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# Quick Guide to Operation

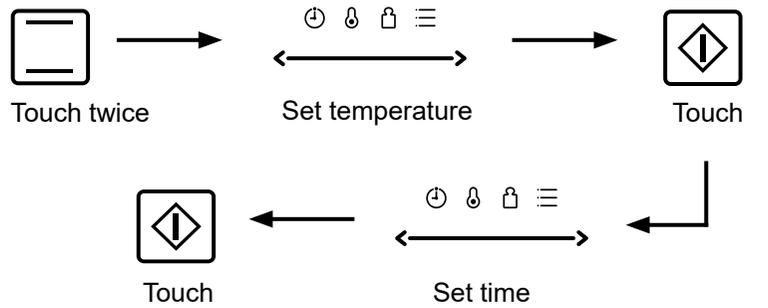
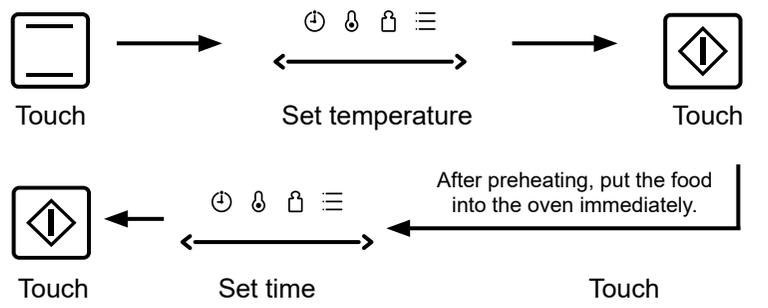
English

After plugging in, "88:88" will appear in the display window, then you can start to operate.

Feature	How to Operate
To Set/Cancel Child Safety Lock (page 16)	<p>To Set: (on colon mode)  → Display " " → Touch 3 times</p> <p>Cancel:  → Display " : " → Touch 3 times</p>
To Use Quick Time (page 17)	<p>Cooking →  → Set time</p>
To Set Microwave Power (page 18-19)	<p> →  → Set time →  → Touch</p>
To Use Microwave Defrost (page 39)	<p> →  → Set time →  → Touch</p>
To Use Turbo Defrost (page 38)	<p> →  → Set weight →  → Touch</p>
To Use Steam (page 20-21)	<p> →  → Set time →  → Touch</p>
To Use Steam Shot (page 22)	<p>Cooking →  → Touch 2 seconds</p>
To Use Steam + Microwave (page 28)	<p> →  → Set time →  → Touch</p>
To Use Grill (page 23-24)	<p> →  → Set time →  → Touch</p>

# Quick Guide to Operation (continued)

English

Feature	How to Operate
<p>To Use Crispy Grill (page 25)</p>	 <p>Touch → Set time → Touch</p>
<p>To Use Microwave+Grill (page 26-27)</p>	 <p>Select power → Set time → Touch</p>
<p>To Use Oven No Preheating is required. (page 29)</p>	 <p>Touch twice → Set temperature → Touch</p> <p>Touch → Set time → Touch</p>
<p>To Use Oven Preheating is required. (page 30-31)</p>	 <p>Touch → Set temperature → Touch</p> <p>After preheating, put the food into the oven immediately.</p> <p>Touch → Set time → Touch</p>
<p>To Use Fermentation (page 32)</p>	 <p>Touch 3 times → Set time → Touch</p>



# Important Safety Instructions

English

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

### 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. When the oven door is open, do not drag the container along the oven door. The weight borne by the oven door cannot exceed 10 kg.
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. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
11. Young children should be supervised to ensure that they do not play with the appliance.
12. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
13. The surfaces are liable to get hot during use.
14. Do not ride or hang on the oven door. The microwave oven may be dumped or dropped, causing personal injury.

#### Practical Hints:

1. For initial use of MICRO+GRILL, GRILL, OVEN, and CRISPY GRILL, if you see white smoke arise, it is not malfunction.

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



#### Caution! Hot surfaces

3. The oven has two grill heaters situated in the top of the oven. After using the MICRO+GRILL, STEAM, GRILL, OVEN, and CRISPY GRILL functions, the ceiling will be very hot.
4. The accessible parts may become hot when MICRO+GRILL, STEAM, GRILL, OVEN, and CRISPY GRILL is in use. Children should be kept away.
5. Before using MICRO+GRILL, GRILL, OVEN, or CRISPY GRILL functions for the first time, operate the oven without food and accessories on OVEN 220 °C for 10 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

#### 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 the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven. Refer to cookbook for more details.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
  - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - (b) 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.
  - (d) Never leave microwave unattended while cooking or reheating.

# Important Safety Instructions (continued)

English

11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

## Earthing Instructions

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

The plug must be plugged into an outlet that is properly installed and earthed.

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

## Fan Motor Operation after Cooking

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

## WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- c) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- 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) When the appliance is operated in the MICRO+GRILL, STEAM, GRILL, OVEN, and CRISPY GRILL modes, children should only use the oven under adult supervision due to the temperatures generated.

# Installation and General Instructions

## General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.  
This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Reset** Pad and leave door closed in order to stifle any flames. 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, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
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 flat table. The flat table 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 labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. When using the Microwave + Grill mode, never place any aluminum or metal container directly on the Wire Rack. Always insert a heat-proof and microwave safe, glass plate or dish between the Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.
12. It is recommended not to use the Wire Rack when cooking in the MICROWAVE mode only.
13. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.

# Installation and General Instructions

(continued)

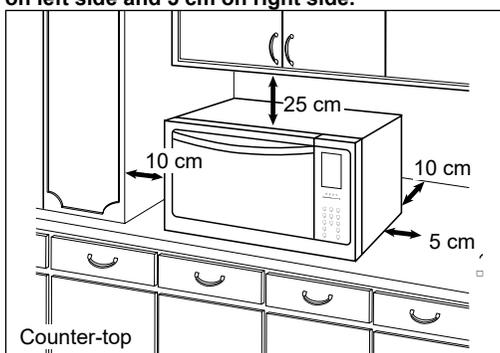
English

- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- Metallic containers for food and beverages are not allowed during microwave cooking.

## Placement of the Oven

This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard. The oven shall not be placed in a cabinet.

- The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Allow 25 cm of space on the top of the oven, 10 cm at back, 10 cm on left side and 5 cm on right side.**



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

## Food

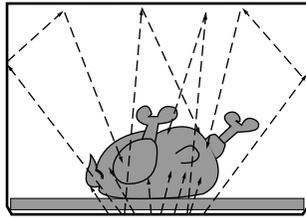
- Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
- Do not attempt to deep fat fry in your microwave oven.
- Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in cookbook). Pressure will build up and the eggs will explode.
- Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
- 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:

- Avoid using straight-sided containers with narrow necks.
- Do not overheat.
- Stir the liquid before placing the container in the oven and again halfway through cooking time.
- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken then handling the container.
- As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

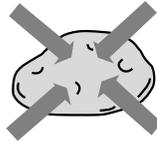
- DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven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

# Microwave Principles

English



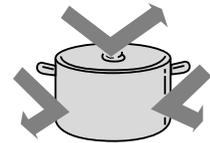
Reflection



Absorption by water-containing foods



Penetrating porcelain, glass, etc.



Reflection by metal

Microwave is a high-frequency electromagnetic wave that does not generate heat itself. Microwaves are present in the atmosphere all the time, both in the universe and nature. The microwave dispersion is not concentrated in nature and food cannot be heated. In a microwave oven, electricity is converted into microwaves by the magnetron that penetrate food at an oscillation frequency of 2450 MHz

per second. When microwaves are absorbed by food, polar molecules in food (such as water, fat, protein, sugar, etc.) is attracted and oscillates rapidly at a rate of 2.45 billion times per second to vibrate which causes friction heat. The microwave oven use this heat generated by the food molecules themselves, which both inside and outside to heat food quickly.

# Cooking Techniques

## Timing

A range in heating time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is under cooked, continue cooking. It is easy to add time to an under cooked product. Once the food is overcooked, nothing can be done!

## Spacing

Individual foods, such as baked potatoes and cupcakes will heat more evenly if placed in the oven equal distance apart.



When possible, arrange foods in a circular pattern.



## Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Egg-pierce the egg yolk 2 times with a toothpick and protein several times. Clam and oyster – pierce several times with a toothpick. Potatoes and vegetables - pierced with a fork. Sausages - scratched smoked sausages. Pierce the casing with a fork.



# Cooking Techniques

(continued)

English

## Browning

Meat and poultry will automatically be burnt or grilled after being cooked for 10-15 minutes, because the meat itself is easy to absorb by microwaves, so it can produce a roast or burnt effect. To shorten the food oven or cooking time and get good color effect, be sure to apply dark soy sauce or spicy sauce to the food before baking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

## Covering

When cooked in a microwave, the water will evaporate. Since microwave cooking is performed internally and externally at the same time instead of directly heating. So the evaporation rate is not easy to control. As long as the cover is used, the shortcoming will be easily corrected. All recipes are not covered unless with instructions. Use wax paper or paper towels to maintain food moisture.

## Stirring

When cooking in microwaves, stir the food as needed. In recipes, words such as once, twice, often or occasionally are used to indicate the times of food stirring required. The portion near the container is often stirred toward the center and the uncooked is stirred outside.

## Rotating and repositioning food

Sometimes heat cannot be redistributed by stirring the food. You need concentrate food in certain part. To achieve even cooking effect, you can reposition or rotate the food. For example, turn over the food in the cooking process, turn over large portions of food such as meat or chicken. Small pieces of food such as chicken, shrimp, hamburger and pork chops need to move the position, which exchange the food inside and outside position.

## Standing Time

When a microwave oven is switched off, the food will continue to cook by conduction. When cooking meat, if it is placed for 10-20 minutes, the internal temperature will rise by 5 °C - 15 °C. Steamed frozen foods and vegetables are placed for a short period of time. This is to allow the hot central food to transmission heat to the side and the food itself is not hot.

## Changing Menu

Choose recipes that are easy to change to microwave cooking. For principle, reduce  $\frac{1}{4}$  time as previous when changing a standard recipe to microwave recipe. At the same time, look for the same microwave recipe and the corresponding fixed time and power level. Before cooking, you should marinate the food with seasoning, and then add salt after cooking to avoid excessive moisture precipitation. The simmered food does not have to be pre-fried before cooking. If you have fried oil, you should pour out the excess oil or fat. Cut the clam meat into 2.5 cm pieces. Cut carrots, potatoes and other harder vegetables into small pieces. The carrots should be sliced, chopped with potatoes, covered with a glass lid, boiled on high heat until the water boils, then turn to low heat and occasionally stir once.

Note: Put a dish on the meats and vegetables to avoid overheated.

The microwave oven can cook the soup recipe very well, divide the food evenly and add it to the soup. Choose a larger tray to stirring. Use a glass lid or a special plastic lid to reduce cooking time.

# Food Characteristics

English

## Size

Small portions cook faster than large ones.

## Shape

Uniform sizes heat more evenly. To compensate for irregular shapes, place thin pieces toward the centre of the dish and thicker pieces toward the edge of dish.



## Starting Temperatures

Room temperature foods take less time to heat up than refrigerator frozen foods.

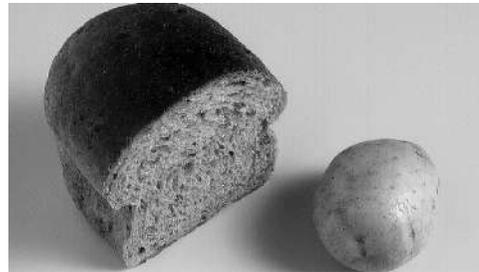
## Bone and Fat

When heating boned food and the fat absorbs microwaves more positively than the bones, the surrounding parts are relatively easy to be cooked and so the heating of the boned food is not distribution.



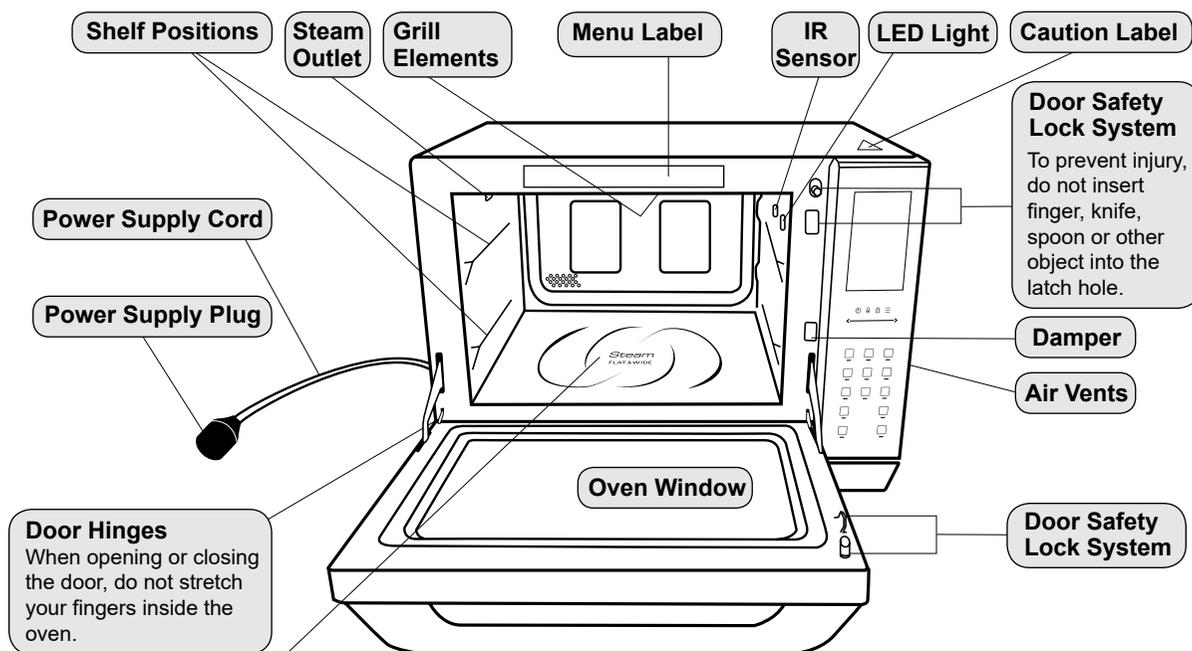
## Density

Porous, airy foods take less time to heat than heavy, compact foods.



# Feature Diagram

English

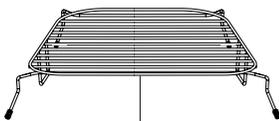


**Door Hinges**  
When opening or closing the door, do not stretch your fingers inside the oven.

**Door Safety Lock System**  
To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.

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

**Opening Handle**  
Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without reset the programmed. The cooking is resumed as soon as the door is closed and **Start/Set** is pressed. The oven lamp lights as soon as the oven door is opened.



**Wire Rack**

1. A Wire Rack is included with the oven in order to facilitate browning of small dishes.
2. Wire Rack should be cleaned regularly.
3. When using wire rack in the manual Grill, Oven and Microwave + Grill cooking modes, be careful to choose heatproof containers; containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.
4. When using the Microwave + Grill mode, never place any aluminum or metal container directly on wire rack. Always insert a heatproof and microwave safe plate or dish between wire rack and the aluminum container. This will prevent sparking that may damage the oven.
5. Do not use wire rack when cooking in the MICROWAVE mode only.
6. The maximum weight that can be placed on the wire rack is 3.5 kg (this includes total weight of food and dish).



**Grill Tray**

1. Do not place it on the oven window. Otherwise, the oven window may be damaged.
2. Use oven gloves when removing the grill tray as it will be very hot, and so will the roof and walls of the oven.
3. Grill tray should be cleaned regularly.
4. Grill tray is dishwasher safe.
5. The maximum weight that can be placed on the grill tray is 5 kg (this includes total weight of food and dish).

**Notes:**

1. Never use MICROWAVE mode without a load in the cavity.
2. When using the steam feature, always clean and wipe the cavity, drip tray and flat table after cooling the oven.
3. It's normal if white smoke gives off when first time using the Micro+Grill, Grill, Oven and Crispy Grill feature.
4. After using the microwave oven, the fan motor will continue operating several minutes. It's normal.

