	Water	Dish Size
1 cup	2 cups	3-litre
1½ cups	3 cups	3-litre
2 cups	4 cups	4.5-litre
2½ cups	5 cups	4.5-litre

It may be necessary to adjust the water to your personal preference.

- Using a large size dish will prevent the rice from boiling over.
- Do not cook rice in plastic dishes as incorrect cooking times may result.
- At the completion of the cooking time, let stand 5 to 10 minutes.
- Leave dish uncovered.

To Operate: Press **Auto Cook** to **Rice**. Select the **Serving/Weight**, then press **Start**.

COOKING FRESH NOODLES BY AUTO COOK (200 g - 800 g)

- Suitable for cooking fresh noodles such as Hokkien, Singapore, Udon, Soba, Rice noodles.
- Select **Noodles** and boiling water as recommended in chart beside in a suitable size dish.
- Cover securely with plastic wrap.
- The oven will beep during the cooking time and instruct you to stir/remove cover. There is no need to re-cover noodles.
- At the end of cooking time, drain and use as required.

Noodles	Boiling Water	Dish Size
200 g	$\frac{1}{4}$ cup	1-litre
350 g	$\frac{1}{4}$ cup	1.5-litre
500 g	$\frac{1}{2}$ cup	2-litre
800 g	$\frac{1}{2}$ cup	2.5-litre

To operate: Press **Auto Cook** to **Noodles**. Select the **Serving/Weight**, then press **Start**.

To Cook Food Using Auto Cook

COOKING FISH AUTO COOK (120 g - 500 g)

- Suitable for cooking whole fish and fish fillets.
- Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with skin-side down.
- Add butter, spices, herbs, or lemon juice to flavour.
- Overlap thin edges of fillets to prevent overcooking.
- Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.
- Cover dish securely with plastic wrap or fitted lid that does not snap seal.
- During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange.
- Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

To Operate: Press **Auto Cook** to **Fish**. Select the **Serving/Weight**, then press **Start**.

COOKING CURRIES BY AUTO COOK (250 g - 750 g)

- Refer to chart below for quantities to use.
- Cut meat and vegetables into even size pieces.
- Place curry paste, meat, onion and hard vegetables into a suitable size casserole dish, do not use plastic dishes. Cover with plastic wrap.
- When oven beeps add remaining ingredients including liquid and continue to cook by pressing **Start**.
- At the end of cooking time, allow to stand for 5-10 minutes.

To Operate: Press **Auto Cook** to **Curries**. Select the **Serving/Weight**, then press **Start**.

COOKING CHICKEN PIECES BY AUTO COOK (400 g - 1.0 kg)

- Suitable for cooking chicken pieces, such as wings, thighs, drumsticks and breasts.
- Chicken pieces should be completely thawed before cooking.
- Marinate chicken pieces before cooking for added flavour and colour.
- Arrange chicken pieces skin side down with thicker, meatier portions towards the edge of dish.
- Leave chicken pieces uncovered if desired.
- Halfway through the cooking time, the oven will 'beep' and prompt you to turn over and re-arrange the chicken pieces.
- Let stand 5 to 10 minutes at the completion of cooking.

To Operate: Press **Auto Cook** to **Chicken Pieces**. Select the **Serving/Weight**, then press **Start**.

General Guide to Curries For Auto Cook

Serves	Weight of meat	Amount of liquid (coconut milk, stock)	Weight of hard vegetables
2	250 g	375 ml	200 g
4	500 g	500 ml	400 g
6	750 g	750 ml	600 g

To Use Recipe Prompting

Note:

Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the **Micro Power** pad and numbered Time pads. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.

For further information about cooking any of these recipes, refer to the recipe section, from page 16 to 20.

