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Quick Guide to Operation

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

English

Feature	How to Operate
To Set Clock (page 10)	<p>Timer/Clock 計時/時鐘 Press twice → Time/Weight 時間/重量 (Set time of day) → Timer/Clock 計時/時鐘 Press</p>
To Set/Cancel Child Safety Lock (page 10)	<p>To Set: Start 開始 (Press 3 times) → Display []</p> <p>Cancel: Stop/Reset 停止/重設 (Press 3 times) → Display [1:25] or [:]</p>
To Cook / Reheat / Defrost by Micro Power and Time Setting (page 11)	<p>Micro Power 微波火力 → Time/Weight 時間/重量 (Set the cooking time) → Start 開始 Press</p>
To Cook using Grill Pad (page 12)	<p>Grill 薄塊燒烤 → Time/Weight 時間/重量 (Set the cooking time) → Start 開始 Press</p>
To Cook using Combination Pad (page 13)	<p>Combination 微波燒烤 → Time/Weight 時間/重量 (Set the cooking time) → Start 開始 Press</p>
To Use Turbo Defrost (page 14)	<p>Turbo Defrost 超速解凍 → Time/Weight 時間/重量 (Set the weight) → Start 開始 Press</p>
To Use Sensor Reheat (page 16)	<p>Sensor Reheat 自動感應翻熱 → (More/Less 增加/減少)* → Start 開始 Press</p>
To Use Oven (page 17)	<p>Without Preheating:</p> <p>Oven 烤焗 → Time/Weight 時間/重量 (Set time) → Start 開始 Press to select the temperature</p>
	<p>With Preheating:</p> <p>Oven 烤焗 → Start 開始 → After preheat Put the food into the oven → Time/Weight 時間/重量 (Set time) → Start 開始 Press to select the temperature</p>

Quick Guide to Operation

(continued)

English

Feature	How to Operate
To Use Ferment (page 18)	<p>Oven 烤箱</p> <p>Press to select 40 °C</p> <p>Time/Weight 時間/重量</p> <p>Set time</p> <p>Start 開始</p> <p>Press</p>
To Use as a Kitchen Timer (page 19)	<p>Timer/Clock 計時/時鐘</p> <p>Press</p> <p>Time/Weight 時間/重量</p> <p>Set the kitchen time</p> <p>Start 開始</p> <p>Press</p>
To Set Standing Time (page 19)	<p>Set the desired cooking program</p> <p>Timer/Clock 計時/時鐘</p> <p>Press</p> <p>Time/Weight 時間/重量</p> <p>Set the standing time</p> <p>Start 開始</p> <p>Press</p>
To Set Delay Start (page 19)	<p>Timer/Clock 計時/時鐘</p> <p>Press</p> <p>Time/Weight 時間/重量</p> <p>Set the delay time</p> <p>Set the desired cooking program</p> <p>Start 開始</p> <p>Press</p>
To Cook using the Recipe Store Pad (page 20)	<p>To Set:</p> <p>Recipe Store 記憶烹調</p> <p>Press to select the memory</p> <p>Set the desired cooking program.</p> <p>Recipe Store 記憶烹調</p> <p>OR</p> <p>Start 開始</p> <p>Press</p> <p>To Start:</p> <p>Recipe Store 記憶烹調</p> <p>Press to select the memory</p> <p>Start 開始</p> <p>Press</p>
To Use Auto Cook (page 21)	<p>Menu 1-15</p> <p>Auto Menu 自動食譜</p> <p>Press to select the desired menu</p> <p>Time/Weight 時間/重量</p> <p>Set the desired weight</p> <p>Start 開始</p> <p>Press</p> <p>Menu 16-20</p> <p>Auto Menu 自動食譜</p> <p>Press to select the desired menu</p> <p>Time/Weight 時間/重量</p> <p>Set the desired weight</p> <p>Start 開始</p> <p>Press</p> <p>After preheating, the oven will beep, put the food into the oven immediately.</p> <p>Start 開始</p> <p>Press</p>

Important Safety Instructions

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. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. 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.

Practical Hints:

1. For initial use of COMBINATION, GRILL, OVEN, 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 COMBINATION, GRILL, OVEN. Use care when opening or closing door and when inserting or removing food and accessories.
3. The oven has a heater situated in the top of the oven. After using the COMBINATION, GRILL and OVEN functions, the ceiling will be very hot.

4. The accessible parts may become hot when COMBINATION, GRILL or OVEN is in use. Children should be kept away.

Circuits

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

Do not insert higher value fuse in the power board.

Important Instructions

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

1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) may explode and should not be heated in microwave oven. Refer to cookbook for more details.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from bags before placing bag in oven.
 - (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
 - (d) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. The 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 an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

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

Fan Motor Operation after Cooking

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

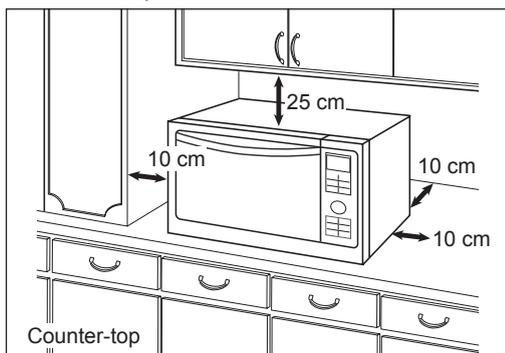
Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. 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. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. **POT HOLDERS** may be needed as heat from food is transferred to the cooking container and from the container to the 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 flat table unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **DO NOT** use this oven to heat chemicals or other nonfood products. **DO NOT** clean this oven with any product that is labeled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. When using the **COMBINATION** mode, never place any aluminum or metal container directly on the wire rack. Always insert a heat-proof, glass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
12. **DO NOT** 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.
14. 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.

Placement of the Oven

1. 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 and 10 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.