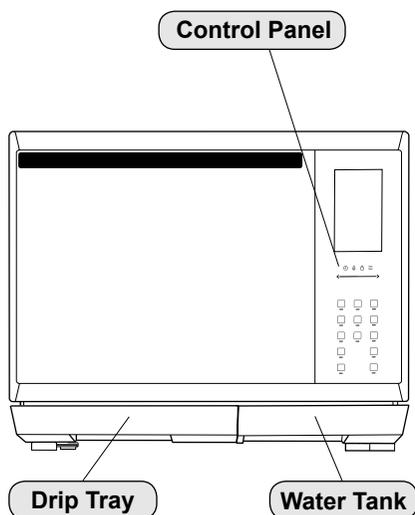
**Note:**  
The above illustration is for reference only.

# Feature Diagram

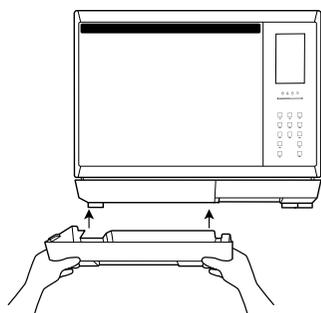
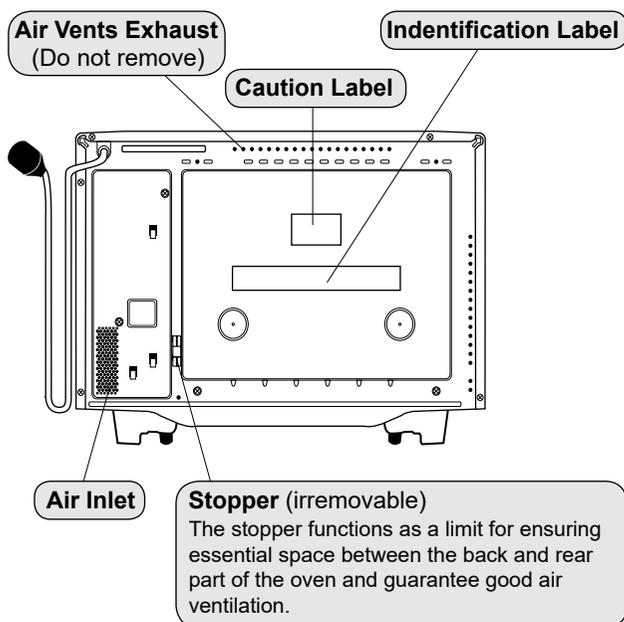
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English

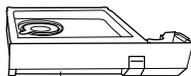
Front view



Rear view



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



## Water Tank

Carefully remove the water tank from the oven. Remove the lid and fill with distilled water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week. See page 72 for reference.



## Drip Tray

1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Connect the drip tray to the plastic feet, as shown in the diagram, before using the oven.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs.
4. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.

## Oven Light:

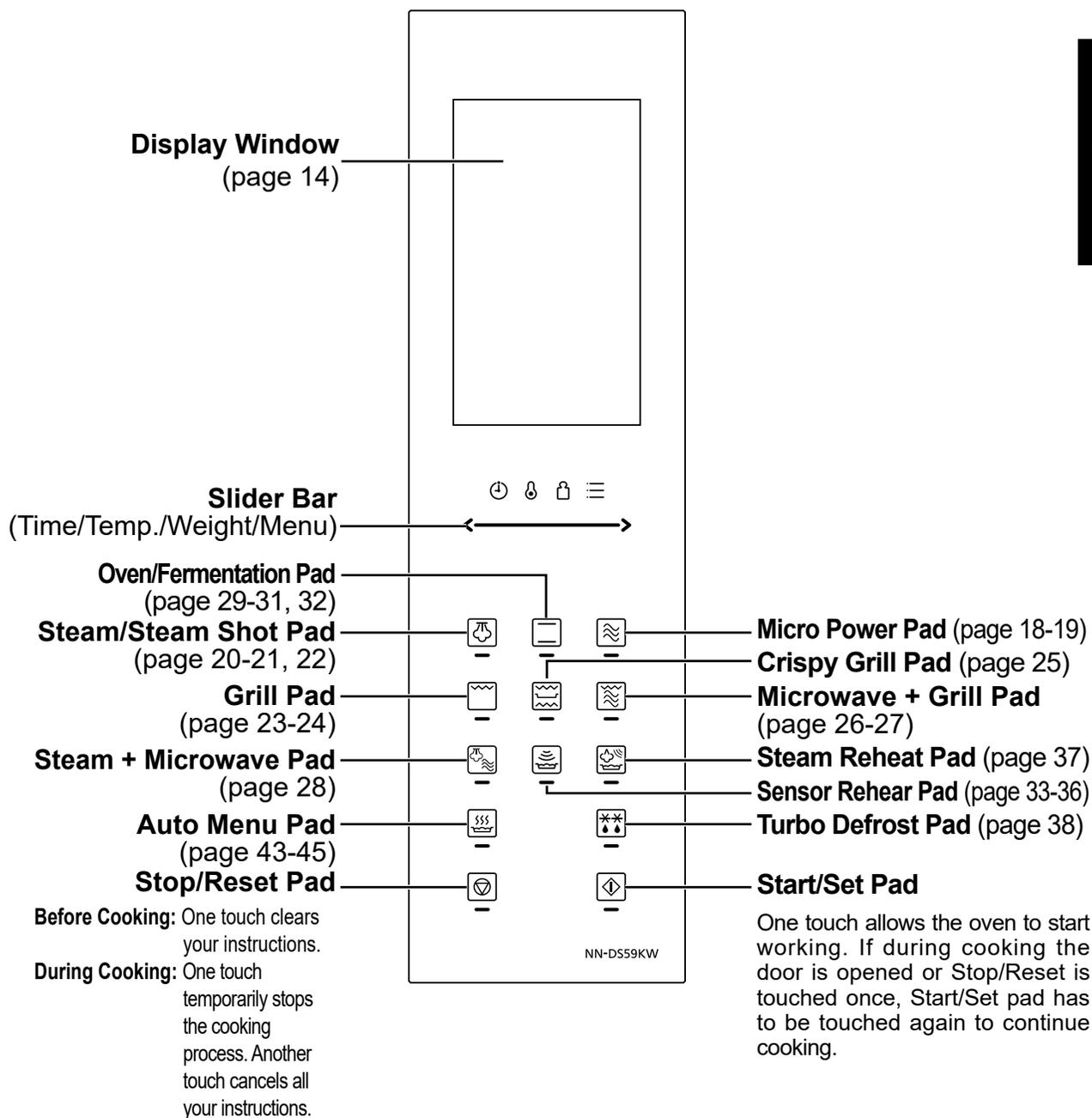
Oven Light will turn on during cooking and also when door is opened.

## Note:

The above illustration is for reference only.

# Control Panel

English



## Beep Sound

When a pad is touched correctly, a beep sound will be heard. If a pad is touched and no beep is heard, the unit did not or could not accept the instruction. When the oven will beep twice between programmed stages, it means stirring or end one of stages. After preheating, the oven will beep 3 times. At the end of any completed program, the oven will beep 5 times.

## Notes

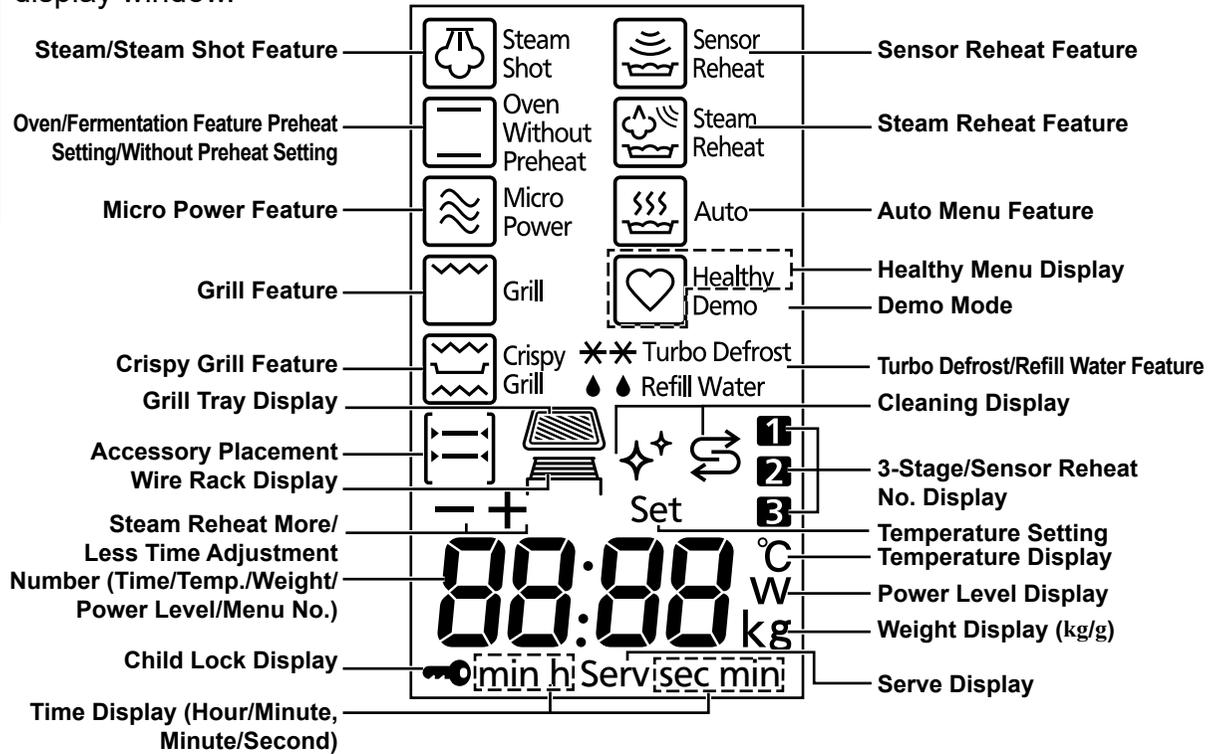
If an operation is set and Start pad is not touched, including open and close the oven door. After 6 minutes, the oven will automatically cancel the operation. There is no display during standby mode. If an operation is continued, open once the door. This display will revert back to clock or colon mode.

Preheat oven at 220 °C for 10 minutes (without food and accessories) at the initial use of Grill, Crispy Grill, Micro+Grill function or before using Oven function. With the purpose of removing excessive oil attached on the protective components, which is the only permission to run empty.

# Display Window

English

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



# Slider Bar



## Notes

- “<” means “-”
- “>” means “+”

## Note

Touch “<” and “>” pad for a long time, you can fast forward or rewind of time setting.

- Time Setting**  
To set cooking time.
- Temperature Setting**  
To set temperature of sensor reheat and oven.
- Weight Setting**  
To set weight /serving of turbo defrost, auto menu.
- Menu Setting**  
To select a desired cooking menu.
- More/Less Setting**  
To increase or decrease cooking time.

# Cookware and Utensil Chart

English

	Microwave	Grill	Steam	Oven/ Fermentation	Crispy Grill	Combination Function	
						Microwave + Grill	Steam + Microwave
<b>Grill tray</b> (oven accessories) 	no	yes	yes	yes	yes	no	no*2
<b>Wire rack</b> (oven accessories) 	no	yes	no	yes	no	yes	no
<b>Aluminium foil</b>	no*4	yes	yes	yes	no*4	no*4	no*4
<b>Ceramic plate</b>	yes	yes	yes	yes	no	yes	yes
<b>Browning dish</b>	yes	no	no	no*3	no	no	yes
<b>Brown paper bags</b>	no	no	no	no	no	no	no
<b>Dinnerware</b> oven/microwave safe	yes	yes	yes	yes	no	yes	yes
non-oven/ microwave safe	no	no	no	no*3	no	no	no
<b>Disposable</b> paperboard containers	yes*1	yes*1	no	yes*1	no	yes*1	no
<b>Glassware</b> oven glassware & ceramic	yes	yes	yes	yes	no	yes	yes
non-heat resistant	no	no	no	no*3	no	no	no
<b>Metal cookware</b>	no	yes	yes	yes	no	no	no
<b>Metal twist-ties</b>	no	yes	yes	yes	no	no	no
<b>Oven cooking bag</b>	yes	yes*1	yes	yes*1	no	yes	yes
<b>Paper towels and napkins</b>	yes	no	no	no*3	no	no	no
<b>Plastic defrosting rack</b>	yes	no	no	no	no	no	no
<b>Plastic dishes</b> microwave safe	yes	no	yes	no*3	no	no	yes
non microwave safe	no	no	no	no*3	no	no	no
<b>Microwave safe plastic wrap</b>	yes	no	not required	no*3	no	no	not required
<b>Straw, wicker, wood</b>	yes	no	yes	no*3	no	no	yes
<b>Thermometers</b> microwave safe	yes	no	no	no	no	no	no
conventional	no	yes	no	yes	no	no	no
<b>Waxed paper</b>	yes	yes	yes	yes	no	yes	yes
<b>Silicon bakeware</b>	yes*1	yes*1	yes*1	yes*1	no	yes*1	yes*1

\*1 Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

\*2 Follow the cook book.

\*3 Use for Fermentation.

\*4 Use for Shielding

# Demo Feature

English



## 1. Micro Power

Touch



## 2. Start/Set

Touch 4 times



## 3. Stop/Reset

Touch 4 times to turn **ON** the **Demo** feature. The oven automatically defaults to the **Demo OFF**.

### Notes:

1. If you want to turn **OFF** the demo feature, please repeat step 1-3.
2. Demo feature is designed for retail store display. In this mode, the oven can be demonstrated with no power in the oven.

# Child Safety Lock Setting

This feature allows you to prevent operation of the oven by a young child. When you set child lock, it is no relation to the oven door open or close. This feature can be set when colon is displayed.

### To set



Touch **Start/Set** pad 3 times, “” appears in the display window.

### To cancel



Touch **Stop/Reset** pad 3 times. Colon appears in the display window.

### Note

To set or cancel child safety lock must be pressed within 10 seconds.

# Quick Time Setting

This feature allows you add or reduce cooking time. (more or less up to 10 minutes).

**Example: Quick 3 minutes when the cooking time is 5 minutes left.**

**1** During cooking, there are 5 minutes left. 

5.00  
min sec

---

**2**  Touch > pad 3 times. Example: quick 3 minutes 

**Note:** Touch the < / > pad to add cooking time during cooking. Set desired quick time by using the slider bar or touch < / > pad when the program is paused.

8.00  
min sec

English

## Notes

1. This function is not available for Preheat, Turbo defrost, Sensor reheat, Steam reheat and Auto menu programs.
2. Please use according to the cooking conditions to prevent the food from becoming overcooked for too long.
3. You can change the cooking time during cooking if required. Touch the < / > pad to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Touch the < pad to zero will end cooking. During the cooking, you can not readjust time by slider bar.
4. If the reduced cooking time is less than the time remaining in the program, the program will stop.
5. The sum of the quick time and the time left for cooking cannot exceed the maximum cooking time.

# Micro Power Setting



English

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

1



Example: 800 W

Set the desired power level  
800 W by touch pad twice.



(Default program is 1000 W.)

800<sup>W</sup>

2



Set desired cooking time  
by using the slider bar or  
touch < / > pad.

Example: 5 minutes



5.00  
min sec

3



Touch **Start/Set** pad. The  
cooking time in the display  
window will count down.



4.59  
min sec

# Micro Power Setting

(continued)

English

Touch Times 	Symbol	Micro Power	Power Level (approx.)	Instructions
Once	 1000 <sup>w</sup>	High	1000 W	Boil water, cook fresh fruits, vegetables, preserved fruit and candies.
Twice	 800 <sup>w</sup>	Medium-High	800 W	Cook fish and seafood, meat, poultry, eggs and cakes.
Three times	 600 <sup>w</sup>	Medium	600 W	Cook cakes, stew food, and melt butter and chocolate.
Four times	 440 <sup>w</sup>	Medium-Low	440 W	Cook tough meat, stew soup and soften butter.
Five times	 ❄️ ❄️ Defrost 300 <sup>w</sup>	Defrost	300 W	Defrost meat, poultry and seafood.
Six times	 100 <sup>w</sup>	Low	100 W	Soften ice cream

## Notes

1. The maximum cooking time of 1000 W is 30 minutes, and other power levels are 1 hour and 30 minutes.
2. There is no need to touch **Microwave Power** pad if you choose power High for first stage cooking, just slide the bar to set cooking time, and then touch **Start/Set** pad.
3. When cooking time is longer than 1 hour, the time will appear in hours and minutes.
4. Do not attempt to use microwave power only with any metal container in the oven.
5. Do not place food directly on the flat table. Place in a microwave heatproof container or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.

