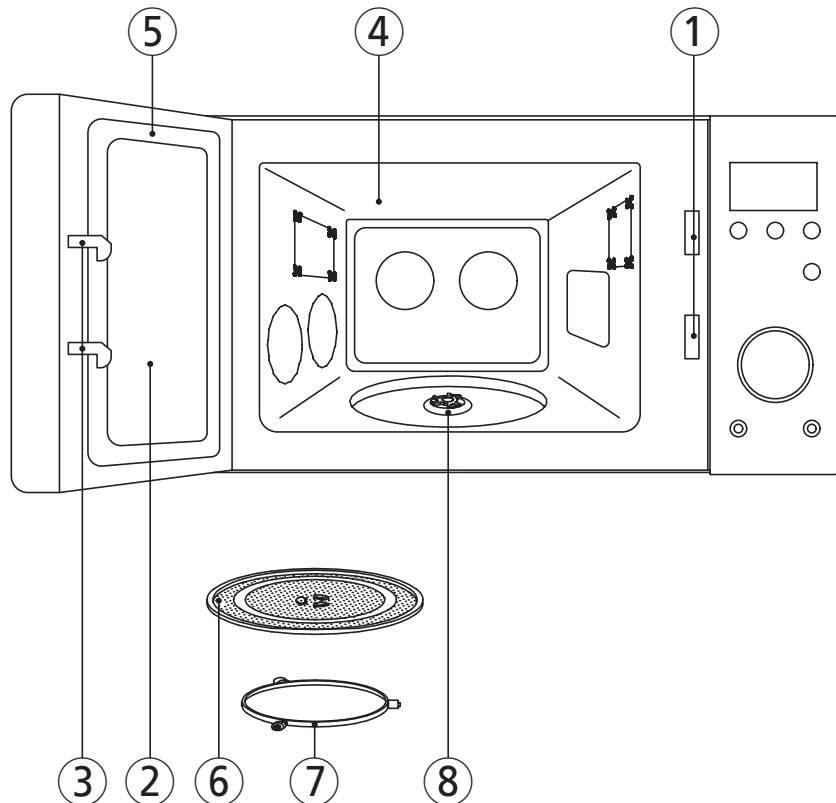
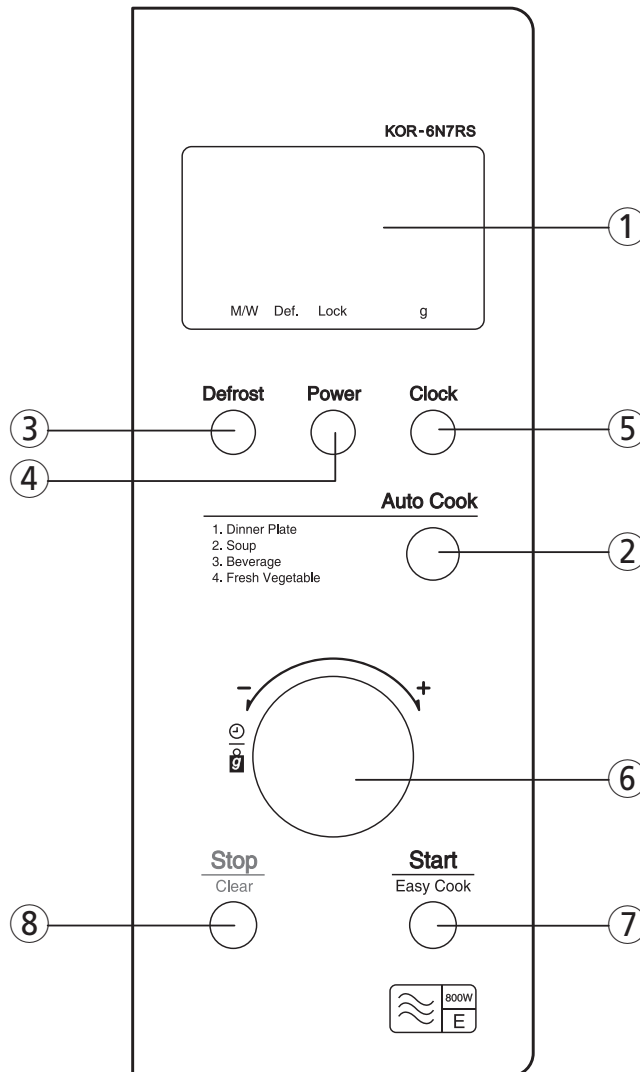


