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非常感謝您購買 Panasonic 的產品

- 請仔細閱讀本使用說明書，以確保正確安全使用本產品。
- 本產品只限於家庭使用。
- 使用前請務必仔細閱讀「安全注意事項」(P.2-5)。
- 保用証請與本使用說明書一起妥善保管。

保用証另附

1 安全注意事項

請務必遵守

為防患未然避免危害使用者及他人財產，列舉務必遵守事項如下並加以說明。
■無視表示內容或使用方式錯誤時，將會導致的危害及損害程度，以下面的表示來區分說明。

- 警告** 本欄所表示的內容為「有可能導致死亡或重傷」。
- 注意** 本欄所表示的內容為「有可能導致傷害或僅有物品可能發生損害」。

- 希望遵守內容的種類以下面的圖形來區分說明。
- 本圖表示「禁止」之意。
- 本圖形表示務必「強制」實行之意。

警告

為防止發生燙傷觸電等事故...

- 請務必放在小孩觸摸不到的地方。(燙傷、觸電、受傷的原因)
- 請勿將機體泡水或沖水。(短路、觸電、發火的原因)
- 切勿擅自拆解、維修或改裝。(發火、傷害的原因)
- 修理時請與經銷商或客戶諮詢服務中心聯絡。

為防止發生火災，以下事項請遵守

- 請勿將油倒入琺瑯質烤盤加熱
- 本產品不得在靠近窗簾及其他可燃材料的地方或下方使用

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注意事項

- 電焗爐工作期間，門玻璃或外部表面溫度很高。
- 凡身體、視力或智能缺陷或不足者(包括兒童)，以及缺乏使用經驗和知識者，皆不得使用本產品，除非有人為其安全承擔責任，且給予適當監督和指導。
- 務必從旁監督兒童，避免其任意使用產品。(否則會造成燙傷、觸電、受傷)

定期檢查電源線

- 請定期檢查電源線是否損壞，切勿在電源線損壞的情況下使用本產品。

電源線與電源插頭正確使用方法

- 電源線、電源插頭不可有損傷。
- 電源線損傷或插頭插入插座鬆動時請勿使用
- 電源線、插頭損壞時，必須由製造商其維修部或類似部門的專業人員更換。
- 本產品必須確實接地，手濕時請勿將插頭插入或從插座拔取。
- 切勿損壞、過份彎曲、拉伸、扭轉電源線；不可在電源線上放重物或夾住電源線。
- 請勿將電源線或插頭浸入水中，電源線應遠離加熱表面，不可將電源線纏繞在桌緣上。
- 請勿將外接定時器或遙控裝置連接於電焗爐。
- 插頭請確實插入備有正確接地裝置的插座。
- 插頭上的異物請定期清除。(異物、潮氣附著可能造成絕緣不良)
- 插座請使用單一插頭，勿多重插頭使用同一插座。
- 電源規格務必為220V、50Hz的交流電，13A以上且附保險絲或斷路器。

警告

- 使用前須將包裝材料取下
- 若未取下包裝便使用本產品，可能導致火災、燒傷等意外。
- 請將塑膠包裝置於兒童無法取得之處或者直接丟棄
- 否則可能導致兒童窒息。
- 本產品不能在外接定時器或獨立的遙控器控制系統的方式下運行。

緊急處理方法

警告

- 發生異常時(燒焦味等)請立即停止使用，並拔掉電源插頭。若繼續使用，可能因發熱引起火災或觸電等危險。
- 發生異常時，請致電 Panasonic 客戶諮詢服務中心，請勿自行進行修理工作，修理不善是引起火災及觸電發生的原因。
- 若電源線損壞時，請速聯絡就近的 Panasonic 客戶諮詢服務中心，由專業人員進行更換，以避免危險。

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注意

此符號表示：產品表面高溫，觸碰時請小心謹慎

使用中與使用完後注意避免燙傷！

- 請勿觸碰爐體、玻璃、琺瑯質烤盤、烤網、旋轉烤叉、發熱管等高温部分。
- 取出琺瑯質烤盤、烤網時，務必使用取物夾或隔熱手套。
- 旋轉烤叉取出時務必使用取盤支架。
- 使用後內部清理請待冷卻後進行。

為防止發生發火、燙傷、受傷等事故...