# Steam Setting



English

This function is suitable for steaming assorted vegetables, seafoods and meats to keep them moist and heat evenly.

1



Example: Steam "3"

Touch pad 3 times and select Steam "3".  
(Default program is Steam "1".)



Refill Water

3

\* Fill the tank with water before using.

2



Example: 30 minutes

Set desired cooking time by using the slider bar or touch < / > pad.



Refill Water

30.00  
min sec

(Maximum setting time is 30 minutes.)

3



Touch **Start/Set** pad. The cooking time in the display window will count down.



29.59  
min sec

## Notes

1. There is no microwave in steam mode.
2. The feature is only used when oven door is closed.
3. Fill the tank with water before using.
4. When you select the steam feature, "Refill Water" symbol will appear in the display to prompt you refill the water tank. This is normal.
5. If the water tank is empty during operation, the oven will stop. "Refill Water" symbol and "U14" will appear in the display. After re-filling the water tank and positioning back in the oven, touch **Start/Set** pad.
6. The maximum time for cooking in Steam is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation.
7. The accessories and oven will get very hot after using this feature. Use oven gloves.
8. During the cooking and end of the cooking, be careful to keep the distance to avoid burn your face or hands when open the door.
9. Dry the oven after cooking. Remove the drip tray and clean it with water, and put it back.
10. Use the accessories and steam power levels, as explained on the next page.

# Steam Setting

(continued)

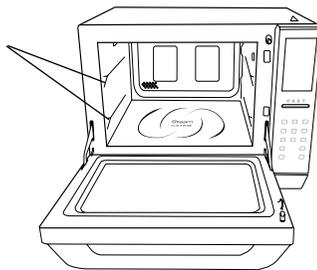
English

Symbol	Power level	Instructions
 Steam   Refill Water 	High	Vegetables, poultry and meat, etc.
 Steam   Refill Water 	Medium	Seafood, fried eggs and puff pastry, etc.
 Steam   Refill Water 	Low	Soften chocolate, defrost raspberry, etc.

## Accessories to use

It is recommended to place grill tray on the upper shelf position. If food is too large, you can place grill tray on the lower shelf position.

Upper or lower shelf positions



For Example:



# Steam Shot Setting



English

There are five combinations that you can use **Steam Shot - Microwave, Grill, Oven, Crispy Grill and Microwave + Grill.**

Adding steam during cooking enhances heat distribution and moisture and softens bread, cakes and pastries.

**Example: When oven remaining 5 minutes, add 2 minutes steam.**



Touch the Steam pad 2 seconds and touch again when you heard beeps.



2.00  
min sec

- \* Fill the tank with water before using.
- \* Add 1 minute in each touch during cooking. It can be added up to 3 minutes.

## Notes

1. Steam shot is not available during preheating and fermentation.
2. Fill the tank with water before using.
3. If during operation the water tank becomes empty, the oven will stop. "💧 Refill Water" symbol and "U14" will appear in the display. After re-filling the water tank and positioning back in the oven, touch **Start/Set** pad.
4. The original program still counts down when operating steam shot.
5. When using the steam and steam shot feature, always clean and wipe the cavity after cooling the oven.
6. After setting the steam shot function, cooking will start after 3 seconds. If it is suspended, the door is opened or the cooking time is changed within 3 seconds. The steam shot feature will be cancelled.
7. When the cooking time is more than 2 minutes and less than 3 minutes, the steam shot can only be increased by up to 2 minutes.
8. When the cooking time is more than 1 minute and less than 2 minutes, the steam shot can only be increased up to 1 minute.

# Grill Setting



Upper grill elements are used for food in grill feature. The grill function is suitable for thin slices of meat, seafood and bread.

English

1



Example: Grill Setting "3"



Touch pad 3 times and set desired Grill power level "3".

3

(Default grill setting is "1".)

2



Set desired cooking time by using the slider bar or touch < / > pad.

Example: 30 minutes



(Maximum setting time is 1 hour 30 minutes.)

30.00  
min sec

3



Touch **Start/Set** pad. The cooking time in the display window will count down.



29.59  
min sec

# Grill Setting

(continued)

English

Symbol	Power Levels	Instructions
 Grill  1	High	Toasting bread, muffins and teacakes.
 Grill  2	Medium	Thin seafood
 Grill  3	Low	Thick slice of meat

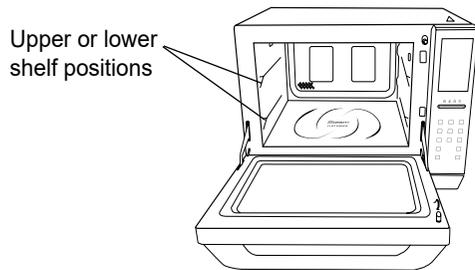
## Note

The accessories and oven will get very hot after cooking. Use oven gloves.

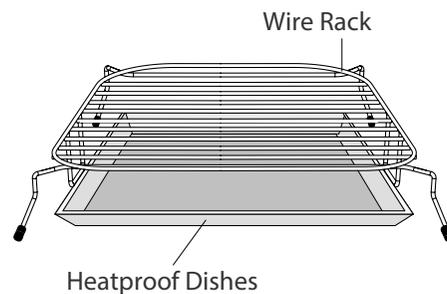
## Oven accessories to use

When using the wire rack, food can be put on the flat table. You can place a dish for collect oil drop.

When using the grill tray, put food in the upper or lower shelf positions.



For Example:



For Example:



# Crispy Grill Setting



Crispy grill setting utilizes the special design of the grill tray. When using this function, the food must be placed directly on the grill tray. The both sides of food can get best results without turning. Suitable for thin meats, bread, and seafoods, etc.

English

1



Touch pad once to select Crispy Grill setting.



2



Set desired cooking time by using the slider bar or touch < / > pad.

Example: 30 minutes

(Maximum setting time is 30 minutes.)



3



Touch **Start/Set** pad. The cooking time in the display window will count down.

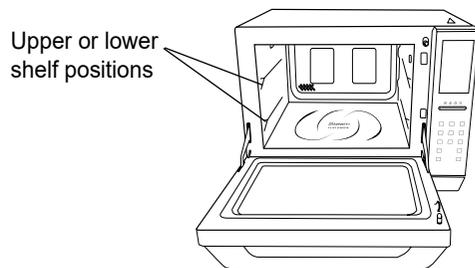


## Notes

1. Crispy grill setting cannot be used with 3-stage cooking.
2. The grill tray and oven will get very hot after cooking. Use oven gloves.

## Accessories to use

It is recommended to place grill tray on the upper shelf position directly when using this function. If browning on the bottom is expected or grill thick food, you can also place it on the lower shelf position.



For Example:



# Microwave + Grill Setting



English

There are three power levels for this feature. It is a good way for roasting foods by combining microwave and grill effectively. It is suitable for roasting poultry, meat and seafood. This function can ensure the foods even cooking and keep the crispness of certain foods.

1



Example: Micro+Grill "2"  
Touch pad twice to select  
Micro+Grill "2".  
(Default program is  
Micro+Grill "1".)



2

2



Set desired cooking time  
by using the slider bar or  
touch < / > pad.

Example: 30 minutes



30.00  
min sec

(Maximum setting time is  
1 hour 30 minutes.)

3



Touch **Start/Set** pad. The  
cooking time in the display  
window will count down.



29.59  
min sec

# Microwave + Grill Setting

(continued)

English

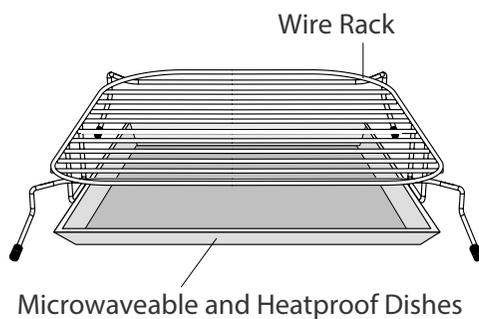
Symbol	Power Level	Instructions
	High	Seafood, pudding.
	Medium	Poultry, roast potatoes.
	Low	Thin meats

## Notes

1. Grill tray cannot be used in Micro+Grill mode.
2. Accessories and oven will get very hot after cooking. Use oven gloves.

## Accessories to use

1. The food is placed directly in a microwave heatproof container and placed at the flat table. Or place food directly on the wire rack to collect oil drops with a heatproof dish underneath.
2. Do not place metal container on the wire rack directly when using this feature.



For Example:



**For Example: Directly on the base of the oven in a microwaveable and heatproof dish.**

For Example:



# Steam + Microwave Setting



English

It is efficient to steam foods simultaneously with microwave. This can often reduce traditional oven cooking times and keep the food moist.

**1**  Touch pad once to select Steam+Micro. 

\* Fill the tank with water before using. 

---

**2**  Set desired cooking time by using the slider bar or touch < / > pad. Example: 5 minutes

(Maximum setting time is 30 minutes.) 

**5.00**  
min sec

---

**3**  Touch **Start/Set** pad and cooking. 

**4.59**  
min sec

## Notes

1. Grill tray and wire rack can not be used in this mode. Put food in a heatproof container on the flat table.
2. When you select the this feature, "  Refill Water" symbol will appear in the display to prompt you fill the water tank. This is normal.
3. If during operation the water tank becomes empty, the oven will stop. "  Refill Water" symbol and "U14" will appear in the display. After re-filling the water tank and positioning back in the oven, touch **Start/Set**.
4. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation.
5. During the cooking and end of the cooking, be careful to keep the distance to avoid burn your face or hands when open the door.
6. The accessories and oven will get very hot after using this feature. Use oven gloves.
7. It may be necessary to wipe the excess water in the cavity after using this function.
8. Dry the oven after cooking. Remove the drip tray and clean it with water and put it back.

# Oven Setting



It is an ideal choice for cakes, pizza and bread. In oven mode, you can cook food directly on the grill tray in the upper or lower shelf position with appropriate temperature and time.

English

## Without preheating

1



Touch pad twice to select Oven. (without preheat)



(Default temperature is 150 °C.)

Set  
150 °C

2



Set desired temperature by using the slider bar or touch < / > pad.

Example: 200 °C



(100-220 °C, increasement with 10 °C )

Set  
200 °C

3



Touch **Start/Set** pad and select desired temperature.



sec

4



Set desired cooking time by using the slider bar or touch < / > pad.

Example: 30 minutes



(Maximum setting time is 1 hour 30 minutes.)

30.00  
min sec

5



Touch **Start/Set** pad. The cooking time in the display window will count down.



29.59  
min sec

# Oven Setting

(continued)

English

## With preheating

**1**  Touch pad once to select Oven. (with preheat)

(Default temperature is 150 °C. )

 Set  
**150** °C

**2**  Set desired temperature by using the slider bar or touch **< / >** pad.

Example: 200 °C

 Set  
**200** °C

(100-220 °C, increasement with 10 °C )

**3**  Set desired cooking temperature to preheating by touch **Start/Set** pad.

 Set  
**200** °C

**4** After preheating, the oven will beep 3 times and place food quickly.

**5**  Set desired cooking time by using the slider bar or touch **< / >** pad.

Example: 30 minutes

 **30.00**  
min sec

(Maximum setting time is 1 hour 30 minutes.)

**6**  Touch **Start/Set** pad. The cooking time in the display window will count down.

 **29.59**  
min sec

# Oven Setting

(continued)

English

Example:

Temp °C	Example to use
150/160 °C	Macaroons
160/170 °C	Casseroles, small tarts, cookies
180 °C	Fairy cakes, meat joints
190 °C	Gratins, lasagne, pastry pies, chicken
200 °C	Stuffed peppers, scones, swiss roll, muffins, baking pizza
220 °C	Vegetable parcels, grilled bread, garlic bread, roast potatoes

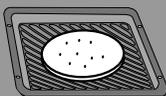
## Notes

1. Put food in the oven as soon as possible after finishing preheating.
2. After touch **Start/Set** pad, the selected temperature can be recalled and changed. Touch **Oven** pad once to indicate the temperature in the display window. While the temperature in recalled in the display window, you can change the temperature by "**◀ / ▶**".
3. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, it will automatically cancel the cooking program with 5 beeps and revert to colon. Once you open the door and nothing to do, it will automatically cancel the preheating program after 6 minutes and in standby mode. You should open and close door once and revert to colon.
4. Accessories and oven will get very hot after cooking. Use oven gloves.

## Accessories to use

1. When using the grill tray, place it in the upper and lower shelf position.
2. When using the wire rack, put it on the flat table and with a dish underneath to collect oil drops.

Example: Roasting pizza



Ingredients: 9 inch  
dough (approx 400 g )

1. Take the pizza out of the freezer directly and place on grill tray without defrosting.
2. Touch "**Oven**" pad once.
3. Select 200 °C by using the slider bar or touch **◀ / ▶** pad.
4. Touch **Start/Set** pad to preheating.
5. Open the door and put the grill tray in the lower shelf position with pizza inside in the oven rapidly when 3 beeps sounds after preheating.
6. Set 15-16 minutes.
7. Touch **Start/Set** pad to cooking.

# Fermentation Setting



English

Fermentation is used for dough ferment, such as the pizza base or bread dough when making bread.

**1**

Touch pad 3 times to select Fermentation.

(This feature allows you to ferment food at 40 °C.)

Set  
**40** °C

---

**2**

Set desired cooking time by using the slider bar or touch < / > pad.

(Maximum setting time is 1 hour 30 minutes.)

Example: 30 minutes

**30.00**  
min sec

---

**3**

Touch **Start/Set** pad. The cooking time in the display window will count down.

**29.59**  
min sec

Temp °C	Example to use
40 °C	Bread dough or pizza base

## Notes

- For best results, use steam function within 3 minutes before fermentation, to raise the humidity of the cavity, which contributes to ideal fermentation.
- Oven temperature will change according to the food and room temperature. Please adjust the fermentation time according to the situation.

## Accessories to use

You can use grill tray and wire rack or put the dough in the heatproof container on the flat table directly.

# Sensor Reheat Setting



English

## Sensor Reheat Setting 1

Sensor Reheat setting 1 is suitable for reheating refrigerated or frozen solid foods. Sensor Reheat feature is utilizing the IR sensor equipped within the cavity to detect surface temperature of the food in the oven to balance the reheating temperature and cooking time. The target temperature ranges from -10~90 °C without setting power and time. The ideal weight is 100-500 g.

**1**  Touch pad once and 70 °C will appear in the display to prompt you to set desired reheating temperature.

Note: The default temperature is 70 °C when plugging in. From the second time on, the default setting will be changed to previously setting if between 55~75 °C. If you select default temperature, you can skip step 2.

**2**   Set desired reheating temperature by using the slider bar or touch < / > pad. Example: 80 °C

(Temperatures range are - 10 °C to 90 °C.)

**3**  Touch **Start/Set** pad and reheating.

  
Sensor Reheat  
1  
Set  
70 °C  
  
Sensor Reheat  
Set  
80 °C  
  
Sensor Reheat  
Set  
80 °C

### Notes

1. This function is not suitable for raw material.
2. After detecting for a period of time, touch **Sensor Reheat** pad  and the approximate temperature will appear in the display window.

# Sensor Reheat Setting

(continued)

English

## Sensor Reheat Setting 2

This feature allows you to reheat temperature of normal or cold beverage (coffee, tea, etc.). The temperature ranges from 35~70 °C, without setting power and time.

1



Touch pad twice and "1 serve" will appears in the display and prompt you to select desired reheating serves.



2

1  
Serv

**Note:** Default setting is 1 serve when the first time using the feature.

2



Set desired cooking serves by using the slider bar or touch < / > pad.

Example: 3 serves



3  
Serv

3



Touch **Start/Set** pad and initial temperature will appears in the display.

The fault temperature is 60 °C when plugging in. From the second time on, the default setting will be changed to previously setting. If you select default temperature, you can skip step 4.



Set  
60 °C

4



Set desired reheating temperature by using the slider bar or touch < / > pad.

Example: 50 °C



(Temperatures range are 35 °C to 70 °C.)

Set  
50 °C

5



Touch **Start/Set** pad and reheating.



Set  
50 °C

### Note

After detecting for a period of time, touch **Sensor Reheat** pad  and the approximate temperature will appear in the display window.