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

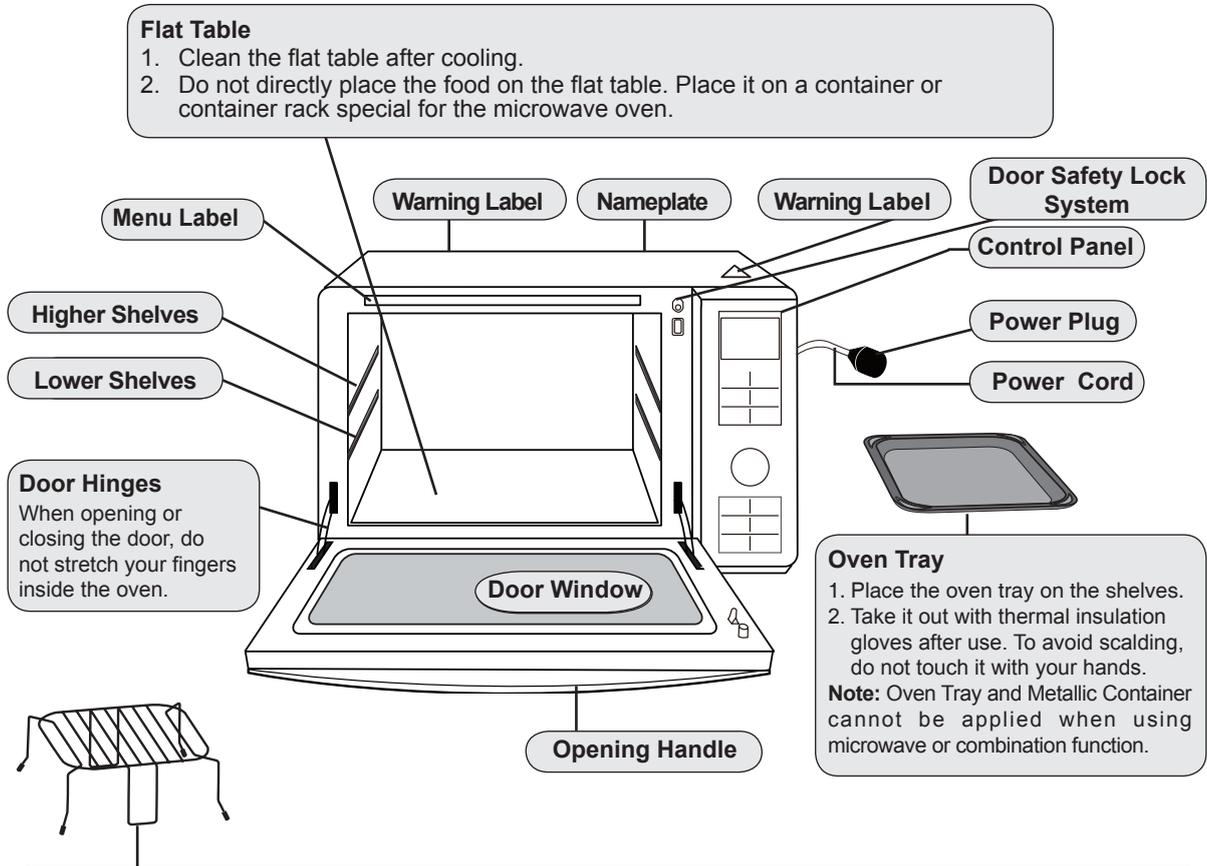
- (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - (c) Do not operate oven when room humidity is too high.
2. This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm house; by clients in hotels, motels and other residential environments; bed and breakfast type environments.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell (unless otherwise stated in cookbook). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
 - (a) Avoid using straight-sided containers with narrow necks.
 - (b) Do not overheat.
 - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
 - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken then handling the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Feature Diagram (Front view)

English



Wire Rack
 1. 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 or COMBINATION cooking modes, be careful to choose heat-proof containers; containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.
 4. When using the COMBINATION mode, never place any aluminum or metal container directly on Wire Rack. Always insert a glass 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. Don't use it together with oven tray.

The following chart shows correct use of the accessories in the oven.

	 Wire Rack	 Oven Tray (Metal)
Micro Power	×	×
Grill	✓	✓
Combination	✓*1	×
Oven	×	✓

*: 1. Metal containers can not be placed directly on the wire rack in combination mode.
 2. DO NOT use any metal containers for Microwave & Combination mode.

Notes:

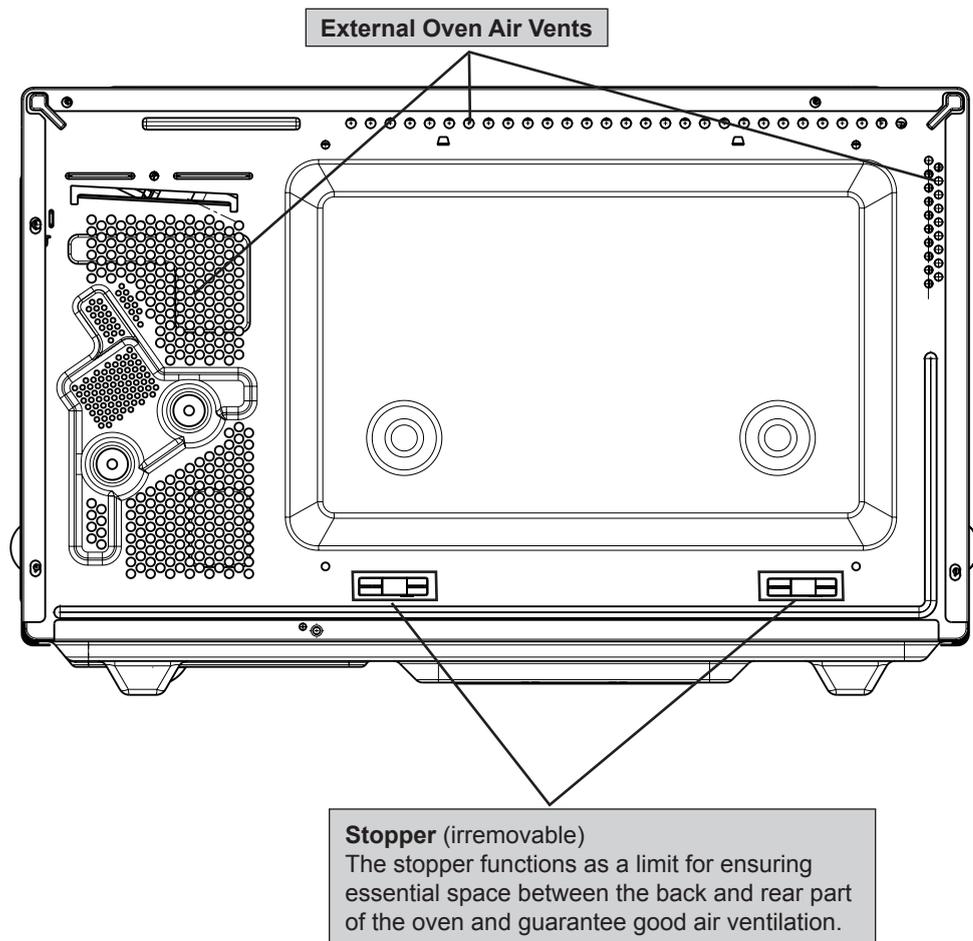
1. Never use micro power without a load in the cavity.
2. It's normal if white smoke gives off when first time using the grill, oven, combination function.
3. After using the microwave oven, the fan motor will continue operating several minutes. It's normal.

Warning

1. The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
2. It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
3. 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.
4. Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
5. 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.
6. 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.
7. When the appliance is operated in the grill, combination or oven modes, children should only use the oven under adult supervision due to the temperatures generated.

Note: The above illustration is for reference only.

Feature Diagram (Rear view)



Control Panel

English

Display Window

Micro Power Pad
(page 11)

Grill Pad
(page 12)

Oven Pad
(page 17-18)

Time/Weight Dial

Combination Pad
(page 13)

Recipe Store Pad
(page 20)

Stop/Reset Pad

Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and colon or time of day appears in the Display Window.

Micro Power
微波火力

Turbo Defrost
超速解凍

Grill
薄塊燒烤

Sensor Reheat
自動感應翻熱

Oven
烤焗

Auto Menu
自動食譜

Time/Weight
時間/重量

Combination
微波燒烤

More/Less
增加/減少

Recipe Store
記憶烹調

Timer/Clock
計時/時鐘

Stop/Reset
停止/重設

Start
開始

Turbo Defrost Pad
(page 14)

Sensor Reheat Pad
(page 16)

Auto Menu Pad
(page 21-25)

More/Less Pad

Timer/Clock Pad
(page 10, 19)

Start Pad

One tap allows oven to begin functioning. If door is opened or **Stop/Reset** pad is pressed once during oven operation, **Start** pad must again be pressed to restart oven.