為防止發火發生，以下事項請遵守

- 使用中時請勿遠離。
- 遠離時請務必關閉電源。
- 特別在烘焗多油脂類食物或薄片等易燃燒物時，絕對不可遠離，盡可能全程監控。
- 請勿進行不必要的加熱。
- 加熱時間的增減請調節定時器。
- 請勿作調理以外的加熱。
- 本機為家庭調理使用，請勿作其他用途，避免發生危險。
- 請勿在本體上面或下面放置任何物品。(變形、變質、火災的發生原因)
- 牛油、果醬塗佈的麵包、吐司請勿加熱。
- 罐類與玻璃瓶，請勿直接加熱。(否則可能會導致破裂或受傷)
- 生肉、魚與油炸物等直接加熱時：油炸物加熱時會流出油脂，務必使用琺瑯質烤盤盛裝。
- 使用鋁箔紙包裹加熱時，可能會滲出油脂，務必使用琺瑯質烤盤盛裝。
- 肉、魚請務必先用鋁箔紙包裹，再置於琺瑯質烤盤加熱。(參 P.10)
- 麵包屑盤請裝入後再使用。

加熱的食物發煙、發火時請勿打開爐門

- 馬上關閉電源開關，拔除插頭。(發生火災的原因)
- 火未熄滅時請勿開啟爐門。(空氣進入後會助長火勢)
- 不可使用水。(玻璃窗會破裂)

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售後服務 Aftersales services

Panasonic 官方網站 Panasonic official website 網址：<http://www.panasonic.hk>

1 安全注意事項

請務必遵守

注意

請勿在以下場所使用本產品。

- 不平坦的表面、非耐熱地毯或桌布等處。(否則，可能導致火災。)
- 可能會沾水的地方或熱源附近。(否則，可能會導致觸電或漏電。)
- 牆壁或傢俱附近。(否則，可能導致變色或變形。)
- 請勿置於櫥櫃內等密閉空間使用。

注意

電焗爐須與四周牆面或櫥櫃保持一定距離，否則加熱時排出的油煙，可能會污染傢俱，甚至過熱而引起火災。

20 cm 以上

10 cm 以上

牆面

電源插頭正確的使用方法

- 插頭拔除時務必握取插頭，不可拔取電線。(觸電、短路、發火時的發生原因)
- 不使用時務必將電源插頭從插座拔除。(絕緣劣化時，觸電、漏電、火災的原因)

使用後務必進行內部清理
(發煙，發火的原因)

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2 各部件名稱及操作方法

爐體

旋轉烤叉放置處

烤網放置處

發熱管

門玻璃

門把手

散熱孔

控制面板 ※門玻璃打開時，請輕放。

配備說明

- 琺瑯質烤盤**：用於盛裝魚、肉等油性食物。建議：琺瑯質烤盤請先鋪上錫箔紙，再將食物置於其上，便於烤盤清洗。
- 烤網**：用於盛裝麵包或其他食物，並承載金屬容器。
- 麵包屑盤**：用於承接非油性食物的殘渣和油脂。使用後請清潔麵包屑盤，以免殘留過度烘烤產生臭味。
- 取盤支架**：用於取旋轉烤叉。
- 取物夾**：用於取琺瑯質烤盤和烤網。
- 旋轉烤叉**：用於烤烘整隻雞、大塊肉類。

上管溫度旋鈕：上管溫度可設於70℃至230℃之間。爐體內部溫度若達設定溫度則停止加熱，若低於設定溫度則開始加熱。

功能旋鈕：
 下管加熱 上管加熱 上下管+熱風對流
 上下管加熱 旋轉燒烤 Fermentation (發酵)

下管溫度旋鈕：下管溫度可設於70℃至230℃之間。爐體內部溫度若達設定溫度則停止加熱，若低於設定溫度則開始加熱。

電源指示燈：電焗爐使用時，電源指示燈會亮起。

時間旋鈕：時間可設於0至120分鐘之間。將旋鈕順時針轉至加熱時間後，電源指示燈會亮起。設定加熱時間結束時，會聽到鈴聲提示，同時自動切斷電源。選擇「Stay on」時，電源指示燈會亮起。若需結束加熱，請手動將時間旋鈕轉回「Off」位置，否則電焗爐將持續加熱。

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第1次使用前請空燒

- 放入琺瑯質烤盤。
- 功能旋鈕調整到「」，上管溫度及下管溫度旋鈕調整到「230℃」位置。
- 時間旋鈕到10分位置。請先將旋鈕轉至40分鐘以上，再轉回到10分鐘位置。

●空燒時，會釋放出煙與臭味。請將烤箱打開，讓煙容易消散。

●煙與臭味釋放後，使用時不再發煙與臭味。

●空燒後，本體冷卻後再使用。

●第1次空燒時，電焗爐可能發出響聲，此屬正常現象。

- 注意**
- 調理時請勿將門開啟。(會影響烤色)
 - 玻璃門很燙時請勿用水擦拭。(有破裂可能)
 - 麵包屑盤應時常清潔，髒污時請勿使用。(參 P.14)