The following recipes are programmed in Recipe Prompting:

Recipe	Page of Book	Recipe	Page of Book
Beef Stroganoff	17	Green Peppercorn Chicken	16
Cheese Sauce	20	Herbed Vegetables	19
Cheesy Mashed Potatoes	18	Honey Sesame Drumsticks	17
Chicken Cacciatore	17	Lemon Pepper Fish	16
Chicken Curry	17	Peach Crumble	19
Chicken Risotto	19	Potato and Leek Soup	16
Chilli Beef	18	Potato Bake	18
Chinese Beef and Vegetables	18	Pumpkin Soup	16
Chocolate Brownies	20	Rich Chocolate Sauce	20
Chocolate Fudge	20	Seasoned Roast Lamb	18
Cinnamon Poached Pears	20	Spaghetti Meat Sauce	17
Creamy Beef Bacon Sauce	19	Speedy Nachos	16
Fragrant Coconut Rice	19	Sweet Berry Sauce	20
French Onion Beef Casserole	17	Tomato Vegetable Casserole	18
Garlic Prawns	16	Thai Vegetable Curry	19

English

INGREDIENT CONVERSION CHART

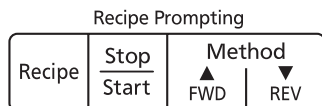
¼ cup	60 ml	¼ teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ cup	125 ml	1 teaspoon	5 ml
⅔ cup	165 ml	2 teaspoons	10 ml
¾ cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	20 ml
1¼ cups	310 ml	1½ tablespoons	30 ml
1½ cups	375 ml	2 tablespoons	40 ml
2 cups	500 ml	3 tablespoons	60 ml
3 cups	750 ml	4 tablespoons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

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

To Use Recipe Prompting

To Use Recipe Prompting

This feature helps you to cook by following the instructions given in the Display Window. The instructions for a total of 30 recipes are given (see following page).



1 Press



Until the desired recipe appears in the Display Window.

For the previous recipe, press



Recipes are arranged alphabetically. The first time you use Recipe Prompting after plugging in your oven, the first recipe, **Beef Stroganoff**, will appear. The next time you press the Recipe pad, the last recipe you selected will be displayed.

Once you have selected a recipe.

2 Press



The first instruction will scroll across the Display Window.

Press for the next instruction.



Press for the previous instruction.

"ENJOY YOUR MEAL" appears in the Display Window at the end of each recipe.

HINTS WHILE USING RECIPE PROMPTING

Recipe Prompting 	One tap: Stops scrolling of the Display Window. Two taps: Restarts scrolling of the Display Window. After you have programmed the recipe with micro power level and cooking time, press Start .
	1. While instructions are in the Display Window, one tap will clear the Display Window and colon or time of day will appear in the Display Window. 2. While setting power or time, previous instruction will appear in the Display Window by one tap. Two taps make the colon or time of day appear in the Display Window. 3. While cooking, one tap stops the remaining cooking time counting down. The next instruction will start scrolling by two taps.
	Cooking will start by pressing this pad.

Recipes

PUMPKIN SOUP

Serves: 4

Ingredients:

1 kg	pumpkin, chopped and peeled
1	onion, diced
2 cups	chicken stock
1 teaspoon	curry powder
	pepper

Method:

Place pumpkin and onion in 2-litre casserole dish. Cover and cook on P10 for 12 minutes. Add chicken stock, curry powder and pepper. Cook on P10 for 10 minutes. Cool slightly. Purée pumpkin and liquid in a blender or food processor. Pour into individual serving dishes and garnish with chives.

POTATO AND LEEK SOUP

Serves: 4 to 6

Ingredients:

800 g	potatoes, peeled and diced
1½ cups	thinly sliced leeks
2 teaspoons	fresh thyme
	pepper
2 cups	chicken stock
150 ml	cream

Method:

Place potatoes, leeks, thyme and pepper in 4-litre casserole dish. Cover and cook on P10 for 8 to 10 minutes. Stir in chicken stock. Cover and cook on P10 for 14 to 16 minutes. Purée soup mixture. Add cream, stir and serve hot or cold in individual bowls.

SPEEDY NACHOS

Serves: 2 to 4

Ingredients:

1 (310 g)	can red kidney beans, drained
1 cup	chilli salsa
200 g	packet corn chips
1 cup	grated cheese

Method:

Mix kidney beans and salsa in a 1-litre dish. Place corn chips in the base of a flat dish. Pour sauce over beans and top with grated cheese. Cook on P10 for 4 to 5 minutes.