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Word Prompters

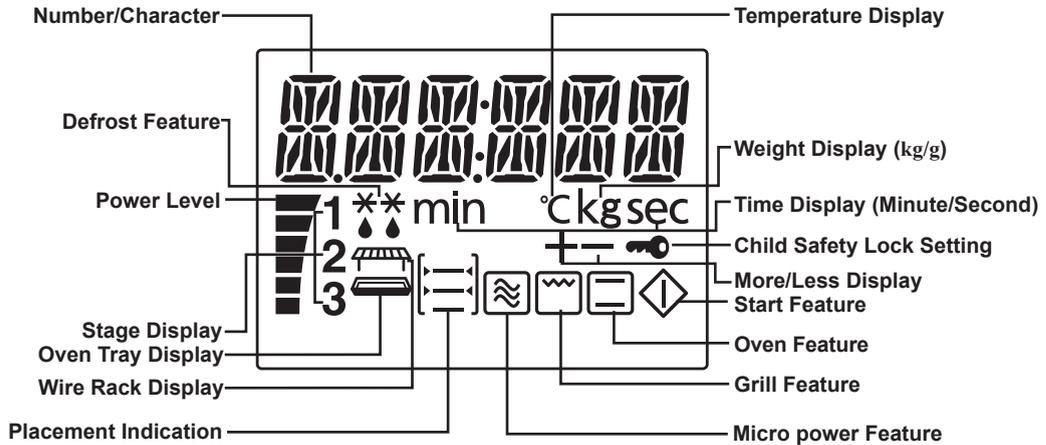
When a pad is pressed correctly, a beep sound will be heard and the corresponding letter or word(s) appear and roll across the Display Window. If a pad is pressed and no beep is heard, the unit did not or could not accept the instruction. As each pad is pressed the corresponding word(s) roll across the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

Notes:

1. If an operation is set and **Start** pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. This display will revert back to clock or colon mode.
2. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed.
3. When in stand-by mode the brightness of the display will be reduced.

Display Window

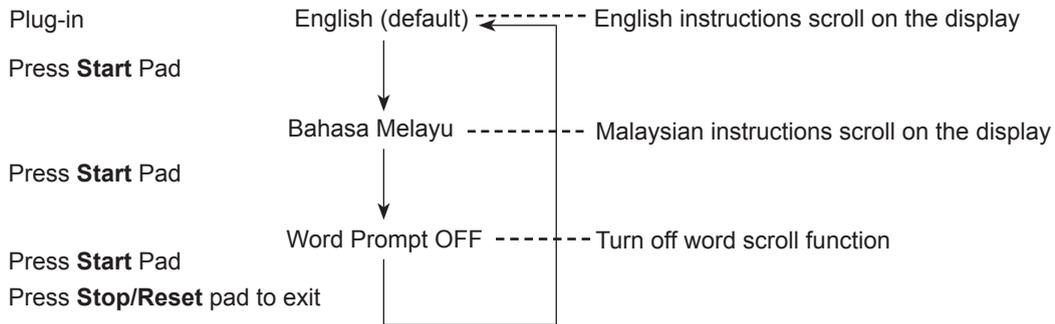
To help you operate the oven conveniently, the present state will appear in the display window.



English

Word Prompting

The oven has three different types of display. The default type of display is English prompting. You can select one of them just after plugging in and pressing **Start** pad.



Notes:

1. English or Malay display has a special rolling form to prompt the next step, for example, "SET TIME" / "TENTUKAN MASA", "PRESS START" / "TEKAN MULA".
2. These functions must be operated only when you plug in the oven initially.
3. When you re-plug the mains, the oven will resume default mode and you need to reset.

Operation Guide in the Display Window

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

To turn off:



To turn on:



Note: This function only can be operated when word prompt turns on.

Clock Setting

You can use the oven without setting the clock.

The clock is an optional function for the user. Its accuracy may be affected by the local power supply condition.

English



1. Press twice.
Colon will blink in the display window.



Time/Weight
時間/重量



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



3. Press.
Colon stops blinking; time of day is entered and locked into display window. Time counts up in minutes.

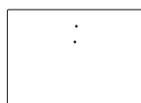
Notes:

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

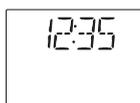
Child Safety Lock Setting

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

To set:



or



Colon or time of day is displayed



Press 3 times.



Display Window

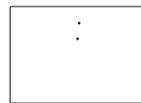
To cancel:



Display Window



Press 3 times.



or



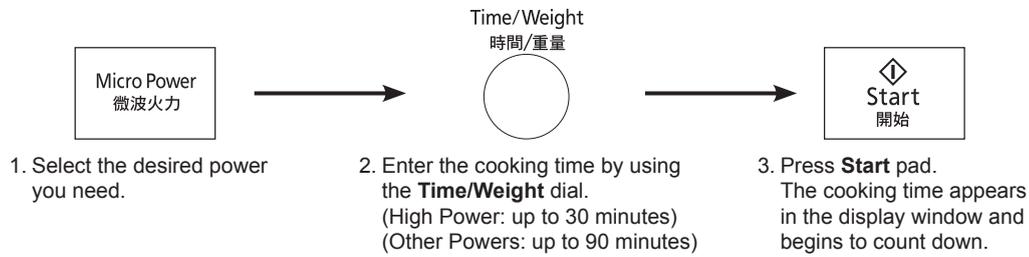
Colon or time of day is displayed

Note:

To set or cancel child safety lock, **Start** pad or **Stop/Reset** pad must be pressed 3 times within 10 seconds.

Micro Power Setting

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



English

Notes:

When selecting High Power on the first stage, you can skip step 1. Three stages can be set continuously. This function allows you to set only once for some different stages without taking care during cooking. Please refer to page 20.

Press	Power Level	Wattage	Example of Use
1	High	1000 W	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
2	Medium-High	800 W	Cook fish and seafood, meat, poultry, eggs and cakes.
3	Medium	600 W	Cook cakes, stew food, and melt butter and chocolate.
4	Medium-Low	400 W	Cook tough meat, stew soup and soften butter.
5	Defrost	300 W	Defrost meat, poultry or seafood.
6	Low	200 W	Keep food warm and soften ice cream.

Grill Setting

There are three grill setting modes. (1-High, 2-Medium, 3-Low)

Directions for Grill Cooking:

There are three power levels for grill. When grilling, heat is radiated from the two heater. The oven door must be kept closed to prevent cooking odours from spreading in the kitchen and so as not to waste energy. The grill is especially suitable for thin slices of meat and seafood as well as bread and meals.

Preheating isn't required before grilling. Select Grill setting, set the time and start the oven. The food being grilled should normally be turned over after half the grilling time. When the oven door is opened, the program is interrupted. Turn the food over, place it back the oven, close the door and restart oven. While grilling, the oven door can be opened at any time to check the food.

English



1. Press once to 3 times to set power.

Time/Weight
時間/重量



2. Set the desired cooking time by using **Time/Weight** dial. (up to 90 minutes)



3. Press **Start** pad. The cooking time appears in the display window and begins to count down.

Press	Power Level	Suitable kinds of foods
1	 Grill 1 (High)	Bread and toast
2	 Grill 2 (Medium)	Thin seafood
3	 Grill 3 (Low)	Slice of poultry or meat

Combination Setting

Combination Setting

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



English

Press	Power Level	Suitable kinds of foods
1	  Combination 1 (High)	Seafood and pudding
2	  Combination 2 (Medium)	Poultry and potatoes
3	  Combination 3 (Low)	Thicker meat

Micro Power Defrost Setting

This feature allows you to defrost by setting time by yourself.