FEATURES DIAGRAM



- ① **Safety interlock system** - Prevents the oven from operating while the door is opened. The oven will only operate with the door fully closed. When the door is open, the oven turns off and will only start again after the door is closed.
- ② **Door screen** - Allows viewing of food. The screen is transparent to light, but prevents microwaves escaping.
- ③ **Door latch** - When the door is closed it will automatically shut off. If the door is opened while the oven is operating, the magnetron will automatically shut off.
- ④ **Oven cavity**
- ⑤ **Door seal** - The door seal surfaces prevent microwaves escaping from the oven cavity.
- ⑥ **Glass cooking tray** - Made of special heat resistant glass. The tray can be easily removed for cleaning. Make sure it is correctly positioned (indentation) before operating. Place food in a suitable container (dish) on the tray.
- ⑦ **Roller guide** - Supports the glass cooking tray.
- ⑧ **Coupler** - This fits over the shaft in the center of the oven's cavity floor. This is to remain in the oven for all cooking.

FEATURES DIAGRAM (continued)



① **Display** - Cooking time, power level, indicators and present time are displayed.

② **Auto cook** - Used to cook using a program or to reheat.

③ **Defrost** - Used to defrost foods by weight or time.

④ **Power** - Used to set power level.

⑤ **Clock** - Used to set clock.

⑥ **Dial knob** - Used to set the time and weight.

⑦ **Start/Easy cook** - Used to start the oven operation and also increase the reheat time by 30 seconds.

⑧ **Stop/Clear** - Used to stop the oven operation or to erase all entries.

OPERATION PROCEDURE

This section includes useful information about oven operation.

1. Plug power supply cord into a 230V 50Hz power outlet.
2. After placing the food in a suitable container, open the oven door and put it on the glass tray.
The glass tray and roller guide must always be in place during cooking.
3. Shut the door. Make sure that it is firmly closed.
4. Set required programme and time, then press Start.
5. Once cooking is complete take care removing container as it will be hot.

1 The oven light is on only when the microwave oven is operating.

2 The oven door can be opened at any time during operation by touching the door release button on the control panel. The oven will automatically shut off.

3 Each time a button is touched, a BEEP will sound to acknowledge the touch.

4 The oven automatically cooks on full power unless set to a lower power level.

5 The display will show “ : 0” when the oven is plugged in.

6 Time clock returns to the present time when the cooking time ends.

7 When the Stop/Clear button is touched during the oven operation, the oven stops cooking and all information retained. To erase all information(except the present time), touch the Stop/Clear button once more. If the oven door is opened during the oven operation, all information is retained.

8 If the Start button is touched and the oven does not operate, check the area between the door and door seal for obstructions and make sure the door is closed securely. The oven will not start cooking until the door is completely closed or the program has been reset.

Make sure the oven is properly installed and plugged into the electrical outlet.

WATTAGE OUTPUT CHART

- The power-level is set by pressing the Power button. The chart shows the display, the power level and the percentage of power.

Touch Power button	Power level (Display)	Approximate Percentage of Power
once	P-HI	100%
twice	P-80	80%
3 times	P-60	60%
4 times	P-40	40%
5 times	P-20	20%

CONTROLS

SETTING THE CLOCK

When the oven is first plugged in, the display will flash “:0” and a tone will sound. If the AC power ever turns off, the display shows “:0” when the power comes back on.

Clock	1. Press Clock button. This is a 12 hour clock system.	<p>NOTE : This oven has multiple clock systems. If you want 12 hour clock system, omit this step.</p> <p>If you selected 12 hour system, the display will show the hours from “1” to “12”. If you selected 24 hour system, the display will show the hours from “0” to “23”. The adjusted hour starts blinking.</p>
	2. Press Clock button once more. This is a 24 hour clock system.	
	3. Turn the dial knob to adjust hour.	
Clock	4. Press Clock button.	The minute stops blinking and “00” starts blinking.
	5. Turn the dial knob to adjust minute.	The display will show the minutes from “0” to “59”. The adjusted minute starts blinking.
Clock	6. Press Clock button.	

When you press Clock button, the minute stops blinking, and the colon starts blinking. If you selected 12 hour clock system, this digital clock allows you to set from 1:00 to 12:59. If you selected 24 hour clock system, this digital clock allows you to set from 0:00 to 23:59.