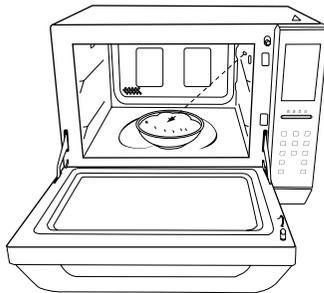
# Sensor Reheat Setting

(continued)

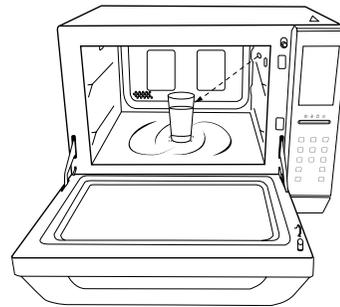
English

Considering IR sensor assembled deep inside cavity side wall, if it fails to detect the surface temperature of the foods, in that way the detected temperature will be different from the actual temperature. Therefore, we do not recommend using straight-sided containers with narrow necks when reheating small amount of food or liquids, in that the side wall of the container will obstruct the infrared rays to get through and lead to error detection. In order to achieve best performance, the following steps should be taken:

1. When reheating solid foods, please use open, flat container with food is no less than 100 g.
2. When reheating liquids, avoid using straight-sided containers with narrow necks and liquids more than 200 ml.
3. Place the container at the center of flat table.



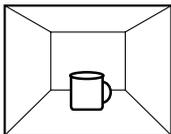
IR sensor detects the food temperature directly



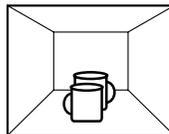
IR sensor may fails to detect the food temperature because the side wall of the container obstruct the infrared ray given out by the food.

4. The default setting is 70 °C when plugging in. From the second time on, the default setting will be changed to previously setting if between 55~75 °C.
5. After reheating, stir then serve.
6. For the beverage, the reheating ranges from 1-4 cups (200 ml/cup). Default temperature is 8-10 °C. Please use open and shallow container, 80% full. Stir after reheating. The illustration shows the placement of milk cups. (Container should not place at the edge to prevent boiling.)

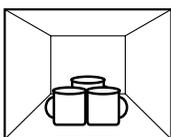
1 cup



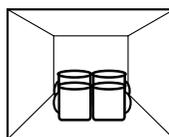
2 cups



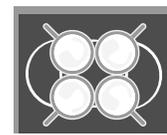
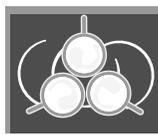
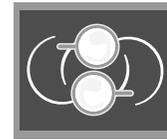
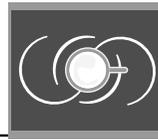
3 cups



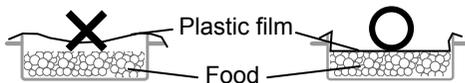
4 cups



Oven door



7. Cover food securely with plastic film, otherwise, the temperature of food may not be tested. If the plastic wrap is overlapped, make sure the overlapped area is placed downwards.



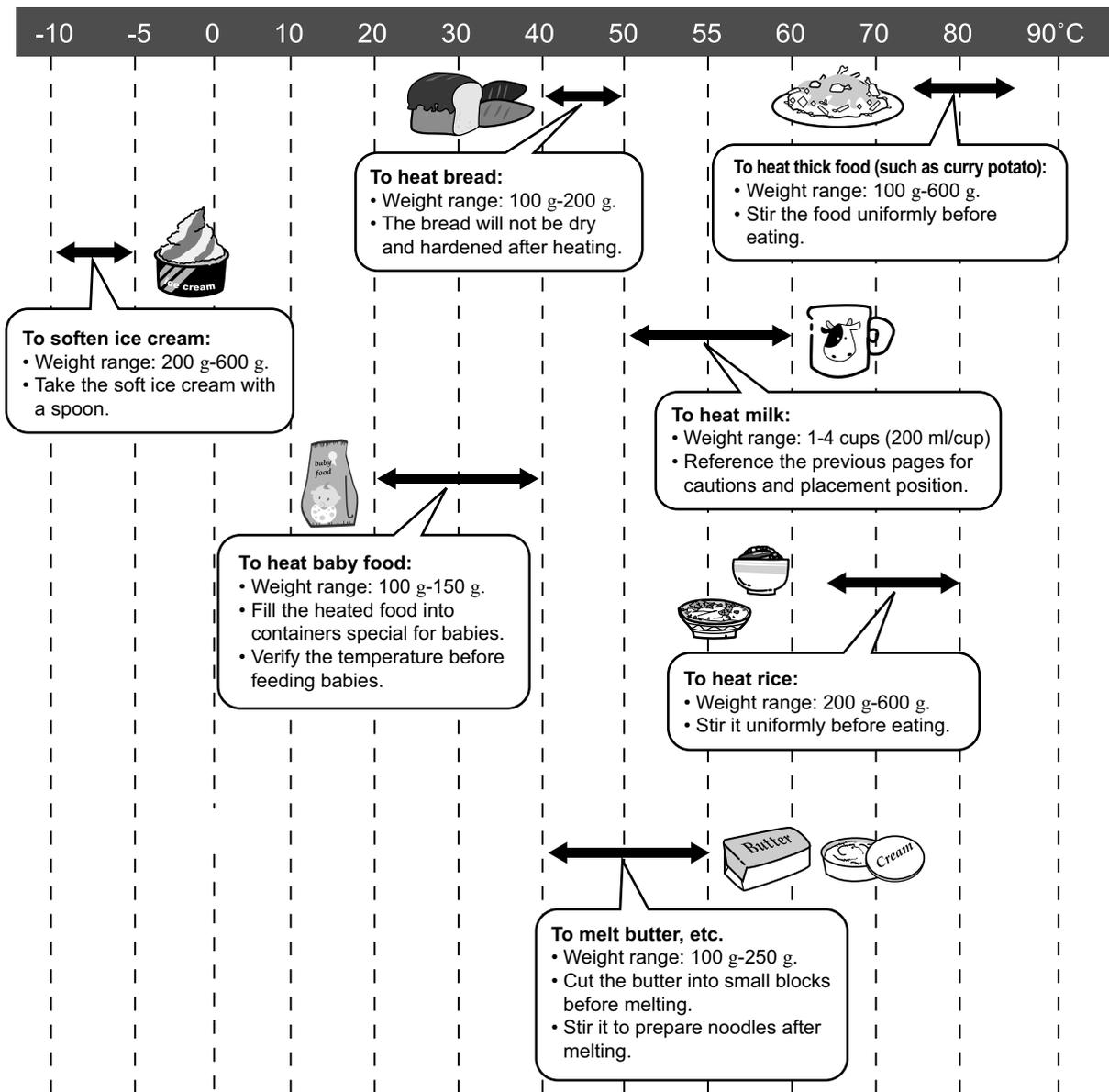
8. If the cavity temperature is too high, display window will appear "HOT". Sensor Reheat feature can be used again until the "HOT" disappear.
9. The actual temperature maybe different from the required temperature. It depends on the cavity temperature, the food density, container and the placement of the food etc.
10. Food less than 100 g cannot be detected. It may cause overcook.
11. Do not use straight-sided container with narrow necks when using Sensor Reheat.

# Sensor Reheat Setting

(continued)

English

## Sensor Reheat (Recommended food temperature)



### Notes:

1. The above food heating temperatures are intended for recommendation but not exceed maximum temperature.
2. When reheating beverage, the temperature cannot exceed 60 °C. Otherwise, it will boil and splash.

# Steam Reheat Setting



This feature allows you to reheat rice, meal with steam without setting power and time. The recommended weight is 100-500 g. Fill the tank with water before using.

English

1



Touch pad once, Steam Reheating symbol will appear in the display.



Steam Reheat

● ● Refill Water

**Note:** Fill the tank with water before using.

2

(Unnecessary Step)



You can change the cooking temperature during cooking. Using the slider bar or touch **< / >** pad before touch **Start/Set** pad. Display window will appear increased or decreased cooking time.

If there is no change about cooking time, it is normal.



Steam Reheat

● ● Refill Water

+



Steam Reheat

● ● Refill Water

-

3



Touch **Start/Set** pad and reheat.



Steam Reheat



## Reheat Rice

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

## Reheat Meal

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

## Notes

1. Fill the tank with water before using the Steam Reheat feature.
2. This feature is only suitable for pre-cooked food.
3. It is not suitable for reheating liquids.
4. Frozen foods can be reheated, but sticky foods are not suitable.
5. If the temperature of the cavity is too high, display window will appear "H0E". Steam Reheat cannot be used. It can be used again until the "H0E" disappears.
6. Don't reheat different kinds of food at the same time.
7. Steam may billow out when you open the door. Do not open the oven door when your face is very close to the oven. Use oven gloves.
8. Dry the oven after cooking. Remove the drip tray and clean it with water, and reposition in the same place.

# Turbo Defrost Setting



English

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 kg.

1



Touch pad once to select Turbo Defrost.

\*\* Turbo Defrost  
☾☾

(Default weight of defrosting food is 0.1 kg.)

0.1 kg

2



Set desired weight by using the slider bar or touch < / > pad.

Example: 0.5 Kg

\*\* Turbo Defrost  
☾☾

0.5 kg

3



Touch **Start/Set** pad. The cooking time in the display window will count down.

\*\* Turbo Defrost  
☾☾

10.29  
min sec

## Notes

1. You should turn over the food and change their placement after 2 beep sounds when you defrosting food.
2. Stand for 5-10 minutes and then take food out from oven after defrosting.

# Micro Power Defrost Setting



This feature allows you to defrost at your own discretion.

English

1



Touch 5 times and select Micro Power Defrost.



Micro Power

\*\* Defrost

3:00<sup>w</sup>

2



Set desired cooking time by using the slider bar or touch < / > pad.

Example: 30 minutes



Micro Power

\*\* Defrost

30.00  
min sec

(Maximum setting time is 1 hour 30 minutes.)

3



Touch **Start/Set** pad. The cooking time in the display window will count down.



Micro Power

\*\* Defrost

29.59  
min sec

## Notes

1. It is recommended to take out defrosted parts during cooking, turn over, stir or rearrange the parts which are still in icy.
2. Stand for 5-10 minutes and then take food out from oven after defrosting.

# Defrosting Tips and Techniques

## Prepare Food For Defrosting

The quality of the defrosted foods comes from the foods before freezing, freezing time and defrosting tips and time. So it is important to purchase fresh and high quality foods. And freeze them immediately and are all able to be reserved in the refrigerator for some times.

Thick plastic foil, package, freezing wrap are all used for freezing food.

1. When freezing meat, poultry and fish, the food should be divided into one or two layers, and a layer of wax paper can be placed between the two layers for spacing.
2. Remove all air and seal securely.
3. Label package with type of meat, date and weight.

Notes: 1. Remove the aluminum foil if the package is made of aluminum to prevent arcing.

2. The foods in the refrigerator should be kept under  $-18^{\circ}\text{C}$ . (At least 24 hours in freezer before defrosting.)

## Defrosting Techniques

1. Remove food from wrapper and set in a dish and place it on flat table directly.
2. On turbo defrost, the oven will beep during the defrosting time. At "beep", 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.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

## Tips for Turbo Defrost

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

## Standing Time

After defrosting, stand it for a while and then remove the food from the oven. The greater the weight of the food, the longer it will take.

## Key to Defrosting

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

# 3-Stage Setting

E.g.: Continually set [800 W] 5 minutes, [Grill1 High] 5 minutes and [Micro+Grill 2 Medium] 5 minutes.

English

1



Touch pad twice and select desired microwave power level 800 W.



800<sup>W</sup>

2



Example: 5 minutes

Set desired cooking time by using the slider bar or touch < / > pad.



5.00  
min sec

3



Touch pad once and select Grill "1".



~~1~~  
~~2~~  
1

4



Example: 5 minutes

Set desired cooking time by using the slider bar or touch < / > pad.



~~1~~  
~~2~~  
5.00  
min sec

5



Touch pad twice and select Micro+Grill "2".



~~1~~  
~~2~~  
~~3~~  
2

# 3-Stage Setting

(continued)

English

6



Example: 5 minutes

Set desired cooking time by using the slider bar or touch < / > pad.



5.00

min sec

7



Touch **Start/Set** pad. The cooking time in the display window will count down from the first stage.



4.59

min sec

## Notes

1. Two beeps will be sound between each stage.
2. This feature is not available for **Preheat, Oven, Fermentation, Turbo Defrost, Crispy Grill, Sensor Reheat, Steam Reheat** and **Auto Menu**. It is only available for **Microwave+Grill, Steam+Microwave, Grill, Microwave, Steam** function.

# Auto Cook Setting



This feature provides you many auto menus without setting power and time. Only choose auto menu number, weight and serve.

Without Preheating: (For menus No.1 - 18, 27, 33, 35-46) Please operate as follows:

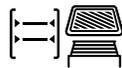
English

1



Touch pad once and select Auto Menu.

**Notes:** When you select an automatic program, auto cook menu number and symbols (as shown below) will appear in the display.



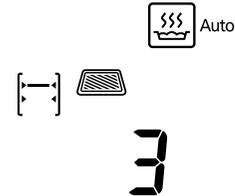
- \*  indicates the Wire Rack or Grill Tray should be used during cooking and placement of Grill Tray
- \*  indicates Auto Cook Menu
- \*  indicates Healthy Menu

2



Set desired menu order by using the slider bar or touch < / > pad.

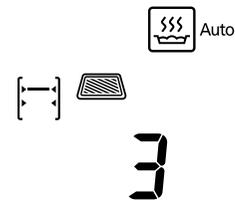
Example: Auto Menu "3"



3



Touch **Start/Set** pad and select desired menu.

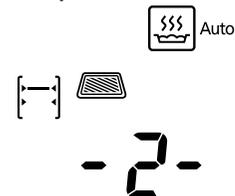


4



Set desired cooking weights or serves by using the slider bar or touch < / > pad.

Example: 2 serves



5



Touch **Start/Set** pad and cooking.



# Auto Cook Setting

(continued)

English

With Preheating: (For menus No.19 - 26, 28-32, 34) Please operate as follows:

1



Touch pad once and select Auto Menu.

2



Set desired menu order by using the slider bar or touch < / > pad.

E.g: Auto Menu "20"  
(Home-made pizza)



20

3



Touch **Start/Set** pad and select desired menu.



20

4



Set desired cooking weights or serves by using the slider bar or touch < / > pad.



- 1 -

5



Touch **Start/Set** pad and reheating.



20

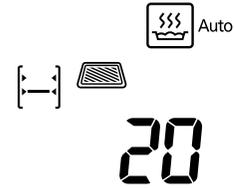
# Auto Cook Setting

(continued)

English

6

After preheating, the oven will beep and the "Preheat" will stop blinking, please put the food and accessory into the shelf position within 2 minutes, then close the oven door immediately.



Note:  Grill tray placement



Grill Tray



Wire Rack

7



Touch **Start/Set** pad and cooking.