English



Notes:

1. Please use plastic wrap or lids when defrosting.
2. Opening the door and taking out the defrosted parts during the operating time is recommended. Turn over, stir or rearrange the parts which are still in icy.

Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving/weight is 0.1 kg to 2.0 kg.



Notes:

1. Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight. To use, simply program Turbo Defrost and the weight of the food in kg (1.0) and tenths of a kg (0.1). The oven will determine the defrosting time and power levels. Once the oven is programmed, the defrosting time will appear in the display. For best results the minimum recommended weight is 0.2 kg.
2. BONE-IN ROASTS, such as a Beef Rib Roast have a smaller muscle than a boneless roast of the same weight. Therefore, for bone-in roasts weighing over 2 kg reduce weight by 0.5 kg. For bone-in roasts weighing less than 2 kg, reduce weight by 0.25 kg.
3. Turn over or remove or shield food when buzzer rings in the middle of cooking.

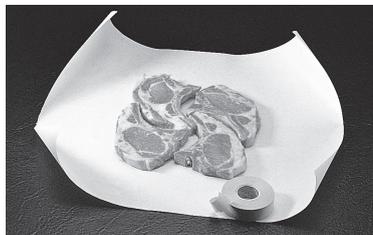
Defrosting Tips and Techniques

Preparation for Freezing

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

wrap and the meat which has been sealed before selling are all able to be reserved in the refrigerator for some times.

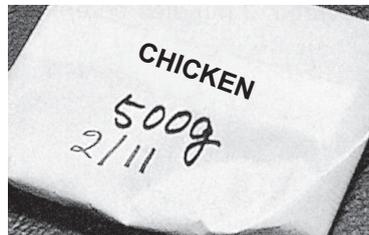
Note: Please remove the aluminum foil if the package is made of aluminum to prevent arcing.



When freezing meats, poultry and fish or seafood, the foods should be arranged evenly and wrap as 2.5-5 cm square or a round shape.



Please clean the whole chicken before freezing. (The bowels can be frozen individually.) Clean the whole chicken and make it dry. Binding the leg and thigh.



Remove all air and seal securely. Label package with type and cut of meat, date and weight.

The foods in the refrigerator should be kept under 18 °C. (At least 24 hours in freezer before defrosting.)

Turbo Defrost

The turbo defrost function is operated based on the weight of foods. Most cut foods such as chicken, meat and fish can be defrosted by using this function easily. Set the **Time/Weight** dial for weight based on the real weight of foods, and the microwave oven will set the power and time automatically. The display window will display the time of defrost after setting. The foods listed in the below table are the most suitable for using defrost function. The minimize weight is 0.1 kg and the maximum is 2.0 kg for getting the best result.

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

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 0.2-0.3 kg for meat with bones which is less than 2 kg.

Two buzz beeps

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

Key to defrosting

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



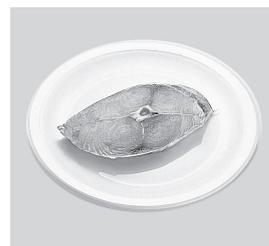
Remove the package of the raw meat and place it on the plate.



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



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



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

Sensor Reheat Setting

The feature allows you to reheat precooked room temperature or refrigerator temperature food without having to select cooking time and power. The oven does it automatically.

English

Sensor Reheat
自動感應翻熱

1. Press once.



2. Preferences for food doneness vary with each individual. After having using Sensor Reheat a few times, you may decide you would prefer your food cooked to a different doneness.

By using the **More/Less** Pad, the programs can be adjusted to cook food for a longer or shorter time. Press **More/Less** Pad before pressing **Start** Pad.

1 tap = More (Adds approx. 10 secs).

2 taps = Less (Subtracts approx. 10 secs).

3 taps = original setting.

If you are satisfied with the result of the Sensor program, you don't have to use this pad.

3. Press once.

After the heat and humidity is detected by the SENSOR, the oven will beep twice, the remaining time appears in the Display Window and begins to count down.

For best results on Sensor Reheat, follow these recommendations:

1. The room temperature surrounding the oven should be below 35 °C.
2. Food being reheated should weigh between 125 g and 1.0 kg. Foods weighing less than 125 g and more than 1.0 kg, use a manual micro power setting.
3. All food must be previously cooked and at room or refrigerator temperature.
4. Food should always be covered loosely, but completely, with plastic wrap. (Do not use any snap closing lids.)
5. Be sure the flat table, the outside of the cooking containers and the inside of the microwave are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
6. DO NOT open the oven door until 2 beeps sound and cooking time appears in the display Window. Doing so will cause inaccurate cooking since the steam from food is no longer contained within the oven cavity. Once the cooking time begins to count down, the oven door may be opened to stir, turn, or rearrange foods.
7. DO NOT reheat bread or pastry products (raw or uncooked), or beverages.
8. DO NOT use if oven cavity is warm (from previously cooked foods).
9. All food should have a covered stand time of at least 3 to 5 minutes.
10. If the temperature of the cavity is too high, sensor reheat feature can not be used. Display window will appear "HOT". Sensor reheat feature can be used until the "HOT" disappears.

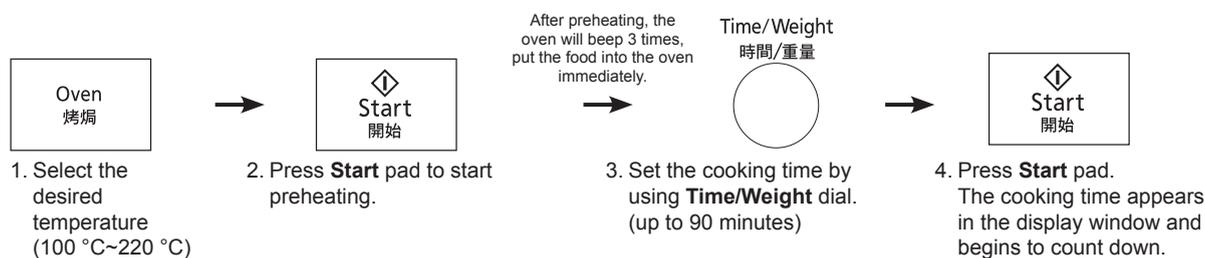
Oven Setting

This feature offer a choice of oven temperatures 40 °C and 100 °C ~ 220 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C and count up to 220 °C then 40 °C and 100 °C.

Without Preheating:



With Preheating:



Notes:

1. The oven can not preheat at 40 °C.
2. Do not open the door during preheating. After preheating 3 beeps will be heard and the "P" will flash in the display window. If the oven door is not opened after preheating, the oven will maintain the selected temperature. After 1 hour, including preheating, the oven will shut off automatically and revert to colon or time of day.
3. If you want to cook without preheating, after selecting the desired temperature, set the cooking time then press **Start** pad.

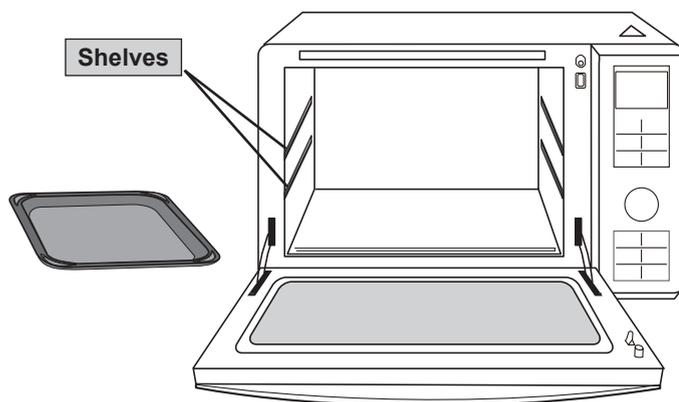
Ferment Setting (Ferment function is used for dough fermentation, such as the pizza base or bakery dough when making bread.)