Note: Chilli salsa can be substituted with your favourite tomato relish.

GARLIC PRAWNS

Serves: 2

Ingredients:

60 g	butter
1 teaspoon	minced garlic
1 tablespoon	lemon juice
1 tablespoon	chopped parsley
500 g	peeled green prawns

Method:

Place butter and garlic in a 1-litre dish and cook on P10 for 30 to 50 seconds. Add lemon juice, parsley and prawns. Cook on P6 for 5 to 7 minutes, stirring halfway through cooking. Serve in individual ramekins.



Pumpkin Soup

LEMON PEPPER FISH

Serves: 2

Ingredients:

300 g	fish fillets
¼ cup	lemon juice

Method:

Place fish, lemon juice and cracked black pepper in a 1-litre casserole dish. Cook on P6 for 4 to 6 minutes. Let stand for 3 minutes before serving.

GREEN PEPPERCORN CHICKEN

Serves: 4

Ingredients:

500 g	sliced chicken breast fillets
2 tablespoons	green peppercorns
1 tablespoon	seeded mustard
1 teaspoon	chicken stock powder
2 tablespoons	lemon juice
½ cup	cream

Method:

Place chicken in a 3-litre casserole dish. Cook on P7 for 8 to 10 minutes stirring halfway through cooking. Mix together peppercorns, mustard, stock powder, lemon juice and cream. Pour over chicken, stir. Cook on P10 for 2 to 3 minutes.

Recipes

CHICKEN CACCIATORE

Serves: 4

Ingredients:

440 g	can tomatoes
¼ cup	tomato paste
1 teaspoon	minced garlic
1	onion, diced
2 teaspoons	dried oregano
1 kg	chicken drumsticks

Method:

Place all ingredients in a 2-litre casserole dish. Stir until combined. Cover and cook on P7 for 10 to 12 minutes. Turn chicken and stir. Cook on P7 for 10 to 12 minutes.

HONEY SESAME DRUMSTICKS

Serves: 3 to 4

Ingredients:

8 (1.3 kg)	chicken drumsticks
1 teaspoon	chopped garlic
1 teaspoon	chopped ginger
¼ cup	soy sauce
¼ cup	honey
2 tablespoons	sesame seeds

Method:

Place all ingredients in 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in shallow dish with the meatiest ends to the outside. Cook on P7 for 18 to 20 minutes, turning once during cooking.

To cook by Auto Cook:

Prepare as above. Refer to directions on page 13.

CHICKEN CURRY

Serves: 4

Ingredients:

1	onion, chopped
2 tablespoons	red curry paste
500 g	chicken fillets, sliced
2 cups	finely sliced vegetables
1 cup	coconut milk

Method:

Place onion and curry paste in a 3-litre casserole dish. Cook on P10 for 3 to 4 minutes. Add chicken and combine. Cook on P7 for 6 minutes, stirring once during cooking. Add vegetables and coconut milk. Stir well. Cover and cook on P10 for 4 to 6 minutes. Serve with Jasmine rice.

FRENCH ONION BEEF CASSEROLE

Serves: 4

Ingredients:

1	onion, chopped
1 teaspoon	minced garlic
200 g	diced potatoes
500 g	beef, diced
2	carrots, diced
⅓ cup	tomato paste
1 cup	beef stock
100 g	whole button mushroom
¼ cup	frozen peas

Method:

Place onion and garlic in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add remaining ingredients, except mushrooms and peas. Stir until combined. Cover and cook on P10 for 8 minutes. Stir and cook on P4 for 28 to 30 minutes. Add mushrooms and frozen peas. Stir cook on P4 for 14 to 15 minutes.

SPAGHETTI MEAT SAUCE

Serves: 4 to 6

Ingredients:

500 g	minced beef
1	onion, chopped
1 teaspoon	minced garlic
1 (425 g)	can tomatoes
1 cup	tomato puree
2	beef stock cubes
1 teaspoon	dried mixed herbs
	pepper

Method:

Combine all ingredients in a 3-litre casserole dish. Cook on P10 for 7 minutes, stir. Cook on P7 for 14 to 16 minutes. Stir halfway through cooking. Serve with spaghetti.