# Auto Cook Menus

English

Number	Menu	Weight/Serving			Recommended Containers	Placement of Accessories
1*	Steamed frozen foods	100 g	200 g	300 g	heatproof dish + grill tray	Upper
2	Grilled bread	1 pc	2 pcs	3 pcs	grill tray	Upper
3	Grilled bacon	2 serves	4 serves	–	grill tray	Upper
4	Grilled sausages	2 serves	4 serves	–	grill tray	Upper
5	Oatmeal	2 serves	4 serves	–	microwave heatproof container	–
6*	Home-made buns	4 pcs	9 pcs	–	grill tray	Upper
7*	Steamed egg	2 serves	3 serves	4 serves	heatproof bowl + grill tray	Lower
8*	Steamed freshwater fish	300 g	400 g	500 g	heatproof dish + grill tray	Upper
9*	Steamed marine fish	300 g	400 g	500 g	heatproof dish + grill tray	Upper
10*	Steamed hairy crabs	2 pcs	4 pcs	–	grill tray	Upper
11*	Steamed scallop with mashed garlic	4 pcs	8 pcs	–	grill tray	Upper
12*	Steamed fish head with chopped chili pepper	3 serves	–	–	heatproof dish + grill tray	Lower
13*	Steamed chicken with mushrooms	3 serves	–	–	heatproof dish + grill tray	Upper
14*	Steamed pork slices with glutinous rice flour	3 serves	–	–	heatproof dish + grill tray	Upper
15*	Steamed vegetables	100 g	200 g	300 g	grill tray	Upper
16*	Steamed grains	100 g	200 g	300 g	grill tray	Upper
17*	Sticky rice cake	9 pcs	–	–	heatproof bowl + grill tray	Upper
18*	Strawberry daifuku	9 pcs	–	–	heatproof dish + grill tray	Upper
19	Cookies	16 pcs	–	–	grill tray	Upper
20	Home-made pizza	1 pc	–	–	grill tray	Lower
21	Custard pudding	9 pcs	–	–	9 pudding cups + grill tray	Lower
22	Muffins	12 pcs	–	–	grill tray	Lower
23	Suzhou-style mooncake	9 pcs	–	–	grill tray	Lower
24*	Cantonese-style mooncake	9 pcs	–	–	grill tray	Lower
25	Roast beef steak	1 serve	2 serves	3 serves	grill tray	Lower
26	Grilled lamb chops	1 serve	2 serves	3 serves	grill tray	Lower
27	Baked potato	500 g	1000 g	–	wire rack	–
28	Grilled chicken wings	2 serves	4 serves	–	grill tray	Upper
29*	Cream puff	9 pcs	–	–	grill tray	Lower

# Auto Cook Menus

(continued)

English

30*	Cheese cake	7 inch	–	–	grill tray	Lower
31*	Chiffon cake	8 inch	–	–	grill tray	Lower
32*	Chocolate cake	8 inch	–	–	grill tray	Lower
33	Roast chicken	1200 g	–	–	wire rack	–
34*	Roast duck	1500 g	–	–	grill tray	Lower
35*	Grilled salmon	1 serve	2 serves	3 serves	grill tray	Upper
36*	Steam-fried dumplings	6 pcs	12 pcs	–	grill tray	Upper
37*	Steam-fried pumpkin pie	6 pcs	12 pcs	–	grill tray	Upper
38*	Steam-fried buns	9 pcs	–	–	grill tray	Upper
39*	Steam-fried hoecake	9 pcs	–	–	grill tray	Upper
40*	Fried chicken nuggets	2 serves	4 serves	–	grill tray	Upper
41	Fried pork chops	2 serves	4 serves	–	grill tray	Upper
42	Fried French fries	250 g	–	–	grill tray	Upper
43	Sauteed celery with lily bulb and ginkgo	3 serves	–	–	microwave heatproof container, cover	–
44	White boiled shrimp	3 serves	–	–	microwave heatproof container, cover	–
45	Home-made yogurt	3 serves	6 serves	–	grill tray	Lower
46	Snow fungus lotus sweet soup	2 serves	4 serves	–	microwave heatproof container, cover	–

## Notes

1. "\*" symbol are steam menus. Fill the tank with water before using.
2. If the temperature of the cavity is so high, display window will appear "HOT". Auto Menu feature can not be used. It can be used until the "HOT" disappears.
3. Cook according to the method, such as default weight and serves.
4. When cooking roast chicken, place a microwave or a squarely heatproof dish below the wire rack. To avoid oil and soup drops directly on the flat table.
5. Healthy menus are No.40-No.46.

# Auto Cook Menus

English

## 1. Steamed frozen foods

(100 g / 200 g / 300 g)

### Ingredient

Frozen buns

### Method

1. Suitable for steaming various frozen foods such as custard buns, stuffed meat buns, barbecued pork buns etc., weighting about 30 g – 40 g each.
2. Put buns on a heatproof dish on grill tray, and put the grill tray in the upper shelf position.
3. Fill the tank with water.
4. Select the program and weight, and then press start.

### Notes:

- Cook directly without defrosting.
- Food beyond weight range should be set cooking time manually.

## 2. Grilled bread (1 / 2 / 3 pcs)

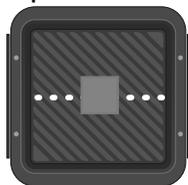
### Ingredient

Bread .....1-3 pieces

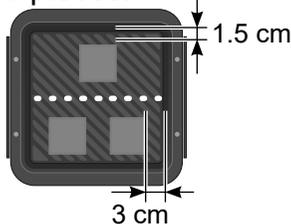
### Method

1. Place bread on grill tray as shown below.
2. Put the grill tray in the upper shelf position.
3. Select the program and weight, and then press start.

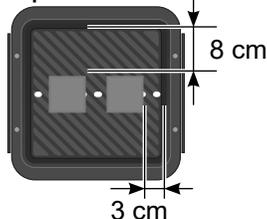
1 piece:



3 pieces:



2 pieces:



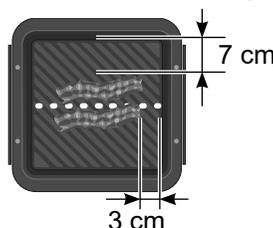
## 3. Grilled bacon (2 / 4 serves)

### Ingredient (2 serves)

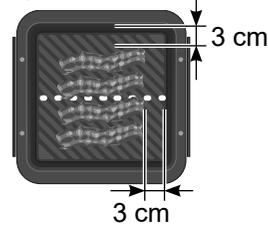
Bacon .....2 pieces

### Method

1. Place bacon on grill tray as shown below.



2 Serves



4 Serves

2. Put the grill tray in the upper shelf position.
3. Select the program and serve, and then press start.

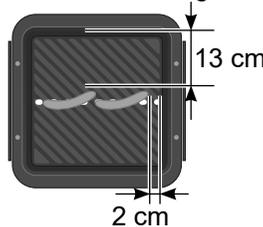
## 4. Grilled sausages (2 / 4 serves)

### Ingredient (2 serves)

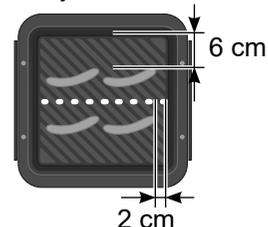
Italian sausages .....2 links (about 200 g)

### Method

1. Place sausages on grill tray as shown below.



2 Serves



4 Serves

2. Put the grill tray in the upper shelf position.
3. Select the program and weight, and then press start.

## 5. Oatmeal (2 / 4 serves)

### Ingredients (2 serves)

Oatmeal ..... 50 g  
Milk ..... 350 ml

### Method

1. Mix oatmeal and milk in a microwave heatproof container.
2. Cover with lid or plastic wrap.
3. Select the program and serve, and then press start, open the door to stir when beeps heard during cooking.

## 6. Home-made buns (4 / 9 pcs)

### Ingredients (9 pcs)

#### Wrapper:

Strong flour .....	200 g
Yeast.....	3 g
Castor sugar .....	20 g
Salt .....	3 g
Warm water (40 °C).....	110-120 ml

#### Fillings:

Minced pork.....	180 g (50% lean meat)
Dried mushroom.....	20 g
Cooking wine .....	1 tsp
Dark soy sauce.....	1 tsp
Light soy sauce.....	1 tsp
Egg white.....	1
Minced ginger, minced scallion, pepper powder, salt, castor sugar, MSG ....	taste

### Method

#### For fillings:

Soak dried mushroom, drain and dice. Mix remained ingredients, stirring in one direction until it becomes a paste.

#### For skin:

1. Dissolve yeast in warm water, pour in flour, castor sugar and salt mixture, and knead until the dough become smooth and soft. (Water amount depend on dough condition).
2. Cover the dough with a damp cloth and let stand for at least 30 minutes. (Fermentation in oven for 20 minutes in winter).
3. Divide inflated dough in 9 parts, roll into small round pieces with relatively thick rims for easy stuffing. Stuff with minced pork.
4. Prepare 9 baking sheets sized 6x6 cm under the dough, put them on grill tray.
5. Put the grill tray in the upper shelf position.
6. Fill the tank with water.
7. Select the program and weight, and then press start.
8. Let stand in oven for 2 minutes before taking it out.

#### Note:

- To make knife-cut steamed buns: roll the fermented dough squarely and roll up along the longer edge and cut into 9 parts. The ingredients listed include proportions for 9 pieces.

## 7. Steamed egg (2 / 3 / 4 serves)

### Ingredients (2 serves)

Eggs .....	2 (about 100 g)
Stock (or water).....	180 ml
Light soy sauce.....	½ tsp
Rice wine.....	½ tsp

### Supplementary

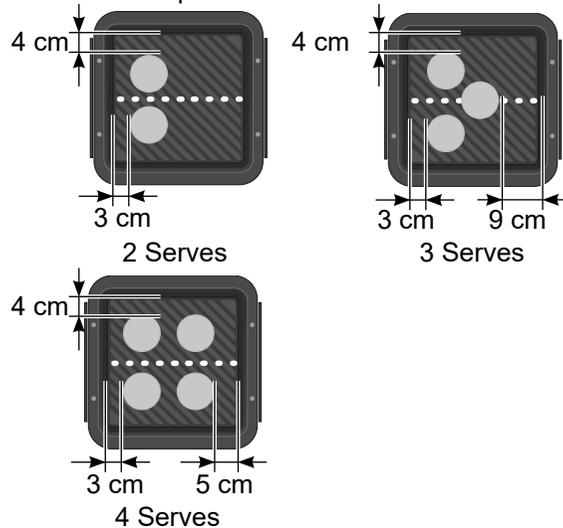
Shelled shrimp.....	2
Fish patties .....	2
Shredded mushroom.....	4
Gingko seed .....	4

### Seasonings

Salt .....	taste
Pepper powder .....	taste
Cooking wine .....	½ tsp
Sesame oil.....	drops

### Method

1. Mix beaten eggs, stock (water), light soy sauce, rice wine together, stand for a while and remove foam.
2. All supplementaries add salt, pepper powder and cooking wine, then marinate for 10 minutes.
3. Combine all seasonings in 2 soup bowls, pour in ingredients, beaten eggs, covered.
4. Fill the tank with water.
5. Put the heatproof bowls on grill tray in the lower shelf position as shown below.



6. Select the program and serve, and then press start.
7. Let stand in oven for 3 minutes before taking it out, drip with drops of sesame oil.

#### Note:

- Cover securely or wrap with plastic film or cup lid.

## 8. Steamed freshwater fish

(300 g / 400 g / 500 g)

### Ingredient

Fish..... 1

### Supplementary

Shredded ginger.....taste

Chopped scallion.....taste

### Seasonings

Salt.....taste

Cooking wine.....taste

Pepper powder.....taste

Seasoned soy sauce or sesame oil.....taste

### Method

1. Wash, remove fish intestine and cross with knife.
2. Brush evenly with salt, cooking wine and pepper powder, marinate for 10 minutes.
3. Place the fish in a long side dish covered with shredded ginger and chopped scallion.
4. Put the dish on grill tray in the upper shelf position.
5. Fill the tank with water.
6. Select the program and weight, and then press start.
7. Drizzle with seasoned soy sauce or sesame oil sauce to serve immediately.

## 9. Steamed marine fish

(300 g / 400 g / 500 g)

### Ingredient

Fish..... 1

### Supplementary

Minced ginger.....taste

Chopped scallion.....taste

Fermented soy bean.....taste

### Seasonings

Salt.....taste

White wine.....taste

Pepper powder.....taste

Seasoned soy sauce or sesame oil.....taste

### Method

1. Wash, remove fish intestine and cross with knife.
2. Brush evenly with salt, white wine and

pepper powder, marinate for 10 minutes.

3. Place the fish in a long side dish covered with fermented soy bean and minced ginger and chopped scallion.
4. Put the dish on grill tray in the upper shelf position.
5. Fill the tank with water.
6. Select the program and weight, and then press start.
7. Drizzle with seasoned soy sauce or sesame oil to serve immediately.

### Notes:

- If the fish is too thick, cut open from the belly but keep back intact, spread out on the dish.
- Marine fish maybe salty, adjust addition of salt when cooking.

## 10. Steamed hairy crabs

(2 / 4 serves)

### Ingredient

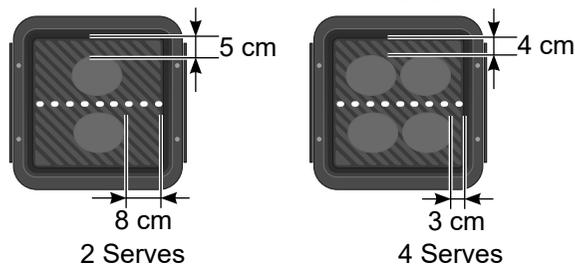
Hairy crab..... 100-150 g each

### Dipping sauce:

Minced garlic, minced ginger, castor sugar, light soy sauce, vinegar, sesame oil.....taste

### Method

1. Keep the crab in clean water for hours to eliminate dirt inside.
2. Brush crab skin under running water and tie up the pliers with string.
3. Mix the dipping sauce well and heat on high for 30 seconds.
4. Put the crab on grill tray as shown below, with belly upwards, and cover with ginger slice.



5. Put the grill tray in the upper shelf position.
6. Fill the tank with water.
7. Select the program and serve, and then press start.

## 11. Steamed scallop with mashed garlic (4 / 8 pcs)

### Ingredient (4 pcs)

Scallop..... 4

### Supplementary

Vermicelli ..... 10 g

Minced garlic ..... 10 g

Black bean sauce ..... 4 tsp

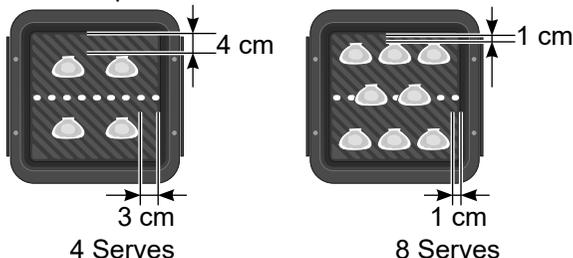
Water ..... 4 tsp

### Seasoning

Black pepper powder..... taste

### Method

1. Wash the scallop to eliminate dirt. Soak vermicelli in hot water, drain and divide into 4 parts, combine black bean sauce with water.
2. Cover scallop with vermicelli, then minced garlic, 2 tsp watered black bean sauce.
3. Put the scallop on grill tray as shown below, and then place the grill tray in the upper shelf position.



4. Fill the tank with water.
5. Select the program and serve, and then press start.
6. Sprinkle with black pepper powder and serve immediately.

### Note:

- Seafood flavor sauce is a perfect substitution for black bean sauce.

## 12. Steamed fish head with chopped chili pepper (3 serves)

### Ingredients

Fish head..... 500 g

Chopped pepper sauce ... 100 g

Shredded ginger..... taste

### Marinade:

Cooking wine ..... 1 tbsp

Salt ..... taste

Pepper powder ..... taste

### Seasonings

Oil ..... 3 tbsp

Chopped scallion .... taste

### Method

1. Clean fish head, cut from the middle but do not cut off. Marinate with cooking wine, salt, and pepper powder for 1 hour.
2. Put the fish head on a heatproof dish, cover with chopped pepper sauce and shredded ginger.
3. Put the dish on grill tray in the lower shelf position.
4. Fill the tank with water.
5. Select the program, and then press start.
6. Sprinkle with chopped scallion, drizzle with warmed oil.

## 13. Steamed chicken with mushrooms (3 serves)

### Ingredients

Chicken drumstick .. 200 g

Mushroom..... 100 g

### Supplementary

Salt ..... 1 tsp

Shredded ginger ..... taste

Oil ..... 1 tbsp

Oyster sauce ..... 1 tbsp

Cooking wine ..... 2 tsp

Sesame oil..... 1 tbsp

Light soy sauce..... 1 tsp

Pepper powder ..... taste

### Seasoning

Chopped scallion .... taste

### Method

1. Chop the drumstick into small pieces, mushrooms into big pieces.
2. Marinate chicken pieces and mushrooms with all the supplementaries for about 30 minutes.
3. In a heatproof dish, lay orderly mushrooms, and then chicken pieces.
4. Put the dish on grill tray in the upper shelf position.
5. Fill the tank with water.
6. Select the program, and then press start.
7. Sprinkle with chopped scallion, and stir to serve.

## 14. Steamed pork slices with glutinous rice flour (3 serves)

### Ingredients

Marbled meat.....300 g  
Seasoned glutinous rice flour .....4 tbsp

### Supplementary

Cooking wine .....½ tbsp  
Castor sugar .....½ tbsp  
Light soy sauce.....1 tbsp  
Salt .....½ tsp  
Pepper powder .....taste

### Seasoning

Chopped scallion.....taste

### Method

1. Cut every marbled meat piece 0.5 cm thick, marinate with cooking wine, castor sugar, light soy sauce, salt, and pepper powder for 30 minutes.
2. Coat meat pieces with seasoned glutinous rice flour and put on a heatproof dish.
3. Fill the tank with water.
4. Put the dish on grill tray in the upper shelf position.
5. Select the program, and then press start.
6. Sprinkle with chopped scallion, and serve.

## 15. Steamed vegetables (100 g / 200 g / 300 g)

### Ingredient

Leafy greens or broccoli etc.