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

English



Placement of Oven Tray



When using the oven tray, please put oven tray directly on the higher/lower shelves.

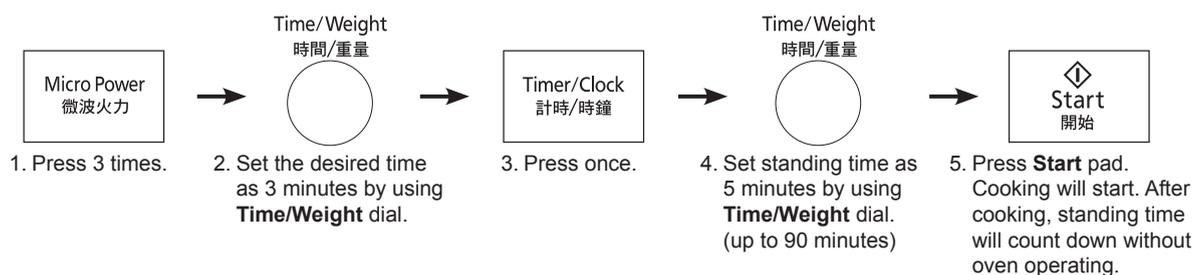
Timer Setting (Kitchen Timer/Standing Time/Delay Start)

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

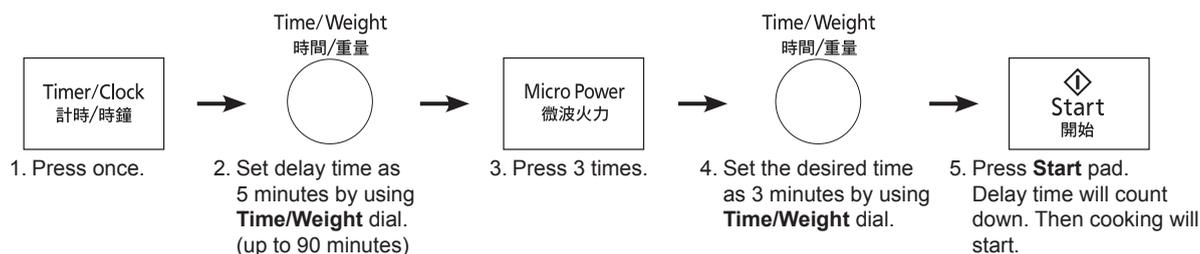
To set Kitchen Timer: **E.g.: To count down 5 minutes**



To set Standing Time: **E.g.: To cook at medium power for 3 minutes, with standing time of 5 minutes**



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



Notes:

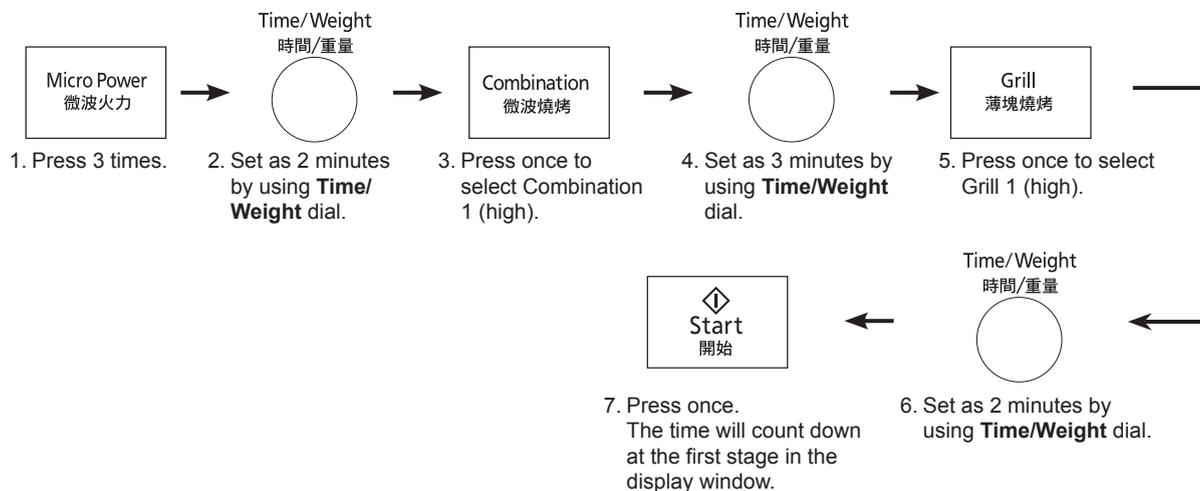
1. Three stage cooking can be programmed including Stand Time or Delay Time.
2. If the oven door is opened during Kitchen Timer, Standing Time, Delay Start, the time in the display window will continue to count down.
3. Standing Time and Delay Start can not be programmed together with automatic function.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

3-Stage Setting

This feature allows you to program 3-Stage continually.

E.g.: Continually set [Medium power] 2 minutes, [Combination 1] 3 minutes and [Grill 1] 2 minutes.

English



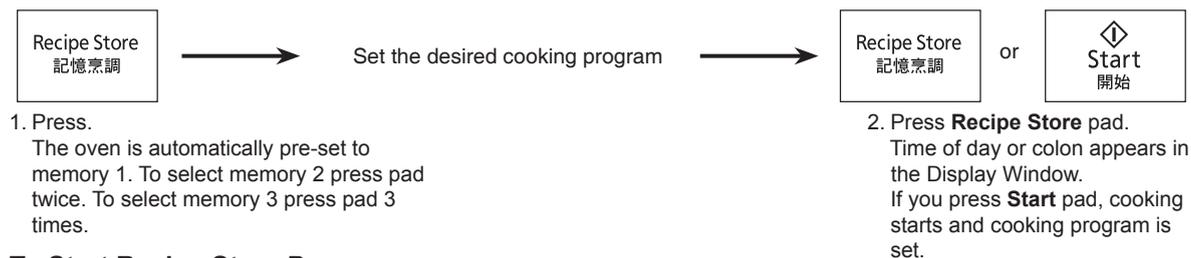
Notes:

1. When operating, two beeps will sound between each stage.
2. This feature is only available for Combination, Grill, Timer, Micro Power function.
3. Auto programs can not be used with multi-stage cooking.
4. During cooking pressing **Stop/Reset** pad once will stop the operation, Pressing **Start** pad will re-start the programmed operation. Pressing **Stop/Reset** pad twice will stop and clear the programmed operation.

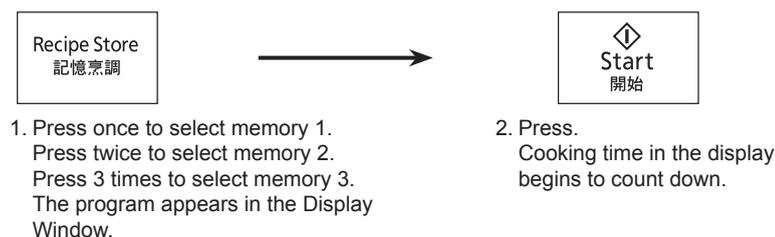
To Cook using the Recipe Store Pad

This feature allows you to pre-program your oven for regular reheating or cooking tasks. You are able to pre-program your oven for a specific power level and time that is convenient for you. You are able to pre-program three memory tasks.