WEIGHT DEFROSTING

WEIGHT DEFROST lets you easily defrost food by eliminating guesswork in determining defrosting time. The minimum weight for WEIGHT DEFROST is 200 gram and the maximum weight is 3,000 gram. Follow the steps below for easy defrosting.

Defrost	1. Press Defrost button.	The DEF. indicator & “0” appear and the g indicator starts blinking.
	2. Turn the dial knob to adjust the defrosting weight.	The display will show what you selected.
Start	3. Press Start button.	

When you press Start button, the DEF. indicator starts blinking to show the oven is the DEFROST mode. The display counts down the time to show you how much defrosting time is left in the DEFROST mode. The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. When the defrosting time ends, you will hear 3 beeps.

TIME DEFROSTING

When TIME DEFROST is selected, the automatic cycle divides the defrosting time into periods of alternating defrost and stand times by cycling on and off.

Defrost	1. Press Defrost button.	The DEF. indicator & “0” appear and the g indicator starts blinking.
	2. Press Defrost button once more.	The g indicator disappears and “:0” is displayed.
	3. Turn the dial knob to adjust the defrosting time.	The display will show what you selected.
Start	NOTE: Your oven can be programmed for 59 minutes 00 seconds. (59:00)	
	4. Press Start button.	

When you press Start button, the DEF. indicator starts blinking to show the oven is the DEFROST mode. The display counts down the time to show you how much defrosting time is left in the DEFROST mode. The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. When the defrosting time ends, you will hear 3 beeps.

POWER LEVEL CONTROL



Power

X 3

1. Press Power button.
(Select the desired power level.)

The M/W indicator appears and the display will show what you selected.
This example shows power level 6.

NOTE: If step 1 is omitted, the oven will cook at full power.

2. Turn the dial knob to adjust the cooking time.

The display will show what you selected.

NOTE: Your oven can be programmed for 59 minutes 00 seconds.
(59:00)



Start

3. Press Start button.

When you press Start pad, the M/W indicator starts blinking to show the oven is cooking. The display counts down the time to show how much cooking time is left. When the cooking time ends, you will hear 3 beeps.

NOTE: Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and slow cooking of meats.

EASY COOKING

EASY COOK allows you to reheat for 30 seconds at 100% (full power) by simply pressing the Easy cook button.

By repeatedly pressing the Easy cook button, you can also extend reheating time to 5 minutes by 30 seconds.

Easy cook

1. Press Easy cook button.

When you press Easy cook button, ":30" appears.

After 1.5 seconds, the oven starts reheating.

When the cooking time ends, you will hear 3 beeps.

AUTO COOK

AUTO COOK allows you to cook or reheat many of your favorite foods by repeatedly touching Auto cook button.

Auto cook

1. Press Auto cook button.

When you press AUTO COOK button once, "AC-1" is displayed. By repeatedly pressing this button, you can select one of the four menu programs as shown in the chart below.

2. Turn the DIAL KNOB to adjust the desired quantity.

The display will show what you selected.

Food	Press Autocook button	Display	Weight	Directions
Dinner Plate	once	AC-1	350g (12oz)	Put foods on the microwave plate and cover with vented plastic wrap.
			450g (15oz)	
Soup	twice	AC-2	350g (12oz)	Pour soup in microwave bowl or mug.
			450g (15oz)	Stir before serving.
Beverage	three times	AC-3	1 CUP (200ml)	Pour beverage in microwave mug and place it on the turntable. Do not cover.
			2 CUPS (200mlx2)	
			3 CUPS (200mlx3)	Stir before serving.
Fresh vegetable	four times	AC-4	200g (7oz)	Wash and put in casserole.
			400g (14oz)	Add no water if vegetables have just been washed. Cover tender vegetables with lid and stir after cooking.

Start

3. Press Start button.

When you press Start button, the display changed into cooking time and the oven starts cooking.

When the cooking time ends, you will hear 3 beeps.

CHILD SAFETY LOCK

SAFETY LOCK lock prevents unwanted oven operation such as by small children.

To set, press and hold Stop/Clear button for 3 seconds, Lock indicator appears and a beep sounds.

To cancel, press and hold Stop/Clear button for 3 seconds, Lock indicator disappears and a beep sounds.

TO STOP THE OVEN WHILE THE OVEN IS OPERATING

1. Press Stop/Clear button.
 - You can restart the oven by pressing Start button.
 - Press Stop/Clear button once more to erase all instructions.
 - You must enter in new instructions.
2. Open the door.
 - You can restart the oven by closing the door and pressing Start button.