BEEF STROGANOFF

Serves: 4

Ingredients:

1	onion, sliced
1 teaspoon	minced garlic
1 teaspoon	paprika
750 g	rump steak sliced thinly
2 tablespoons	tomato sauce
2 tablespoons	worcestershire sauce
1	beef stock cube
200 g	sliced mushrooms
⅓ cup	sour cream

Method:

Place all ingredients (except sour cream and mushrooms) in a 3-litre casserole dish. Stir until combined. Cook on P7 for 7 to 9 minutes, stirring once during cooking. Add mushrooms. Stir and cook on P7 for 3 to 4 minutes. Stir through sour cream.

Recipes

CHINESE BEEF AND VEGETABLES

Serves: 4 to 6

Ingredients:

500 g	rump steak sliced
1 teaspoon	chopped ginger
1 teaspoon	chopped garlic
1 tablespoon	soy sauce
1/3 cup	Hoisin sauce
1/4 cup	sweet chilli sauce
3 cups	sliced vegetables

Method:

Place steak, ginger and garlic in a 3-litre casserole dish. Cook on P10 for 1 minute. In 1-cup jug, combine soy sauce, Hoisin sauce and sweet chilli. Add to meat mixture. Cook on P10 for 3 to 4 minutes. Add the vegetables, cover and cook on P10 for 3 to 5 minutes, stirring halfway through cooking. Let stand for 5 minutes before serving.

SEASONED ROAST LAMB

Serves: 4 to 6

Ingredients:

1.4 kg	leg of lamb
1 tablespoon	seeded mustard
1 tablespoon	rosemary

Method:

Place lamb fat side down on rack set in a 3-litre dish. Brush with mustard and rosemary. Cook on P6 for 30 to 35 minutes, turn halfway through cooking. Stand, covered, for 15 minutes before slicing.

CHILLI BEEF

Serves: 4

Ingredients:

500 g	topside beef mince
1 teaspoon	minced garlic
1 (35 g)	packet chilli seasoning mix
1 (400 g)	can tomato purée
1 (440 g)	can kidney beans, drained

Method:

Place all ingredients in a 3-litre dish. Mix well. Cook on P10 for 17 to 19 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

CHEESY MASHED POTATOES

Serves: 4

Ingredients:

500 g	potatoes, peeled and diced
1/4 cup	water
1/3 cup	milk
1/4 cup	grated cheese

Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on P10 for 10 minutes.

Prepare as above. Cover with plastic wrap.

To Cook by Auto Cook:

Refer to Potatoes directions on page 12.

Drain. Mash potatoes with potato masher. Add milk and grated cheese. Mix well. Cook on P10 for 1 minute. Stir well before serving.



Seasoned Roast Lamb

TOMATO VEGETABLE CASSEROLE

Serves: 4 to 6

Ingredients:

200 g	mushrooms, sliced
1	eggplant, chopped
200 g	zucchini, sliced
1	capsicum, sliced
1	onion, sliced
400 g	can tomatoes
1/2 cup	tomato paste
1 tablespoon	chopped basil
1 teaspoon	minced garlic

Method:

Place mushrooms, eggplant, zucchini, capsicum and onion in a 3-litre casserole dish. Cover. Cook on P10 for 6 minutes. Add tomatoes, tomato purée, herbs and garlic. Re-cover and cook on P10 for 6 to 8 minutes.

POTATO BAKE

Serves: 4 to 6

Ingredients:

750 g	peeled and sliced potatoes
250 ml	cream
1/4 cup	milk
3	green onions, sliced
2	bacon rashers, chopped
1/2 cup	grated cheese

Method:

Combine potatoes, cream and milk in a 2-litre casserole dish. Cook on P10 for 15 to 18 minutes. Top with green onions, bacon and cheese. Cook on P10 for 5 minutes.