To Set a Recipe Program:



To Start Recipe Store Program:



Notes:

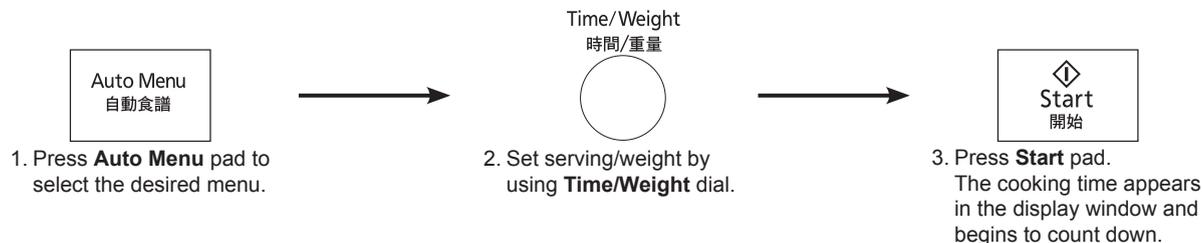
1. Auto Control Functions cannot be programmed into Recipe Store.
2. Recipe Store can only store 1 stage cooking. It is not possible to store 2 or 3 stage cooking.
3. A new recipe program will cancel the recipe program previously stored.
4. The recipe program will be cancelled if the oven is unplugged.
5. Oven pre-heat mode cannot be programmed into Recipe Store.

Auto Cook Setting and Menus

This feature allows you to set some ordinary menus with different weights. It will cook automatically without setting power and time. Press **Auto Menu** to select the desired menu and the corresponding menu will appear in the display window.

For menus 1-15, please operate as follows:

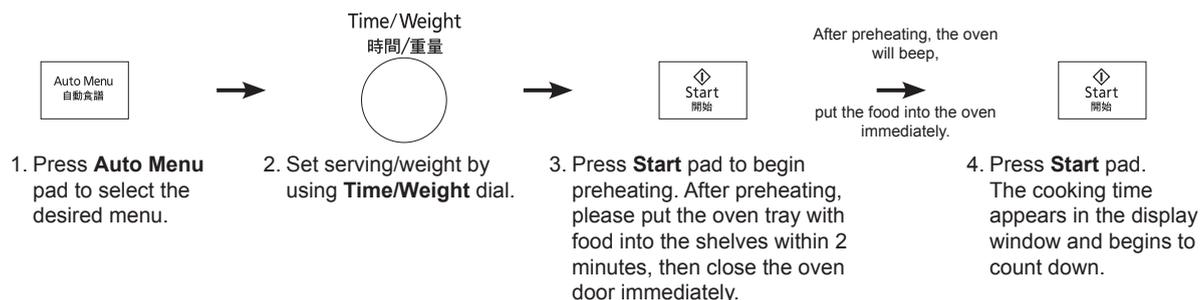
Without Preheating:



*  indicates the wire rack or oven tray should be used during cooking and placement of them.

For menus 16-20, please operate as follows:

With Preheating:



*  indicates the wire rack or oven tray should be used during cooking and placement of the tray.

Note:

Do not open the door during preheating. After preheating, the oven will beep and the "P" will flash in the display window. If the oven door is not opened after preheating, the oven will maintain the selected temperature. After 1 hour, including preheating, the oven will shut off automatically and revert to colon or time of day.

Auto Cook Setting and Menus (continued)

English

Number	Menu	Serving/Weight				Recommended Containers	Accessories and Placement
1	Double Boil	4-6 (servs)	1-3 (servs)	-	-	Casserole with lid	-
2	Quick Soup	4-6 (servs)	1-3 (servs)	-	-	Casserole with lid	-
3	Vegetables	100 g	200 g	300 g	400 g	Casserole with lid	-
4	Casserole Rice	150 g	300 g	450 g	-	Casserole with lid	-
5	Congee/Porridge	100 g	150 g	200 g	-	Casserole with lid	-
6	Instant Noodle	1 serv	2 serv	-	-	Casserole with lid	-
7	Stew	4-6 (servs)	1-3 (servs)	-	-	Casserole with lid	-
8	Reheat Chinese Bun(Pau)	100 g	200 g	300 g	-	Dish with wrap	-
9	Roast Chicken	600 g	900 g	1200 g	-	Saucer in the dish	-
10	Roast Beef/Lamb	200 g	400 g	600 g	-	-	Wire Rack
11	Grill Chicken Pieces	200 g	400 g	600 g	-	-	Wire Rack
12	Reheat Fried Foods	200 g	400 g	-	-	-	Wire Rack
13	BBQ Meat Pieces	200 g	300 g	400 g	-	-	Wire Rack
14	Fish	100 g	200 g	300 g	400 g	Dish with wrap	-
15	Frozen Pizza	200 g	350 g	-	-	-	Wire Rack
16	Cake	20 cm (8 inches)	-	-	-	8 Inches Cake Tin	Oven Tray on Lower Shelves
17	Cream Puff	9 pcs	-	-	-	-	Oven Tray on Lower Shelves
18	Cookies	16 pcs	-	-	-	-	Oven Tray on Higher Shelves
19	Home Made Pizza	23 cm (9 inches)	-	-	-	-	Oven Tray on Lower Shelves
20	Pudding	6 pcs	-	-	-	Glass pudding cups	Oven Tray on Lower Shelves

Notes:

1. If the temperature of the cavity is too high, auto cook feature can not be used. Display window will appear "HOT". Auto Cook feature can be used until the "HOT" disappears.
2. Cook according to the following cooking method.

Auto Cook Setting and Menus (continued)

English

1. Double Boil

It is suitable for cooking traditional soups; herbal soup, birdnest soup, etc., that requires slow simmer or 'double boil'. This method ensures food remains tender without losing its shape. It also extracts and retains the aromatic flavour of the food. Place all ingredients and liquid in a high microwave safe and heat proof casserole dish. Allow at most 1/2 depth of volume for evaporation to prevent boiling over. Cook covered with a lid or microwave safe plastic wrap. Open the door to stir when two beeps heard during cooking, press **Start** pad to continue.

Measure water and ingredients as the below chart for reference.

Serving	Meat	Vegetables	Water
4-6 servs	500 g	400 g	1000 ml
1-3 servs	250 g	200 g	650 ml

2. Quick Soup

Suitable for cooking quick soups such as chicken soup, rib soup etc., clean all raw materials and ingredients for later use. Add all raw materials, ingredients and water into a microwave safe container with lid. Allow at most 1/2 depth of volume for evaporation to prevent boiling over. Open the oven door to stir when two beeps heard during cooking, press **Start** pad to continue. Add seasonings after cooking. Measure water and ingredients as the below chart for reference.

Serving	Meat	Vegetables	Water
4-6 servs	300 g	850 g	1000 ml
1-3 servs	150 g	450 g	500 ml

3. Vegetables

Suitable for cooking different kinds of vegetables. Clean the vegetables and place them in a microwave safety container, add some oil and stir. Cover with the lid. Stir when two beeps heard during cooking. Add salt and other seasonings after cooking, then stir.

4. Casserole Rice

It is suitable for cooking plain rice. Always use a high microwave safe casserole and cover with a lid or microwave safe plastic wrap. When cover, always allow at most 1/2 depth of volume for evaporation to prevent boiling over. Allow rice to stand for 5-10 minutes after cooking. Measure rice and water as the below chart for reference.