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3 使用方法

■初次操作電焗爐前，先預熱10分鐘以除去殘留油煙。發熱管塗有防護層，防止運送過程中遭鹽蝕，因此在預熱時可能有煙霧冒出，此屬正常現象。

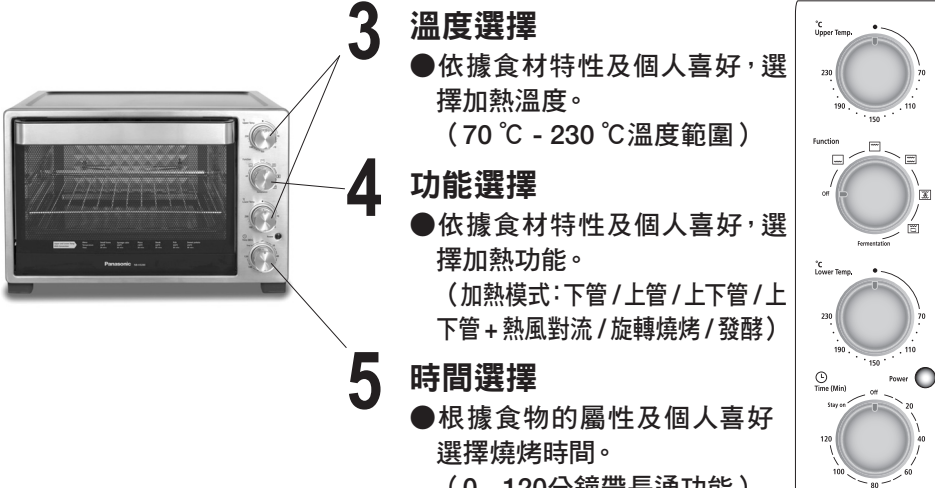
1 插入電源  220 V交流電

2 放入食材 ●將食材置於琺瑯質烤盤或烤網上。
●依食物高度，將烤網置於適當的烤網放置處。

3 溫度選擇
●依據食材特性及個人喜好，選擇加熱溫度。
(70°C - 230°C溫度範圍)


4 功能選擇
●依據食材特性及個人喜好，選擇加熱功能。
(加熱模式: 下管/上管/上下管/上下管+熱風對流/旋轉燒烤/發酵)

5 時間選擇
●根據食物的屬性及個人喜好選擇燒烤時間。
(0 - 120分鐘帶長通功能)



6 加熱完成，取出食材

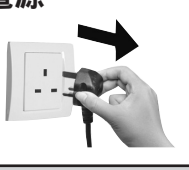
●取出琺瑯質烤盤或食材時，務必使用取物夾或隔熱手套。
●門玻璃打開時，請輕放。(防止門玻璃或門把手損傷。)
●門玻璃打開時請勿碰觸尖銳物，有可能造成門玻璃破裂。
●使用中或使用後高溫時，請勿用冰水或冷水清洗，避免破裂之可能。



7 拔掉電源

●若要將加熱時間設於20分鐘以下，請先將旋鈕轉至40分鐘以上，再轉回預設的時間。
●選擇「Stay on」時，電源指示燈會亮起。若需結束加熱，請手動將時間旋鈕轉回「Off」位置，否則電焗爐將持續加熱。
●定時器切斷電源後，仍會暫時有齒輪動作音發生，此現象非故障。

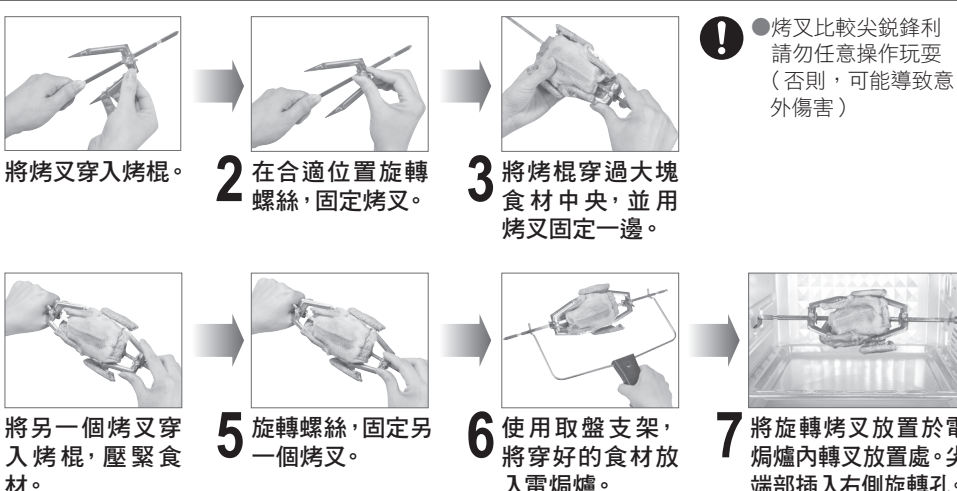
使用後務必拔掉電源插頭



4 旋轉烤叉安裝及使用 / 烤網放置處

●烤叉比較尖銳鋒利，請勿任意操作玩耍(否則，可能導致意外傷害)