Recipes

HERBED VEGETABLES

Serves: 4 to 6

Ingredients:

200 g	sliced snow peas
200 g	sliced carrots
200 g	sliced zucchini
2 tablespoons	chopped fresh parsley

Method:

Place snow peas, carrots and zucchini in a 2-litre casserole dish. Cover. Cook on P10 for 5 to 7 minutes, stirring once during cooking. Sprinkle with parsley. Serve.

THAI VEGETABLE CURRY

Serves: 4

Ingredients:

1	onion, sliced
2 tablespoons	green curry paste
3 cups	sliced vegetables
440 g	can chick peas, drained
1 cup	coconut milk
1 tablespoon	lemon juice
1 tablespoon	soy sauce
½ cup	chopped nuts

Method:

Place onion and curry paste in a 3-litre casserole dish. Cook on P10 for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on P10 for 8 to 10 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

HINT:

It is better to slightly undercook vegetables as they will soften on standing. Allow to stand, covered, with plastic wrap or a lid.

FRAGRANT COCONUT RICE

Serves: 4 to 6

Ingredients:

1	onion, chopped
2 cups	long grain rice
500 ml	chicken stock
400 ml	coconut milk
1 teaspoon	turmeric

Method:

Place all ingredients in a 3-litre casserole dish. Stir. Cook on P10 for 15 to 18 minutes. Cover and let stand 10 minutes before serving.

To Cook by Auto Cook:

Prepare as above. Refer to Rice directions on page 12.

CHICKEN RISOTTO

Serves: 4

Ingredients:

1	onion, sliced
2 cups	short grain rice
1 teaspoon	dried oregano
1 teaspoon	cracked black pepper
4 cups	chicken stock
¼	green capsicum, sliced
¼	red capsicum, sliced
200 g	mushrooms, sliced
½ cup	frozen peas
2	cooked chicken breast fillets, sliced
¼ cup	grated parmesan cheese

Method:

Place onion, rice, oregano, pepper and chicken stock into a 4-litre dish. Cook on P10 for 17 to 19 minutes. Add remaining ingredients, stir well and cook on P10 for 4 minutes. Serve.

HINT:

To reheat 2 cups of cooked rice:
Add 1 to 2 tablespoons of water or a knob of butter and cook on P10 for 2 to 3 minutes.

CREAMY BEEF BACON SAUCE

Makes: Approximately 300 ml

Ingredients:

1	onion, chopped
3	beef bacon rashers, chopped
1 teaspoon	minced garlic
300 ml	cream
¼ cup	Parmesan cheese
	pepper
2 tablespoons	chopped fresh parsley
¼ cup	chicken stock

Method:

Place onion, beef bacon and garlic in a 2-litre casserole dish. Cook on P10 for 4 to 5 minutes. Add cream, Parmesan cheese, pepper, parsley and stock. Mix well. Cook on P10 for 3 to 4 minutes. Serve with cooked Fettuccine.

PEACH CRUMBLE

Serves: 6 to 8

Ingredients:

125 g	butter
1 cup	flour
½ cup	caster sugar
2 cups	toasted muesli
1 cup	shredded coconut
1 teaspoon	cinnamon
1 (810 g)	can peach slices, drained

Method:

Place butter in a 2-litre jug. Cook on P7 for 1 minute. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into a 2-litre casserole dish. Place crumble mixture on top of peaches and cook on P10 for 10 to 12 minutes. Serve with cream or ice cream.

Recipes

CHOCOLATE BROWNIES

Makes: 1 × 20 cm
square slice pan

Ingredients:

125 g	butter
200 g	chocolate
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
1 cup	plain flour

Method:

Grease and line a 20 cm square pyrex dish. set aside. Melt butter and chocolate in a 2-litre dish on P7 for 1½ minute. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on P7 for 7 to 8 minutes. Refrigerate until cold. Cut into squares.

CHOCOLATE FUDGE

Makes: 1 × 20 cm square slice

Ingredients:

300 g	chocolate pieces
1 (400 g)	can condensed milk
1 cup	chopped peanuts

Method:

Grease 20 cm square dish. Set aside. Place chocolate and condensed milk in a 1-litre jug. Cook on P7 for 2 minutes. Stir. Cook on P5 for 2 minutes. Add nuts and place in prepared dish. Refrigerate and cut into squares when cold.