Rice	150 g	300 g	450 g
Water	250 ml	500 ml	800 ml

5. Congee/Porridge

Use the containers suitable for microwave and the containers for microwave rice cooking are recommended. Soak the rice for about 30 minutes. The proportion between the water and rice is the same as the form below. The total volume should not be over half of the total container. Keep the vent of the container opening. If no vent or the vent is not large enough, do not close the container securely to prevent boiling. Open the microwave oven when hearing the two beeps, take the container out of the oven and stir carefully. Then do not cover the container securely and take it back the oven. Press **Start** pad to continue. Wait 5-10 minutes after cooking, then taste your porridge.

Note: Open the cover carefully after cooking to prevent scalding as the high temperature.

Measure rice and water as the below chart for reference.

Rice	100 g	150 g	200 g
Water	750 ml	1000 ml	1300 ml

6. Instant Noodle

Suitable for cooking different kinds of instant noodle. Put the noodle and seasonings into a microwave safe container, then pour water. The total volume of the food cannot be over half of the container. Please keep the vent opening when cooking, if no air vent or the vent is too small, the lid should not be covered securely to prevent boiling. For the 2 servs, please stir when hearing two beeps. After finished, let stand for 2 min.

Measure water and ingredients as the below chart for reference.

Instant Noodle	1 serv (80 g)	2 servs (160 g)
Water	450 ml	800 ml

7. Stew

For cooking meat/poultry stews. Suitable for tougher cuts of meat/poultry. Place all ingredients and liquid in a high microwave safe and heat proof casserole. Allow at most 1/2 depth of volume for evaporation to prevent boiling over. Cook covered with a lid. Open the door to stir when two beeps heard during cooking, press **Start** pad to continue.

Measure water and ingredients as the below chart for reference.

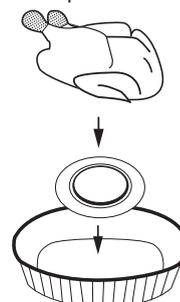
Serving	Meat	Vegetables	Water
4-6 servs	1200 g	400 g	600 ml
1-3 servs	600 g	200 g	300 ml

8. Reheat Chinese Bun (Pau)

Suitable for reheat refrigerated Chinese buns, the weight is 50g per piece. Arrange the buns into a microwave safe container intensively, spray some water, covered with plastic wrap. place the container at the center of the flat table, and select the program and start, please turn the container 180 degree when two beeps heard.

9. Roast Chicken

Clean the chicken and marinate it for about 1 hour with seasonings. Place the chicken on an upturned saucer in a dish, breast side up. Select program and press **Start** pad according to the weight. Do not use plastic wrap or lid. Turn over when hearing two beeps.



Note: If you want to cook half a chicken, please roast the interior part first, and turn over after beeps.

Auto Cook Setting and Menus *(continued)*

10. Roast Beef/Lamb

Suitable for roasting beefsteak or mutton chop. Make the beefsteak clean and thin, marinate them with seasonings for 1 hour. Then dry them and wrap starch. Place the beefsteak on the wire rack. Select the program and begin to cook. Open the door and turn the steaks over when hearing 2 beeps during cooking time. Close the door and press **Start** pad to continue.

Notes:

1. The frozen beef should be defrosted first before cooking.
2. Do not add sauces if sauced beef is purchased.
3. This programme is not suitable for beef which is too thick (Do not over 2.5 cm thickness).

11. Grill Chicken Pieces

Allow you to roast chicken pieces. Make the chicken pieces clean and marinate them with seasoning for 1 hour. Place marinated chicken pieces on the wire rack and put them into the oven. Select the program and press **Start** according to the weight. Turn over when hearing 2 beeps during cooking time. Do not use plastic wrap or lid.

12. Reheat Fried Foods

Suitable for reheating fried food including fried chicken pieces, curry buns, deep-fried spring rolls. Place the food on the wire rack and put them into the oven. Select the program and press **Start** according to the weight. Turn over when hearing 2 beeps during cooking time. Do not use plastic or lid.

13. BBQ Meat Pieces

Allow you to roast meat skewer, chicken pieces or seafood. Marinate the food with seasoning for 1 hour. Place the food on the wire rack and put them into the oven. Select the program and press **Start** according to the weight. Turn over when hearing 2 beeps during cooking time. Do not use plastic or lid.

14. Fish

Suitable for cooking different kinds of fish (thickness of fish should not be more than 3cm). Place the fish on the microwave safe dish, add salt, oil, onion and water for cook. Covered with wrap. Place the dish on the flat table. Select the program and start. Turn the dish 180 degree after beep sounds.

15. Frozen Pizza

Allow you to bake frozen pizza. Place pizza on the wire rack and put them into the oven. Select the program and press **Start** according to the weight. Do not use plastic or lid.

Notes:

1. Set the cooking time manually according to the actual size when it does not conform to the size specified in the operation instruction.
2. No need to use aluminum foil or grease.

16. Cake (Round 8" cake mold)

Ingredient:

Egg	200 g (about 4 pcs)
Cake powder	170 g
Castor sugar	170 g
Milk	1 tbsp
Butter	20 g

Method:

1. Beat eggs and castor sugar into a container and stir with an eggbeater at low speed until the sugar is dissolved completely. Adjust to high speed until the beaten eggs are completely foamed and the footprint of the eggbeater keeps for a while. Readjust to low speed to make the bubbles uniformly.
2. Select the program and press **Start** to preheat.
3. Gradually add the sifted flour into the mixture. Mix them with a wooden spoon from bottom to top. Add the melt butter and milk into the mixture and stir evenly. Cover the baking paper at the bottom and edges of the mold and pour in the mixture. Put the mold on the oven tray. After preheating, the oven will beep. Put the oven tray on the lower shelves quickly and press **Start** pad.

Notes:

1. The mixing method will affect the cooking result directly. After adding the flour, do not mix excessively.
2. Put the oven tray on the lower shelves quickly at the completion of preheating. If the door is opened too long, it can affect the cooking result.
3. Insert a toothpick in the center. Cake is cooked if the toothpick comes out clean.

17. Cream Puff

Ingredient:

Plain flour	50 g
Butter	50 g
Egg	150 g (about 2-3 pcs)
Water	80 ml

Method:

1. Heat the butter and water to boiling on gas. Pour the flour into the mixture quickly and stir continually till the mixture is transparent. Switch off the gas. Gradually add the beaten eggs into the mixture, whisk continually till the mixture begins to sticker and the mixture dropped stringy by using wooden spoon, then stop to add beaten eggs.
2. Select the program and press **Start** to preheat.
3. Place the aluminum foil on the oven tray and grease. Cut the mixture to 25 g each and arrange into 3×3 shape equidistantly. After preheating, the oven will beep. Place the oven tray on the lower shelves quickly and press **Start** pad.

Notes:

1. Whisk quickly and evenly when gradually adding the beaten eggs.
2. Do not add excessive eggs when the mixture begins to string.
3. Arrange the puff equidistantly within 9 units to ensure cooking result.
4. Put the oven tray on the lower shelves quickly at the completion of preheating. If the door is opened too long, it can affect the cooking result.
5. After cooking, take out the oven tray carefully with mitten, separate the puff from the foil and place it in another dish, if not, after the puff cooling down, it is hard to separate them down.