### Method

1. Suitable for leafy greens or thin rhizome, but not suitable for root vegetables.
2. Wash and drain, cut in medium size.
3. Put vegetables directly on grill tray in the upper shelf position as shown below.



4. Fill the tank with water.
5. Select the program and weight, and then press start.

## 16. Steamed grains (100 g / 200 g / 300 g)

### Ingredient

Assorted grains

### Method

1. Suitable for sweet potato, pumpkin, Chinese yam etc.
2. Clean assorted grains and peel, chop them into small blocks.
3. Put the grain on grill tray in the upper shelf position as shown below.



4. Fill the tank with water.
5. Select the program and weight, and then press start.

## 17. Sticky rice cake (9 pcs)

### Ingredients

Glutinous rice flour.. 100 g  
Corn starch..... 30 g

### Supplementary

Walnut kernel..... 30 g  
Dried red dates..... 3  
Castor sugar ..... 50 g  
Water ..... 130 ml  
Salad oil..... 20 ml

### Method

1. Mash the walnut kernel, deseed dried red dates and dice into small pieces.
2. Mix glutinous rice flour, corn starch, castor sugar well, pour into water, salad oil, stir until well combined, let stand for 10 minutes.
3. Prepare a rectangle glass bowl sized 13x18 cm, lined with plastic wrap coated with oil, pour the mixture inside.
4. Put the heatproof bowl on grill tray in the upper shelf position.
5. Fill the tank with water.
6. Select the program, and then press start.
7. Take the cake out after cooling down, cut 9 pieces to serve.

## 18. Strawberry daifuku (9 pcs)

### Ingredients

#### Wrapper:

Glutinous rice flour..... 60 g  
Corn starch..... 20 g  
Water..... 100 ml  
Castor sugar..... 25 g  
Olive oil..... 2 tsp

#### Fillings:

Sweet bean paste..... 135 g  
Strawberry..... 5

#### Cake powder:

Corn starch (to knead)..... taste

### Method

#### Wrapper:

1. In a bowl, mix glutinous rice flour, corn starch with water, stir in castor sugar until well combined, stand for 10 minutes.
2. Fill the tank with water.
3. Pour the mixture in a greased with 1 tsp olive oil on heatproof dish.
4. Put the heatproof dish on grill tray in the upper shelf position.
5. Select the program, and then press start.

#### Fillings:

1. Wash and drain strawberries, cut them in medium size before use.
2. Divide the sweet bean paste in 9, weighing about 15 g each and wrap the strawberries.

#### Finish:

1. Heat 50 g corn starch (extra) on High for 1 minute.
2. Knead the glutinous rice ball with remained olive oil until smooth.
3. Divide the wrapper into 9 parts, cover hand with heated corn starch for easy working on kneading fillings into wrappers.

#### Notes:

- Alternatively use other soft fruits such as mango as fillings.
- Best served chilled.

## 19. Cookies (16 pcs)

### Ingredients

Unsalted butter..... 50 g  
Castor sugar..... 40 g  
Beaten eggs..... 25 g  
Cake flour..... 90 g

### Supplementary

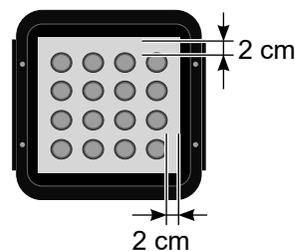
Assorted nuts..... taste (about 20 g)

### Seasoning

Vanilla essence..... 2 ~ 3 drops

### Method

1. Whisk the softened butter with castor sugar until creamy.
2. Add in beaten eggs and vanilla essence and stir evenly.
3. Gradually add sifted cake flour and stir evenly with wooden spoon.
4. Freeze in refrigerator for 10 minutes.
5. Cut the dough into 16 equal dough, weighing about 13 g each and garnish with assorted nuts.
6. Select the program, and then press start to preheat.
7. Put the aluminum foil on the grill tray, arrange the cookie dough in 4x4 formation.
8. After preheating, put the grill tray in the upper shelf position, and then press start.



# Auto Cook Menus

(continued)

English

## 20. Home-made pizza (1 pc)

### Ingredients

#### Base:

Cake flour .....	130 g
Castor sugar .....	10 g
Unsalted butter .....	10 g
Yeast.....	3 g
Salt .....	3 g
Milk powder.....	7 g
Warm water (40 °C).....	65 ml

#### Fillings:

Chopped onions .....	30 g
Sliced mushroom .....	30 g
Sliced sausage .....	70 g
Sliced green pepper .....	30 g
Mozzarella cheese.....	100 g
Tomato paste .....	45 g

### Seasoning

Oregano.....	taste
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### Method

1. To make the dough by hand, in a large bowl, stir together all the base ingredients, spread out the dough in a greased container, cover loosely with plastic wrap, place the container in the center of grill tray and put it in the lower shelf position, start ferment at 40 °C for 30 minutes.
2. Lightly flour the work surface, and then flatten the dough with hands to allow air inside to escape.
3. Roll out the dough in a 23 cm diameter round and transfer to the greased grill tray. Then lift the dough and give it a quarter turn. Pierce several holes on the dough. Prick the base and apply tomato paste, sprinkle with half mozzarella cheese and the rest fillings, then top with remaining cheese.
4. Select the program and preheat the oven.
5. After preheating, put the grill tray in the lower shelf position and press start.
6. Dress oregano on top and serve.

## 21. Custard pudding (9 pcs)

### Ingredients (9 pudding cups)

Milk .....	500 ml
Castor sugar .....	85 g
Egg .....	4 (200 g)

### Supplementary

Caramel sauce .....	27 g
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### Seasonings

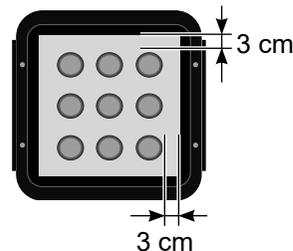
Vanilla essence.....	2 ~ 3 drops
Butter .....	taste

### Method

1. Lightly grease the pudding cups bottom and wall with butter, fill 3 g caramel sauce in every cup.
2. Pour in milk and castor sugar in a microwave heatproof container and cook on medium for 4 – 5 minutes. Stir constantly until castor sugar totally dissolved, the liquid temperature should be around 70 °C.
3. Keep stirring when pouring beaten eggs in milk, add vanilla essence, and stir until mixed well. Stand for a while, remove the foam, the liquid temperature should be around 40 °C.
4. Pour 80 g liquid in every pudding cups, less than 80% full.
5. Select the program and preheat the oven.
6. Line the grill tray with kitchen paper, arrange the pudding in 3x3 formation.
7. After preheating, pour 400 ml 50 °C warm water in grill tray in the lower shelf position, and press start.
8. Take out puddings after cooking, as soon as they cool down, use a bamboo stick to rotate along the cup wall to demould, or you can keep them refrigerated overnight.

### Note:

- This method is so called water-bathing and be careful of hot when pouring water.



# Auto Cook Menus

(continued)

English

## 22. Muffins (12 pcs)

### Ingredients

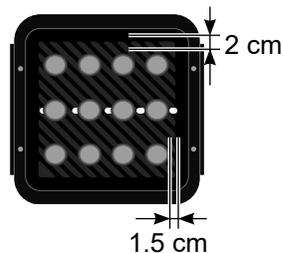
Cake flour ..... 200 g  
Castor sugar ..... 60 g  
Baking powder ..... 12 g  
Beaten eggs ..... 50 g  
Milk ..... 120 g  
Butter ..... 80 g  
Salt ..... ½ tsp

### Supplementary

Dried fruits ..... 50 g

### Method

1. Mix softened butter, milk, beaten eggs, castor sugar, and salt together.
2. Sieve in cake flour, baking powder, add in dried fruits.
3. Select the program and preheat the oven.
4. Scoop batter in the muffin cup, each weighing about 40 -45 g, put them on grill tray in 4x3 formation.
5. After preheating, put the grill tray in the lower shelf position, and then press start.



## 23. Suzhou-style mooncake(9 pcs)

### Ingredients

Water-oiled crust	Shorten pastry
Plain flour..... 150 g	Plain flour..... 100 g
Lard ..... 60 g	Lard ..... 50 g
Castor sugar ..... 25 g	
Water ..... 42 g	

### Fillings

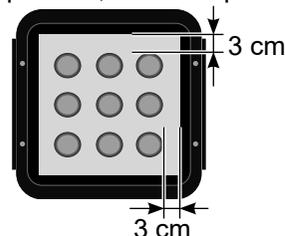
Minced pork ..... 200 g	Light soy sauce...½ tbsp
Castor sugar ..... 20 g	Cooking wine ..... 1 tsp
Honey ..... 1 tbsp	Salt ..... 1 tsp
Sesame oil..... 1 tsp	Chopped ginger...taste

### Seasonings

Beaten eggs ..... half  
Cooked sesame..... taste

### Method

1. Mix all the fillings together, keep stirring until it thickens, set aside.
2. Mix and knead the water-oiled crust until smooth.
3. Combine the plain flour and lard to make shorten pastry, knead until well combined.
4. Divide the water-oiled crust and shorten pastry in 9 equal parts, let stand for about 15 minutes.
5. Pat a small water-oiled crust and wrap a small round shorten pastry, pinch the seam together and put it downwards on working surface, flatten the dough lightly with your palm, roll the dough out as an oval shape, gently roll up to toward you. Repeat the above steps.
6. Using a rolling pin, make the dough into thin and round pieces to wrap in moderate minced meat, seal.
7. Put the seam side downwards on grill tray lined with aluminum foil, pat slightly.
8. Select the program and preheat the oven.
9. Brush a single layer of beaten eggs on the surface, sprinkle with cooked sesame.
10. After preheating, put the grill tray in the lower shelf position, and then press start.



# Auto Cook Menus

(continued)

English

## 24. Cantonese-style mooncake (9 pcs)

### Ingredients

Plain flour..... 180 g  
Custard powder ..... 10 g  
Salad oil..... 40 g  
Sugar syrup ..... 110 g  
Soda powder ..... 1 g

### Supplementary

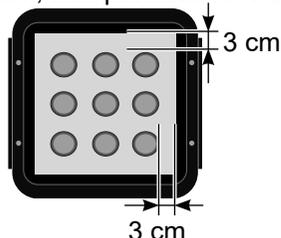
Water ..... 4 ml  
Sweet bean paste... 540 g

### Seasoning

Egg ..... 1

### Method

1. Mix soda powder in water, set aside, beat the egg for later use.
2. Mix sugar syrup, salad oil, and soda water together.
3. Sieve in 160 g plain flour, custard powder in the mixture, stir until well combined to form a dough, cover with plastic wrap, keep in refrigerator for 1 hour.
4. Divide the sweet bean paste in 9 parts, about 60 g each, round them in small balls.
5. Divide chilled dough in 35 g each, using a rolling pin, make each dough into thin and round pieces.
6. Wrap sweet bean paste in the middle of small dough, and seal, make a round shape.
7. Fill the tank with water.
8. Select the program and preheat the oven.
9. Coat a single layer of flour on the mooncake mould, line a baking sheet beneath, press dough ball into the mooncake mould on the baking sheet.
10. Put them on grill tray.
11. Put the grill tray in the lower shelf position after preheating, and then press start.
12. Take the tray out when beeps heard during cooking, brush with extra beaten eggs, make the tray a U-turn, then put it back in the oven.



## 25. Roast beef steak (1 / 2 / 3 serves)

### Ingredient (1 serve)

Beef steak..... 150 g

### Supplementary

Butter ..... taste (grease)

### Seasonings

Salt ..... taste  
Black pepper powder..... taste  
White wine ..... taste

### Method

1. Pat lightly and drain excessive water, rub the outer and inner surface of the steak generously with salt, black pepper powder and white wine, set aside for 1 hour at room temperature.
2. Grease the grill tray with butter and place the steak on it.
3. Select the program and serve, and preheat the oven.
4. Put the grill tray in the lower shelf position after preheating, and then press start.

## 26. Grilled lamb chops (1 / 2 / 3 serves)

### Ingredient (1 serve)

Lamb chops... 2 (170 g)

### Seasonings

Salt ..... taste

### Supplementary

Butter ..... taste (grease); White wine ..... taste

Cumin ..... taste

### Method

1. Pat lightly and drain excessive water, rub the outer and inner surface of the lamb chops generously with salt, cumin and white wine, set aside for 1 hour at room temperature.
2. Grease the grill tray with butter and place the chops on it.
3. Select the program and serve, and preheat the oven.
4. Put the grill tray in the lower shelf position after preheating, and then press start.

## 27. Baked potato (500 g / 1000 g)

### Ingredient

Potato ..... 500 g / 1000 g

### Method

1. Wash, dry and prick cross on the potato surface.
2. Put potatoes on the wire rack directly.
3. Place them in the oven.
4. Select the program and weight, and then press start.

### Note:

- This program is also suitable for sweet potatoes.

## 28. Grilled chicken wings (2 / 4 serves)

### Ingredient (2 serves)

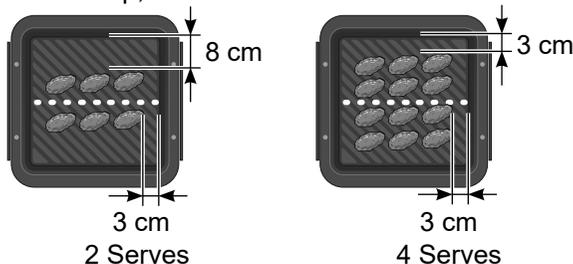
Chicken wings ..... 240 g (6 pcs)

### Seasonings

Light soy sauce ..... 1 tbsp  
 Sesame oil ..... 1 tsp  
 Castor sugar ..... 1 tsp  
 Cooking wine ..... 2 tsp  
 Oyster sauce ..... 1 tbsp  
 Pepper powder ..... taste  
 Minced ginger ..... taste

### Method

1. Wash and dry the chicken wings, prick with a fork or toothpick.
2. Mix chicken wings with all seasonings and marinate for 30 minutes.
3. Put the chicken wings on grill tray with skin side up, as shown below.



4. Select the program and serve, and then press start.
5. After preheating, put the grill tray in the upper shelf position.

## 29. Cream puff (9 pcs )

### Ingredients

Unsalted butter ..... 60 g  
 Water ..... 100 ml  
 Cake flour ..... 60 g  
 Eggs ..... 2 ~ 3

### Supplementary

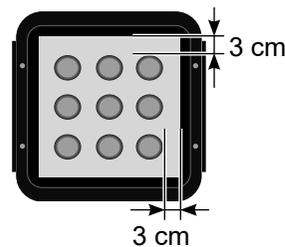
Custard cream or creamy sauce ... taste

### Seasoning

Icing sugar ..... taste

### Method

1. Heat water and diced butter in a microwave heatproof container on Medium-High power for 2 minutes until boiling, without cover.
2. Add sifted cake flour while hot, stir quickly with a wooden spade until well combined.
3. Beat the eggs (about 100 g), gradually add in the cake flour and keep stirring, when lift up, it's a good sign when flows down slowly.
4. Fill the tank with water.
5. Select the program and preheat the oven.
6. Place the aluminum foil on the grill tray and grease with butter or flour, pour the batter in pastry bag, divide in 9 and arrange into 3x3, 28 g each.
7. After preheating, put the grill tray in the lower shelf position and then press start.
8. Move the puff away from the tray while hot.
9. When cool down, start an opening on the top and fill in custard cream or creamy sauce, sprinkle with icing sugar.



## 30. Cheese cake (7 inch)

### Ingredients

#### Cake base:

Digestive biscuit..... 70 g

Unsalted butter ..... 50 g

#### Cake foundation:

Cream cheese ..... 130 g

Whipping cream..... 75 g

Egg ..... 1 (50 g)

Sour cream ..... 100 g

Castor sugar ..... 70 g

Unsalted butter ..... 25 g

Corn starch ..... 30 g

Lemon juice ..... 2 tbsp

Lemon peels ..... 10 g

### Seasoning

Vanilla essence..... 2 ~ 3 drops

### Method

#### Cake base:

1. Smash digestive biscuit in a plastic food bag and crush with rolling pin.
2. Melt 40 g butter completely on Medium power for 30 seconds and mix well with biscuit crumbs.
3. Spoon the mixture into tin lined with baking paper and press firmly.
4. Grease the cake tin with rest butter and put the cake tin in the refrigerator.