CINNAMON POACHED PEARS

Serves: 4

Ingredients:

½ cup	water
¼ cup	caster sugar
½ teaspoon	cinnamon
4	pears, peeled and sliced

Method:

Combine water, caster sugar and cinnamon in a 1-litre jug. Cook on P10 for 2 minutes. Place the pears in 2-litre dish. Pour over syrup and cover. Cook on P10 for 6 to 8 minutes.

SWEET BERRY SAUCE

Makes: Approximately 2 cups

Ingredients:

½ cup	caster sugar
½ cup	water
500 g	berries
2 tablespoons	water
1 tablespoon	cornflour

Method:

Combine sugar and water in a 3-litre bowl. Cook on P10 for 2 to 3 minutes. Add berries. Cook on P10 for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on P10 for 2 minutes. Serve hot or cold with ice cream.

CHEESE SAUCE

Make :1½ cups

Ingredients:

40 g	butter
2 tablespoons	flour
1½ cups	milk
½ cup	grated cheese

Method:

Melt butter in a 1-litre jug on P10 for 30 seconds. Add flour and mix well. Gradually stir in milk. Cook on P10 for 2 to 3 minutes. Stirring halfway through cooking. Add cheese and cook on P10 for a further 1 to 1½ minutes. Stir and serve with vegetables for your choice.

HINT:

cooking sauces:

When making some sauces in the microwave oven, less liquid maybe needed as less evaporation occurs with a shorter cooking time.

RICH CHOCOLATE SAUCE

Makes: 1¼ cups

Ingredients:

200 g	chocolate pieces
300 ml	cream

Method:

Combine chocolate and cream in 1-litre jug. Cook on P10 for 2 minutes. Mix well. Serve over ice cream.

Before Requesting Service

English

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 ran my microwave oven without any food in it.

Running the oven empty for a short time will not damage the oven. However, we do not recommend this.

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.

Reset external circuit breaker or replace external fuse.

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 was not pressed after programming.

Press **Start** Pad.

Another programme has already been entered into the oven.

Press **Stop/Reset** Pad to cancel the previous programme and programme again.

The programme has not been entered correctly.

Programme again according to the Operating Instructions.

Stop/Reset has been pressed accidentally.

Programme over again.

The word "LOCK" appears in the display window.

The Child Lock was activated by pressing **Start** pad 3 times.

Deactivated Lock by pressing **Stop/Reset** pad 3 times.

The word "DEMO MODE"* appears on the screen.

Clock Pad has been pressed 3 times.

Deactivated mode by pressing **Clock** Pad 3 times.

When the oven is turning on, there is noise coming from the Glass Tray.

The Roller Ring and oven bottom are dirty.

Clean these parts according to "Care of Your Microwave Oven" (see next page).

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

Care of Your Oven

BEFORE CLEANING:

Remove plug from outlet. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:

Be sure to replace the Roller Ring and Glass Tray in the proper position and press **Stop/Reset** Pad to clear the Display Window.

Inside of the oven:

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.

Glass Tray:

Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and a non-abrasive cleanser.

Outside oven surfaces and back vents.

To prevent overheating caused by blocked vents, clean periodically with damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.

Control Panel:

- If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.

Oven Door:

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

Roller Ring and oven cavity floor:

Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise and scratching of painted surface.

Technical Specifications

Power Supply:	220 V 50 Hz	220 V 50-60 Hz	230-240 V 50 Hz
Power Consumption*:	5.4 A 1,150 W		5.1 A 1,150 W
Cooking Power*:	1,100 W		
Outside Dimensions (H × W × D):	304 mm (H) × 555 mm (W) × 493 mm (D)		
Oven Cavity Dimensions (H × W × D):	222 mm (H) × 418 mm (W) × 470 mm (D)		
Glass Tray Diameter:	Ø 380 mm		
Operating Frequency:	2,450 MHz		
Uncrated Weight:	Approx. 14.3 kg		

* IEC Test Procedure

Specifications subject to change without notice.

English