Auto Cook Setting and Menus (continued)

18. Cookies

Ingredient:

Egg	25 g
Plain flour	80 g
Butter	40 g (room temperature)
Castor sugar	40 g

Method:

Whisk the butter and sugar to be softened and creamy with egg beater. Add beaten eggs and stir evenly. Gradually add sifted plain flour and stir evenly with wooden spoon. Select the program and press **Start** pad to preheat. Place the aluminum foil on the oven tray. Cut the mixture to cookie shape with 5 mm height and 11 g each and arrange into 4x4. After preheating, the oven will beep. Put the oven tray on the higher shelves quickly and press **Start** pad.

Notes:

1. Insure the butter be soft under room temperature in advance.
2. Put the ingredients in a deep container to avoid splash when whisking.
3. Arrange the cookies equidistantly and under specified volume for a better performance.
4. After preheating, place the oven tray on the higher shelves immediately. If the door is opened too long, it will affect the cooking result.

19. Home Made Pizza

Ingredient:

Dough:

Plain flour (sieved)	130 g
Salt	3 g
Instant yeast	4 g
Sugar	10 g
Milk powder	7 g
Butter	10 g
(room temperature)	
Lukewarm water	65 ml

Pizza Sauce:

Tomato puree	45 g
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Pizza Toppings:

Sausage(sliced)	70 g
Mushroom(sliced)	30 g
Onion(chopped)	50 g
Mozzarella cheese (shredded)	100 g
Tomato (sliced)	1
Green pepper (sliced)	50 g
A dash paprika	

Method:

1. Place flour, salt, yeast, sugar, milk powder and butter in a mixing bowl.
2. Partially add lukewarm water into flour mixture and knead it till it forms soft dough.
3. Place dough into a mixing bowl, cover with wrap and pierce holes on the wrap.
4. Place dough in oven, set to 40 °C to ferment for 1 hour. (till dough doubles in size)

5. Flatten the fermented dough out on the table coated with a layer of flour, and compact as much as possible to ensure there are no air pockets. Roll out dough into 23cm diameter and place it on greased baking tray. Top with tomato sauce and filling then apply mozzarella cheese over the whole surface.
6. Select the program and press the **Start** pad. The oven will begin to preheat.
7. After preheating, the oven will beep. Quickly place the oven tray into the lower shelves in the microwave oven. Press the **Start** pad. The oven will begin to work.

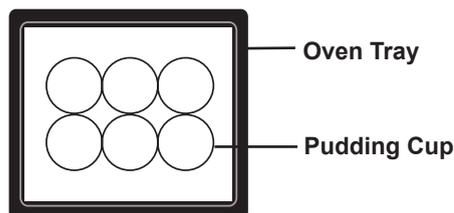
20. Pudding (glass pudding cup with 6 cm diameter and 5 cm depth)

Ingredient:

Sugar	100 g
Milk	400 g
Egg yolk	5 pcs
(stirred uniformly)	
Warm water (50 °C)	400 ml

Method:

1. To prepare caramel: Add a large spoon of water into 40 g sugar, pour water and sugar into a container to heat for 3 minutes 15 seconds at medium power. Stir at the half time. Take the sugar out when it turns to dark brown. Add a large spoon of water, quickly stir and left stand for cooling down.
2. To prepare egg liquid: Add 400 g milk and 60 g sugar into a container to heat for 3 minutes 30 seconds at med-high power to make sugar completely dissolve into the milk. Let cool down, and then add egg yolk and stir the mixture uniformly. Coat the inside of the mold with butter, spread 3 g of caramel at the bottom uniformly, and add 80 g egg liquid. Wrap the mould mouth with foil. The total volume cannot exceed $\frac{3}{4}$ of the mold.
3. Select the program and press the **Start** pad. The oven will begin to preheat.
4. Lay a piece of kitchen paper onto the oven tray and pour 400 ml of 50 °C warm water. Arrange the pudding molds in a shape of 3x2 onto the oven tray.
5. After preheating, the oven will beep. Put 6 cups of pudding centrally on oven tray as the chart shows, quickly place the oven tray into the lower shelves in the microwave oven. Press the **Start** pad. The oven will begin to work.



Before Requesting Service

English

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.

Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.

I accidentally operate my microwave oven without any food in it.

Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.

There are humming and clicking noises from my oven when I cook by Combination.

These noise occur as the oven automatically switches from microwave power to Grill, to create the Combination setting. This is normal.

The oven has an odour and generates smoke when using Combination and Grill function.

It is essential that your oven is wiped out regularly particularly after cooking by Combination or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

The fan motor continue operating after cooking is over.

After using the microwave oven, the fan motor will operate for several minutes to cool the electric compenents.

Some smoke will be given off from the cavity when using grill, combination or oven for the first time.

It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

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 center.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Start pad was not pressed after programming.	Press Start pad.
	Another program has already been entered into the oven.	Press Stop/Reset pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset pad has been pressed accidentally.	Program oven again.
"HOT" appears in the display window.	The cavity is overheated.	Operate again after it cools down. Please open the door in order to cool the temperature of the cavity more quickly.
"H97" or "H98" appears in the display window.	This display indicates a problem with the microwave generation system.	Contact the authorised service center.
"DEMO MODE PRESS ANY KEY" or "⏏" appears in the display window.	The oven is under demonstration mode.	Press Micro Power pad once, Start pad 4 times and Stop/Reset pad 4 times.
"🔒" appears in the Display Window.	The Child Lock was activated by pressing Start pad 3 times.	Deactivate Lock by pressing Stop/Reset pad 3 times.

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

Care of your Microwave Oven

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

English

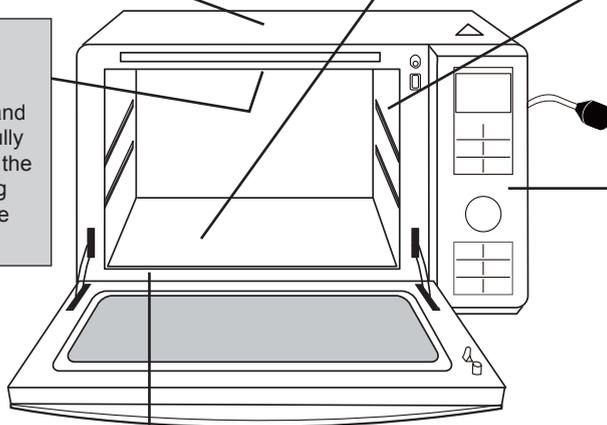
The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

Always clean the Flat Table after cooling down with a mild detergent and wipe to dry.

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

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

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



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

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



Wire Rack



Oven Tray

Notes:

1. When using the Grill or cooking in the Combination mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After Grill, Combination cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.
DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
A steam cleaner is not to be used for cleaning.
3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
4. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

Technical Specifications

Power Source:		220 V 50 Hz	230 ~ 240V 50 Hz
Output Power*:		1000 W	
Power Consumption:	Microwave	4.8 A 1070 W	4.6 A 1070 W
	Heater	4.7 A 1040 W (Grill)	4.3 A 1040 W (Grill)
		7.3 A 1630 W (Oven)	7.0 A 1630W (Oven)
	Combination	7.3 A 1630 W	7.2 A 1700 W
Outside Dimensions (W × H × D):		483 mm x 310 mm x 396 mm	
Oven Cavity Dimensions (W × H × D):		299 mm x 199 mm x 350 mm	
Cavity Volume:		23 L	
Operating Frequency:		2450 MHz	
Net Weight:		13.3 kg	

* 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.

English