NOTE: Oven stops operating when door is opened.

DEFROSTING GUIDE

- ▶ Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Use only containers that are microwave-safe.
- ▶ Begin defrosting whole poultry breast-side-down. Begin defrosting roasts fat-side-down.
- ▶ The shape of the package alters the defrosting time. Shallow rectangular shapes defrost more quickly than a deep block.
- ▶ After $\frac{1}{3}$ of the defrost time has elapsed, check the food. You may wish to turn over, break apart, rearrange or remove thawed portions of the food.
- ▶ During defrost, the oven will prompt you to turn the food over. At this point, open oven door and check the food. Follow the techniques listed below for optimum defrost results.
Then, close oven door, touch the START pad to complete defrosting.
- ▶ When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes. After defrosting, allow food to stand 5-60 minutes if there are any icy areas.
Poultry and fish may be placed under running cool water until defrosted
- ⇨ **Turn over** : Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
- ⇨ **Rearrange** : Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
- ⇨ **Shield** : Use small strips of aluminum foil to protect thin areas or edges of unevenly shaped foods such as chicken wings. To prevent arcing, do not allow foil to come within 1-inch of oven walls or door.
- ⇨ **Remove** : To prevent cooking, thawed portions should be removed from the oven at this point. This may shorten defrost time for food weighing less than 3 lbs.(1350g).

DEFROSTING CHART (by Time Defrost)

Item & Weight	Defrosting Time	Standing Time	Special Techniques
BEEF			
Minced beef 1 lb./450g	7-10 min.	15-20 min.	Break apart and remove thawed portions with fork.
Stew Meat 1 1/2 lbs./675g	11-15 min.	25-30 min.	Separate and rearrange once.
Patties 4(4oz./110g)	7-9 min.	15-20 min.	Turn over after half the time.
PORK			
Spareribs 1 lb./450g	6-9 min.	25-30 min.	Separate and rearrange once.
Chops 4(5oz./125g)	7-10 min.	25-30 min.	Separate and turn over once.
Minced pork 1 lb./450g	7-10 min.	15-20 min.	Break apart and remove thawed portions with fork.
POULTRY			
Whole Chicken 2 1/2 lbs./1125g	21-25 min.	45-90 min.	Break side down. Turn over after half the time. Shield as needed.
Chicken Breasts 1 lbs./450g	8-11 min.	15-30 min.	Separate and rearrange once.
Fryer Chicken(cut up) 2 lbs./900g	17-21 min.	25-30 min.	Separate and rearrange once.
Chicken Thights 1 1/2 lbs./675g	12-16 min.	15-30 min.	Separate and rearrange once.
FISH & SEAFOOD			
Whole Fish 1 lb./450g	6-8 min.	15-20 min.	Turn over after half the time. Shield as needed.
Fish Fillets 1 1/2 lb./675g	10-12 min.	15-20 min.	Separate and turn over once.
Shrimp 1/2 lb./225g	3-4 min.	15-20 min.	Separate and rearrange once.

* The times are approximate because freezer temperatures vary.

COOKING & REHEATING CHART

Cooking chart

Item	Power Level	Cooking Time Per lb./450g	Special Instruction
MEAT			
Beef joint -Rare	P-80	6-8 min.	- Chilled meat and poultry should be removed from the refrigerator at least 30 minutes before cooking. - Always let the meat and poultry stand, covered after cooking.
-Medium	P-80	7-9 min.	
-well done	P-80	9-11 min.	
Pork Joint	P-HI	10-13 min.	
Bacon joint	P-HI	8-10 min.	
POULTRY			
Whole chicken	P-HI	4-9 min.	
Portions chicken	P-80	5-7 min.	
Breast (boned)	P-80	6-8 min.	
FISH			
Fish Fillets	P-HI	3-5 min.	- Brush a little oil or melted butter over the fish, or add 15~30ml(1-2 tbsp) lemon juice, wine, stock, milk or water. - Always let the fish stand, covered, after cooking
Whole Mackerel, Cleaned and prepared	P-HI	3-5 min.	
Whole Trout, Cleaned & Prepared	P-HI	4-6 min.	
Salmon steaks	P-HI	4-6 min.	
<p>NOTE : The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the food. Frozen meat, poultry and fish must be thoroughly thawed before cooking.</p>			

Reheating chart

- Baby food particularly needs to be checked carefully before serving to prevent burns.
- When heating pre-packaged ready-cooked foods, always follow the pack instructions carefully.
- If you freeze foods which were bought from the fresh or chilled counters, remember that they should be thoroughly thawed before following the heating instructions on the packed. It's worth putting a note on them so that other members of the household will remember too.
- Remember metal ties and transfer all food from foil containers before reheating.
- Chilled(refrigerated) food takes longer to reheat than food at room temperature (such as just-cooled food or food from the store cupboard).
- All foods should be reheated using full microwave power.