#### Cake foundation:

1. Cut cream cheese and butter and let stand at room temperature until soft.
2. Stir together cream cheese, sour cream and butter in a mixer then beat at high speed until smooth.
3. Stir in vanilla essence, lemon peels and stir uniformly.
4. Mix together castor sugar, egg, corn starch, whipping cream, lemon juice, mix until all combined.
5. Fill the tank with water. Select the program and preheat the oven.
6. Take out cake tin from refrigerator, fill in the batter and free-fall to remove bubbles from the surface.
7. After preheating, put cake tin on grill tray and put the tray in the lower shelf position and press start.

## 31. Chiffon cake (8 inch)

### Ingredients

Eggs ..... 5

Castor sugar ..... 130 g

Salad oil..... 70 ml

Milk ..... 50 ml

Cake flour ..... 130 g

### Seasoning

Vanilla essence..... 2 ~ 3 drops

### Method

1. Separate egg yolk from egg white, prepare 4 eggs yolk and 5 eggs white for later use.
2. Whisk egg yolk with half castor sugar (65 g) on high speed until mixture turns pale.
3. Adjust to medium speed, gradually add in salad oil, milk, vanilla essence until well combined.
4. Sieve in cake flour, stir until flour completely combined.
5. In another container, beat egg white with one third of castor sugar once, when lifting the eggbeater, it is a good sign that there is a little hook appears.
6. Scoop foamed egg white in egg yolk battered by 3 times, stir quickly and evenly.
7. Fill the tank with water. Select the program and preheat the oven.
8. Pour the batter in cake tin and free fall to move the bubble.
9. After preheating, put the cake tin on grill tray in the lower shelf position, and press start.

## 32. Chocolate cake (8 inch)

### Ingredients

Eggs .....	3 (150 g)
Castor sugar .....	90 g
Cake flour .....	75 g
Coco powder .....	15 g
Milk .....	10 ml
Unsalted butter .....	15 g
Baking powder .....	5 g

### Supplementary

Whipping cream .....	200 ml
Castor sugar .....	15 g
Sugar syrup .....	90 g
Brandy .....	10 g
Chocolate chips .....	taste

### Seasoning

Vanilla essence .....	taste
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### Method

1. Melt milk and butter on Medium power for 20 seconds, set aside.
2. Line cake tin with baking paper at the bottom and side wall.
3. Whisk eggs and castor sugar at high speed until pale.
4. Fill the tank with water. Select the program and then preheat the oven.
5. Sieve in cake flour and coco powder, baking powder, stir well using spatula.
6. Pour in milk and melted butter, and vanilla essence, stir until well combined.
7. Pour the batter in cake tin, free-fall in mid-air to remove foam inside.
8. Put the cake tin in the center of grill tray.
9. After preheating, put the grill tray in the lower shelf position and press start.

### Decoration:

1. Whisk whipping cream and castor sugar until light, mix sugar syrup and brandy for later use.
2. Cool the cake completely, cut in half, horizontally. Brush a coat of sugar syrup and brandy mixture, spread out one third of whipping cream, cap with the other half cake, and make the cake fully covered with the rest cream.
3. Sprinkle with moderate chocolate chips on the top.

## 33. Roast chicken (1200 g)

### Ingredient

Whole chicken .....	1 (net weight 1200 g)
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### Seasonings

Light soy sauce .....	3 tbsp
Cooking wine .....	2 tbsp
Oyster sauce .....	2 tbsp
Sesame oil .....	2 tsp
Castor sugar (or honey) ..	10 g
Pepper powder .....	taste

### Method

1. Wash and drain chicken, prick several times. Add in all seasonings, marinate for 1 hour and drain on wire rack for minutes.
2. Place breast side down on wire rack to catch oil drips.
3. Put the wire rack on the top of the oven.
4. Select the program and then press start.
5. Turn chicken over when 2 beeps heard during cooking, press start to continue.

### Notes:

- Adjust marinade to personal taste.
- Put a moderate sized heatproof or a square dish underneath to catch oil drips.

## 34. Roast duck (1500 g)

### Ingredients

White duck..... 1 (1500 g)  
 Beer ..... 1000 ml

### Marinade:

Cooking wine ..... 2 tbsp  
 Light soy sauce..... 1 tbsp  
 Sesame oil..... 1 tsp  
 Five spice powder... 1 tsp  
 Honey ..... 1 tbsp  
 Hot spicy sauce ..... 2 tbsp  
 Curry powder ..... 1 tsp  
 Vegetable oil ..... 1 tbsp  
 Pepper powder ..... taste

### For crispy:

Maltose ..... 10 g  
 White vinegar..... 5 g  
 Water ..... 5 g

### Method

1. Clean the duck, blanch it in hot water up and down till the skin gets opaque.
2. Marinate the blanched duck in beer for 3 hours.
3. Mix all the marinade to have prepared marinade evenly coated duck inside and outside the body, air dry, and then repeat this step once.
4. Select the program and then preheat the oven.
5. Brush the body with mixed maltose, white vinegar, and water, and then put it on the grill tray lined with aluminum foil.
6. Fill the tank with water.
7. After preheating, put the grill tray in the lower shelf position and then press start.
8. Turn duck over when beeps heard during cooking, press start to continue.

### Notes:

- To avoid the duck dip in the oil, please put an over-turned dish underneath before cooking.
- Adjust marinade to personal taste.

## 35. Grilled salmon (1 / 2 / 3 serves)

### Ingredient (1 serve)

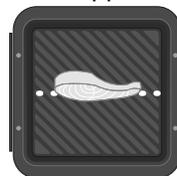
Salmon (cold storage) ..... 180 g  
 (maximum for each piece)

### Seasonings

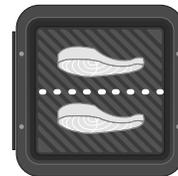
Salt ..... 2 g  
 Black pepper powder..... 0.5 g

### Method

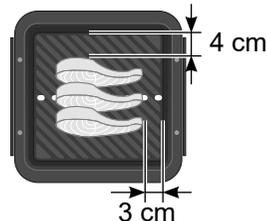
1. Combine salt and black pepper powder on the surface of salmon and marinate for 30 minutes.
2. Put the salmon on grill tray as shown below in the upper shelf position.



1 Serve



2 Serves



3 Serves

3. Fill the tank with water.
4. Select the program and serve, and then press start.

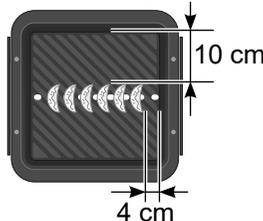
## 36. Steam-fried dumplings (6 / 12 pcs)

### Ingredients

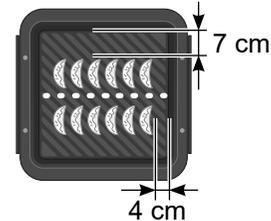
Frozen dumplings ..... 6 / 12 pcs  
 Oil ..... 7 g

### Method

1. Grease the grill tray with oil, put frozen dumplings directly on it as shown below.



6 Serves



12 Serves

2. Fill the tank with water.
3. Put the grill tray in the upper shelf position.
4. Select the program and weight, and then press start.

### Note:

- Frozen fried dumplings are available in the market, there is no need to defrost in advance. We do not recommend using boiled dumplings for a substitution.

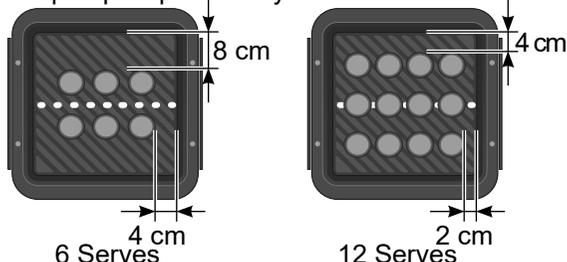
## 37. Steam-fried pumpkin pie (6 / 12 pcs)

### Ingredients

Frozen pumpkin pie ..... 6 / 12 pcs  
Oil ..... 7 g

### Method

1. Grease the grill tray with oil, put frozen pumpkin pie directly on it as shown below.



2. Fill the tank with water.
3. Put the grill tray in the upper shelf position.
4. Select the program and serve, and then press start.

### Note:

- Frozen fried pumpkin pie is available in the market and there is no need to defrost in advance.

## 38. Steam-fried buns (9 pcs)

### Ingredients

Oil (brush grill tray) ..... 7 g

### Wrapper

Plain flour..... 150 g	Water (40 °C).. 100 ml
Yeast..... 1 g	Olive oil..... 7 ml
Castor sugar..... 8 g	Salt ..... taste

### Fillings

Minced pork..... 150 g
Chinese chives ..... 20 g
Egg white..... half
Scallion and ginger water..... 20 ml

Moderate cooking wine, light soy sauce, fish sauce, castor sugar, salt, pepper powder, sesame oil, and corn starch mixed with water..... taste

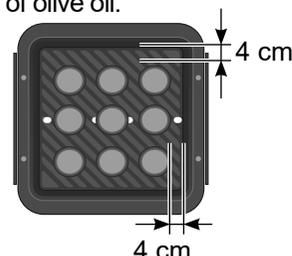
### Corn starch water:

Corn starch..... 15 g
Water ..... 25 g

### Method

1. Mix plain flour, yeast, castor sugar and salt in a mixing bowl, add in water little by little, then olive oil and keep stirring until smooth. Let stand in the container for 1 hour at room temperature, and covered plastic wrap.
2. In another container, mix minced pork with cooking wine, light soy sauce, fish sauce, castor sugar, pepper powder and egg white, stir quickly and evenly, next add in salt and scallion and ginger water little by little, once being absorbed completely, add the remaining water until the meat gets tender and sticky, lastly add in sesame oil, keep in refrigerator.

3. Exhaust air inside the dough, let stand 15 minutes, divide into smaller ones, about 25 g each.
4. Stir in chopped Chinese chives (add or not depend on personal taste) in minced meat, use a rolling pin to roll out the small dough rim as thin as possible, fill in 25 g fillings, to close up with the opening side up.
5. Grease the grill tray, coat the bottom of bread with moderate corn starch water, place them evenly on the grill tray as show below with 3x3 formation, and then brush the surface with a single layer of olive oil.



6. Fill the tank with water.
7. Put the grill tray in the upper shelf position.
8. Select the program and then press start.

### Note:

- We do not recommend using frozen buns in the market for this program.

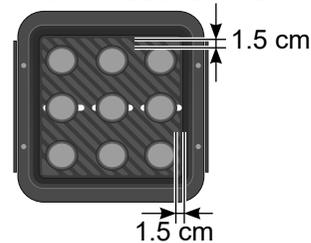
## 39. Steam-fried hoecake (9 pcs)

### Ingredients

Corn flour..... 140 g	Baking soda..... 3 g
Soybean powder .. 40 g	Milk (40 °C)..... 90 g
Plain flour..... 100 g	Beaten eggs ..... 50 g
Castor sugar ..... 40 g	Oil ..... 13 g

### Method

1. In a container, pour in corn flour, soybean powder, and plain flour.
2. Add in castor sugar and baking soda with stir.
3. Add in milk and beaten eggs little by little and keep stirring.
4. Stir until smooth dough formed.
5. Divide the dough in 9, about 50 g each, and press lightly.
6. Grease the grill tray with oil, arrange the hoecake on it, brush with a single layer of oil, and place in 3x3 formation as shown below.



7. Fill the tank with water.
8. Put the grill tray in the upper shelf position.
9. Select the program and then press start.

## 40. Fried chicken nuggets (2 / 4 serves)

### Ingredient (2 serves)

With skin chicken thigh ..... 250 g

### Seasonings

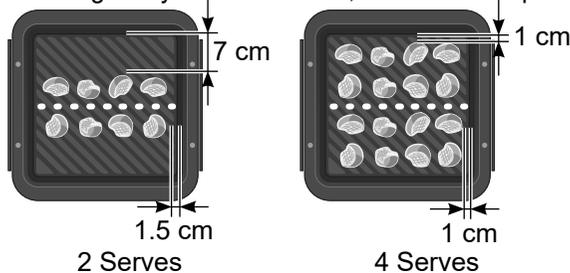
Fried chicken seasoned flour ... 60 g (or corn starch)

A:

Beaten eggs ..... ½  
 Minced garlic ..... taste  
 Light soy sauce ..... ½ tbsp  
 Cooking wine ..... ½ tbsp  
 Salt ..... taste  
 Pepper powder ..... taste

### Method

1. Wash and pat dry chicken thigh, remove bones, dice in 8 pieces, about 30 g each.
2. Combine chicken pieces with ingredient A, marinate for 30 minutes.
3. Coat marinated chicken pieces completely with fried chicken seasoned flour, and place evenly on the grill tray as shown below, with skin side up.



4. Fill the tank with water. Put the grill tray in the upper shelf position.
5. Select the program and serve, and then press start.

### Note:

- Use corn starch as a substitution if fried chicken seasoned flour is not available.

## 41. Fried pork chops (2 / 4 serves)

### Ingredient (2 serves)

Boneless pork chops ..... 2 (200 g)

### Supplementary

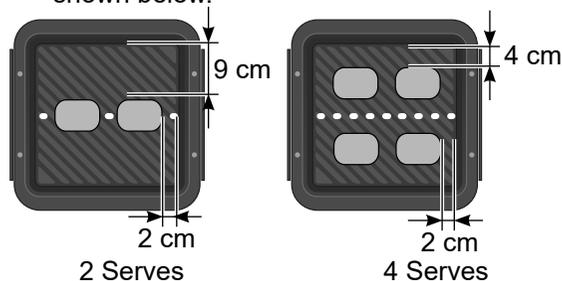
Bread crumbs ..... 50 g  
 Plain flour ..... taste  
 Egg ..... 1

### Seasonings

Light soy sauce ..... 1 tbsp  
 Cooking wine ..... 1 tbsp  
 Salt ..... taste  
 Pepper powder ..... taste

### Method

1. Make the boneless pork chops loosely with the knife blade, marinate with the seasonings for 30 minutes, and beat the egg for later use.
2. Coat chop with plain flour, beaten eggs and bread crumbs orderly on both sides.
3. Place the chops evenly on the grill tray as shown below.



4. Put the grill tray in the upper shelf position.
5. Select the program and serve, and then press start.
6. Match with worcestershire sauce perfectly.

### Note:

- Special powder for fried pork chop is a good alternative for bread crumbs.

## 42. Fried French fries (250 g)

### Ingredient

Frozen French fries ..... 250 g

### Seasonings

Salt ..... taste  
 Pepper powder ..... taste  
 Ketchup ..... taste

### Method

1. Put frozen French fries on grill tray directly, without overlap.
2. Put the grill tray in the upper shelf position.
3. Select the program and then press start.
4. Sprinkle with moderate salt, pepper powder, serve with ketchup.

### Note:

- There is no need to defrost.
- It is a good choice to purchase pre-cooked skinny fries.

## 43. Sauteed celery with lily bulb and ginkgo (3 serves)

### Ingredients

Celery ..... 150 g  
 Fresh ginkgo..... 50 g  
 Lily bulbs..... 10 g

### Supplementary

Oil ..... 2 tbsp  
 Minced garlic ..... taste  
 Salt ..... ½ tsp  
 Castor sugar ..... ¼ tsp

### Method

1. Wash and chop celery, soak fresh ginkgo and lily bulbs for 1 hour.
2. Put all the ingredients in a microwave heatproof container, covered.
3. Select the program and then press start.
4. Stir when beeps heard during cooking and press start pad to continue.

## 44. White boiled shrimp (3 serves)

### Ingredient

Prawn ..... 500 g

### Supplementary

Water ..... 150 ml  
 Ginger slice..... taste  
 Garlic slice..... taste  
 Scallion slice..... taste

### Seasonings

Cooking wine ..... 1 tbsp  
 Salt ..... 1 tsp  
 Pepper powder ..... taste

### Method

1. Clean the prawns, trim feeler and feet, remove intestine.
2. Put all the ingredients in a microwave heatproof container, stir and covered. Put it in the oven.
3. Select the program and then press start.
4. Stir when beeps heard during cooking and press start pad to continue.

## 45. Home-made yogurt (3 / 6 serves)

Ingredients	3 serves	6 serves
Yogurt	75 g	150 g
Milk	500 g	1000 g

### Method

1. Heat milk in a microwave heatproof container to about 40 °C and mix with yogurt. Covered.
2. Put the container on grill tray in the lower shelf position.
3. Select the program and then press start.
4. At the end of the program, chill overnight before serve.

## 46. Snow fungus lotus sweet soup (2 / 4 serves)

### Ingredients (2 serves)

Tremella..... 10 g  
 Lotus seed ..... 20 g  
 Chinese wolfberry... 3 g  
 Water ..... 600 ml

### Supplementary

Rock sugar ..... 35 g

### Method

1. Soak tremella in water and cut into small pieces, wash lotus seed and Chinese wolfberry, soak for 1 hour.
2. Put all ingredients in a microwave heatproof container, covered.
3. Select the program and then press start.
4. Stir when beeps heard during cooking, add rock sugar and press start pad to continue.
5. Stir again when beeps heard during cooking, press start pad to finish.

# Auto Cleaning Setting

English

## Cleaning (Deodor)

It is used when there is odor in the oven. (about 20 minutes) Empty the oven and wipe with damp cloth before this program.

1



Touch pad once and select Auto Menu.

2



Set desired menu order 47 by using the slider bar or touch < / > pad.

47

3



Touch **Start/Set** pad. The cooking time in the display window will count down.

20.00  
min sec

# Auto Cleaning Setting

(continued)

English

## Cleaning (System)

Water is pumped in drip tray through the system to clean the pipes after using steam function. Please wipe oven when it is cooled.

1



Touch pad once and select Auto Menu.

Note: Fill the tank with 100 ml water before using and remove the water from the drip tray.

2



Set desired menu order 48 by using the slider bar or touch < / > pad.



3



Touch **Start/Set** pad once.



### Notes

1. Do not remove the drip tray when using this function.
2. Clean the drip tray when finish drainage.

# Auto Cleaning Setting

(continued)

English

## Cleaning (Citric acid)

This feature is suitable for cleaning water pump. After using citric acid to clean, rinse with water again. Flush and clean water will drain into the drip tray. Prepare detergent with approximately 16 g of citric acid dissolved completely in 200 ml of water, and pour the mixture into the water tank of the oven directly.

1



Touch pad once and select Auto Menu.

2



Set desired menu order 49 by using the slider bar or touch < / > pad.



49

Note: Prepared detergent in the water tank and check empty the drip tray.

3



Touch **Start/Set** pad. The cooking time in the display window will count down.



29.00  
min sec

4

After the program is automatically paused, you can remove water in drip tray and clean the water tank, then fill the tank with water.

5



Touch **Start/Set** pad once. Program will continue 1 minute.

### Notes

1. After cleaning, wipe the residue in the water tank and wash the drip tray clean.
2. Do not remove the drip tray when using this function.
3. If "☞" appears in the display window after cooking, you should use citric acid to clean the water-piping.

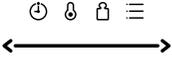
# Auto Cleaning Setting

(continued)

English

## Cleaning (Cavity)

This function is suitable for cleaning a dirty oven caused by oil (need 20 minutes).

<b>1</b>		Touch pad once and select Auto Menu.	
<b>2</b>		Set desired menu order 50 by using the slider bar or touch < / > pad.	
<b>3</b>		Touch <b>Start/Set</b> pad. The cooking time in the display window will count down.	

### Notes

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

# Defrosting Chart

Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18 °C or lower).

English

Food	Approx. Time (minutes per 500 g)	Instructions
<b>Meat</b>		
<b>Beef</b>		
Minced beef	6 - 8	Halfway through the defrost cycle, break apart minced beef, separate chops and remove defrosted meat.  Turn meat over two to three times during defrosting.
Roast: topside	7 - 9	
Roast: beef tenderloin	7 - 9	
Roast: Chuck or rump	6 - 8	
Roast: Sirloin, rolled	7 - 9	
Steak	6 - 7	Shield edges and unevenly shaped ends of roasts halfway through the defrosting.
Miscellaneous	6 - 8	
<b>Lamb</b>		
Roast	6 - 8	Large roasts may still be icy in centre. Let stand.
Chops	5 - 7	
Ribs	5 - 7	
<b>Poultry</b>		
Whole chicken	7 - 9	Turn poultry over two to four times during defrosting. Halfway through the defrost, shield end of drumsticks, wings, breast and bones and ends of poultry with aluminium foil. Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces. Rinse poultry with cold water to remove ice crystals. Let stand 5 to 10 minutes before cooking.
Chicken pieces	6 - 8	
Chicken fillets	6 - 8	
Duck	6 - 8	
<b>Fish &amp; shellfish</b>		
Fish fillets	6 - 8	Halfway through the defrost, turn whole fish or blocks of fillets over. In addition, separate apart prawns or scallops. Remove any defrosted pieces. Let stand, 5 to 10 minutes before cooking.
Whole fish	6 - 8	
Crabmeat	5 - 7	
Lobster tails	5 - 7	
Sea scallops	4 - 6	
Green prawns	5 - 7	

# Reheating Chart

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, quantity and dish size. Pastry or bread reheated by microwave will be soft not crisp.

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Chilled meal	200 g	1000 W	2 mins - 2 mins 30 secs	Place in a heatproof dish on the flat table.
Frozen meal	200 g	1000 W	3 mins 30 secs - 4 mins	Place in a heatproof dish on the flat table.
Sandwich	100 g	1000 W	50 secs	Place in a heatproof dish on the flat table.
Beverage	235 ml	1000 W	1 min 30 secs	Place in a heatproof cup on the flat table. Stir half way and end of cooking.
Milk	250 ml	1000 W	1 min - 1 min 30 secs	Place in a heatproof cup on the flat table. Stir half way and end of cooking.
Canned vegetables				
- Bean	415 g	1000 W	2 min 30 secs - 3 min	Place in a heatproof bowl with cover on the center of the flat table and stir halfway.
- Tomato	400 g	1000 W	2 min	
- Mushrooms	290 g	1000 W	2 min - 2 min 30 secs	
- Corn	330 g	1000 W	2 min - 2 min 30 secs	
Meat pies	150 g	1000 W	1 min 30 secs - 2 min	Place in a heatproof bowl on the center of the flat table.
		Crispy Grill	6-7 mins	Remove food from container and place on grill tray in lower shelf position.
Spring rolls	200 g	Crispy Grill	5-7 mins	Place on grill tray in upper shelf position.
Fried dumpling	200 g	Crispy Grill	5-7 mins	Remove food from container and place on grill tray in upper shelf.
Pizza	300 g	Crispy Grill	7-9 mins	Remove food from container and place on grill tray in upper shelf.

English

# Cooking Chart

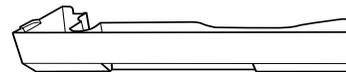
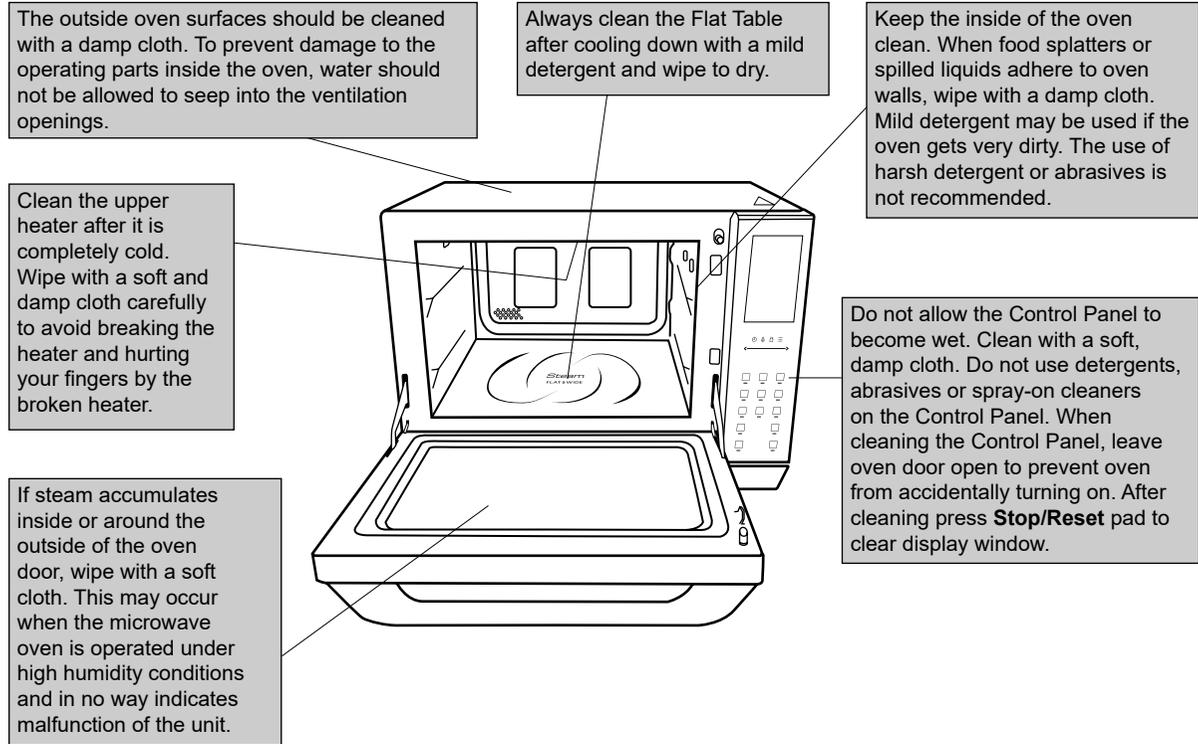
English

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions
<b>Meat</b>				
Lamb joint	Maximum weight 1.5 kg	180 °C	20 mins per 500 g maximum 25-30 mins	Preheat oven. Cook on grill tray in lower shelf position. Turn halfway. Wrap in aluminium foil and allow to stand for 10 mins after cooking.
Steak - medium	150 g	Grill 1	7-8 mins	Place on grill tray in upper shelf position. Turn halfway.
Steak - well done			9-10 mins	
Beef joint - well done	Maximum weight 1 kg	220 °C	20 mins per 500 g maximum 30-35 mins	Preheat oven. Place on grill tray in lower shelf position. Turn halfway.
Kebab	400 g	Crispy Grill	14-15 mins	Place on grill tray in upper shelf position.
<b>Fish and Shellfish</b>				
Fresh fish fillets	500 g	600 W	5-7 mins	Place in a heatproof dish with cover on the center of the flat table.
Frozen fish fillets	500 g	1000 W	9-10 mins	
Prawns	500 g	600 W	5-7 mins	
Mussels	500 g	600 W	5-7 mins	
Fish thin fillets	500 g	Steam + Microwave	5-7 mins	Fill the tank with water. Place in a heatproof dish without cover on the center of the flat table.
Scallop	500 g	Crispy Grill	11-12 mins	Place on grill tray in upper shelf position.
Prawns	400 g	Crispy Grill	12-13 mins	Place on grill tray in upper shelf position.
Saury	400 g	Crispy Grill	20-22 mins	Place on grill tray in upper shelf position.
Pomfret	400 g	Crispy Grill	16-17 mins	Place on grill tray in upper shelf position.
Ribbonfish	300 g	Crispy Grill	12-13 mins	Place on grill tray in upper shelf position.
<b>Poultry</b>				
Chicken breasts (boneless and skinless)	250 g	Steam 1	30 mins	Fill the tank with water. Place on grill tray in upper shelf position.
Chicken legs	1 kg	Grill 1	30 mins	Place on grill tray in lower shelf position. Turn halfway.
Whole chicken	per 500 g	190 °C	30-35 mins	Preheat the oven. Place chicken on wire rack with a heatproof dish underneath. Turn halfway.
<b>Fresh vegetable</b>				
Asparagus	200 g	Steam + Microwave	5-6 mins	Fill the tank with water. Place in a heatproof dish without cover on the center of the flat table.
Broccoli	250 g	Steam + Microwave	7-8 mins	
Peas	200 g	Steam + Microwave	4-5 mins	
Boiled potatoes	500 g	Steam + Microwave	14-15 mins	
<b>Rice</b>				
Long grain white	250 g	1000 W	11-13 mins	Use a 5 L microwave heatproof container. Add 550 ml boiling water. Cover partly and stir halfway.

# Care of Your Microwave Oven

English

The oven should be cleaned regularly and any food deposits removed. Turn the oven off and remove the power plug from the wall socket before cleaning.



**Drip Tray**

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

## Notes:

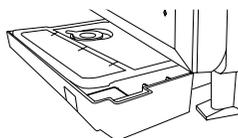
1. When using the Grill, Crispy Grill, Oven or Micro+Grill mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After Grill, Crispy Grill, Oven or Micro+Grill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

# Care of Your Microwave Oven (continued)

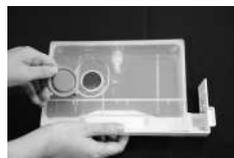
English

## Cleaning the Water Tank

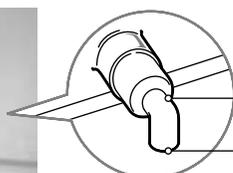
Clean with a soft sponge in water.



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



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



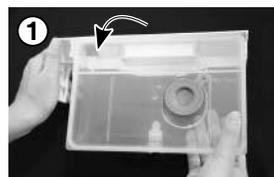
*Pipe Cap*

*Ensure it faces downwards*

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

The front of the tank can also be removed for cleaning.

## Removing the Front Cover



1. Lightly twist the cover until the far side unclips.
2. Continue to twist until the near side unclips.

## Re-fitting the Front Cover



1. Align the slots on the cover with the holes on the tank.
2. Insert and push down until it clicks.

## Notes:

1. Clean the water tank at least once a week to prevent build up of limescale.
2. Do not use a dishwasher to clean the water tank or parts of the water tank.

# Before Requesting Service

English

## ALL THESE THINGS ARE NORMAL:

<p>The oven causes interference with my TV.</p>	<p>Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.</p>
<p>Steam accumulates on the oven door and warm air comes from the oven vents.</p>	<p>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 inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.</p>
<p>I accidentally operate my microwave oven without any food in it.</p>	<p>Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.</p>
<p>There are humming and clicking noises from my oven when I cook by <b>Microwave + Grill</b>.</p>	<p>These noise occur as the oven automatically switch the Grill. This is normal.</p>
<p>The oven has an odour and generates smoke when using <b>Micro+Grill, Oven, Crispy Grill</b> and <b>Grill</b> function.</p>	<p>It is essential that your oven is wiped out regularly particularly after cooking by <b>Micro+Grill, Oven, Crispy Grill</b> and <b>Grill</b> function. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.</p>
<p>Some smoke will be given off from the cavity when using, <b>Micro+Grill, Oven, Crispy Grill</b> and <b>Grill</b> for the first time.</p>	<p>It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.</p>

# Before Requesting Service

(continued)

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 Centre.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	<b>Start</b> pad was not pressed after programming.	Press <b>Start</b> pad.
	Another program has already been entered into the oven.	Press <b>Stop/Reset</b> pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	<b>Stop/Reset</b> pad has been pressed accidentally.	Program oven again.
"H0E" appears in the display window.	The cavity is overheated.	Operate again after it cools down.
Only "U14" appears in the display window.	The water tank is empty.	Full it with water and press <b>Stop/Reset</b> pad to reset.
"H97" or "H98" or "H00" appears in the display window.	This display indicates a problem with the microwave generation system.	Contact the authorised service centre.
"Demo" appears in the display window.	The oven is under demonstration mode.	Cancel: Press "Micro Power" pad once. Press " <b>Start</b> " pad 4 times. (It is normal without sound.) Press " <b>Stop/Reset</b> " pad 4 times.
The "🔑" appears in the display Window.	The Child Lock was activated by pressing <b>Start</b> pad 3 times.	Deactivate Lock by pressing <b>Stop/Reset</b> pad 3 times.

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

# Technical Specifications

English

Model		NN-DS59KW
Power Supply:		220 V, 50 Hz
Power Consumption*:	Microwave	4.6 A 1000 W
	Steam	4.8 A 1020 W
	Grill	5.6 A 1220 W
	Microwave + Grill	8.3 A 1800 W
	Oven	5.8 A 1270 W
Power Requirement: (Maximum)		1800 W
Output power*:	Microwave	1000 W
	Grill	1200 W
	Oven	1250 W
Outside Dimensions (W × H × D):		512 mm (W) × 347 mm (H) × 416 mm (D)
Outside Dimensions (With handle) (W × H × D):		512 mm (W) × 347 mm (H) × 460 mm (D)
Oven Cavity Dimensions (W × H × D):		335 mm (W) × 238 mm (H) × 350 mm (D)
Overall Cavity Volume:		27 L
Operating Frequency:		2450 MHz
Uncrated Weight:		Approx. 16.5 kg (Without accessories)

\* 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 name plate on the microwave oven.