Item	Cooking time	Special Instructions
Baby food 128g jar	30 sec.	Empty into a small serving bowl. Stir well once or twice during heating. Before serving, check the temperature carefully.
Baby milk 100ml / 4fl.oz. 225ml / 8fl.oz.	30-60 sec. 50-60 sec.	Stir or shake well and pour into a sterilized bottle. Before serving, shake well and check the temperature carefully.
Sandwich roll or bun 1 roll	30-40 sec.	Wrap in paper towel and place on glass microwaveable rack. *Note : Do not use recycled paper towels. As is may contain metal particles.
Lasagne 1 serving (10 1/2 oz./300g)	6-8 min.	Place lasagne on a microwaveable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	3-5 min. 7-10 min.	Cook covered in a microwaveable dish. Stir once halfway through cooking.
Mashed potatoes 1 cup 4 cups	2-4 min. 7-9 min.	Cook covered in a microwaveable dish. Stir once halfway through cooking.
Baked beans 1 cup	3-4 min.	Cook covered in a microwaveable dish. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	3-4 min. 9-10 min.	Cook covered in a microwaveable dish. Stir once halfway through cooking.

VEGETABLE CHART

Use a suitable glass pyrex bowl with lid. Add 30-45ml cold water(2-3 tbsp.) for every 250g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint : cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All vegetables should be cooked using full microwave power.

Cooking Guide for fresh vegetables

Vegetables	Weight	Time	Comments
Broccoli	1/2 lb./250g 1 lb./500g	2 ¹ / ₂ - 3 ¹ / ₂ min 4 - 5 ¹ / ₂ min	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	1/2 lb./250g	3 ¹ / ₂ - 4 ¹ / ₂ min	Add 60-75ml(5-6tbsp.) water.
Carrots	1/2 lb./250g	2 - 3 ¹ / ₂ min	Cut carrots into even sized slices.
Cauliflower	1/2 lb./250g 1 lb./500g	2 - 3 ¹ / ₂ min 4 - 5 ¹ / ₂ min	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	1/2 lb./250g	2 - 3 ¹ / ₂ min	Cut courgettes into slices. Add 30ml(2tbsp.) water or a knob of butter. Cook until just tender.
Aubergine	1/2 lb./250g	2 - 3 ¹ / ₂ min	Cut aubergine into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	1/2 lb./250g	2 - 3 ¹ / ₂ min	Cut leeks into thick slices.
Mushrooms	0.3 lb./125g 1/2 lb./250g	1 - 2 ¹ / ₂ min 2 - 4 ¹ / ₂ min	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	1/2 lb./250g	2 - 3 ¹ / ₂ min	Cut onions into slices or halves. Add only 15ml(1tbsp.) water.
Pepper	1/2 lb./250g	2 - 4 ¹ / ₂ min	Cut pepper into small slices.
Potatoes	1/2 lb./250g 1 lb./500g	4 - 6 min 7 - 9 min	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	1/2 lb./250g	4 - 6 min	Cut turnip cabbage into small cubes.

Cooking Guide for frozen vegetables

Vegetables	Weight	Time	Instructions
Spinach	0.3 lb./125g	1 - 2 min	Add 15ml(1tbsp.) cold water.
Broccoli	1/2 lb./250g	2 ¹ / ₂ - 4 min	Add 30ml(2 tbsp.) cold water.
Peas	1/2 lb./250g	2 ¹ / ₂ - 4 min	Add 15ml(1 tbsp.) cold water.
Green beans	1/2 lb./250g	3 - 5 min	Add 30ml(2tbsp.) cold water.
Mixed vegetables (carrots/peas/corn)	1/2 lb./250g	2 ¹ / ₂ - 4 min	Add 15ml(1tbsp.) cold water.
Mixed vegetables (Chinese style)	1/2 lb./250g	3 - 5 min	Add 15ml(1 tbsp.) cold water.