- 將烤叉穿入烤棍。
- 在合適位置旋轉螺絲，固定烤叉。
- 將烤棍穿過大塊食材中央，並用烤叉固定一邊。
- 將另一個烤叉穿入烤棍，壓緊食材。
- 旋轉螺絲，固定另一個烤叉。
- 使用取盤支架，將穿好的食材放入電焗爐。
- 將旋轉烤叉放置於電焗爐內轉叉放置處。尖端部插入右側旋轉孔。

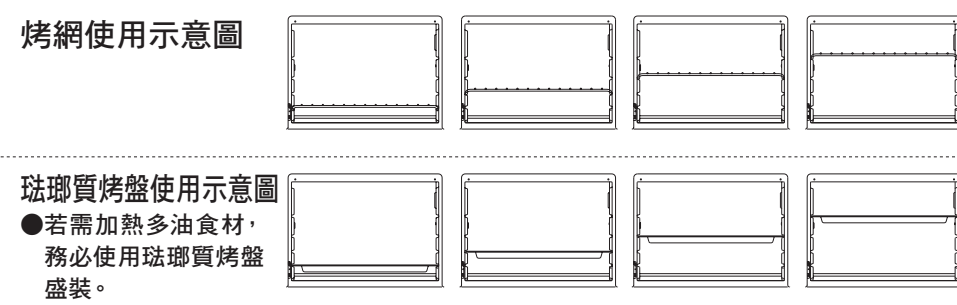


烤網放置處示意圖

■電焗爐內有四層烤網放置處，可依據食材大小、加熱效果等，選擇適合的烤網放置處加熱。

1 烤網使用示意圖

2 琺瑯質烤盤使用示意圖
●若需加熱多油食材，務必使用琺瑯質烤盤盛裝。

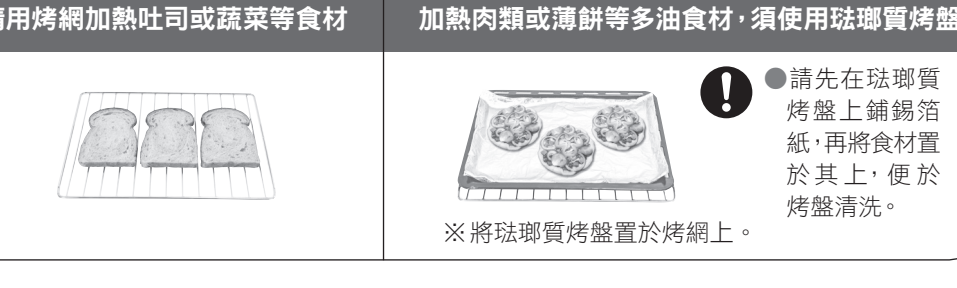


請用烤網加熱吐司或蔬菜等食材

加熱肉類或薄餅等多油食材，須使用琺瑯質烤盤

●請先在琺瑯質烤盤上鋪錫箔紙，再將食材置於其上，便於烤盤清洗。

●將琺瑯質烤盤置於烤網上。



5 調理的重點

溫度・加熱時間的設定標準/重點

●為避免油脂滴落而造成火災，務必以琺瑯質烤盤盛裝出油性食物。

■啟動「上下管+熱風對流」模式
■預熱溫度同溫度設定值

食譜	每次份量	烤網/琺瑯質烤盤/烤叉	預熱時間(分鐘)	烤層選擇(從上往下數)	溫度設定(上下管熱溫度同時設定)	加熱時間(分鐘)(初回設定值)	調理筆記
吐司	4片	烤網	不適用	第2層	230°C	5	
	9片	烤網	不適用	第2層	230°C	8	
薄餅	直徑12吋	烤盤	15	第1層	230°C	20	●約350g。 ●烤盤上要抹一層薄油。 ●約230g/個。 ●使用琺瑯質烤盤時先在上面鋪錫箔紙方便清洗。 ●直接用鋁箔把整個薄餅包裹起來，烤色更深更漂亮。 ●不需調整食材加熱表面。
蕃薯	3個	烤盤	不適用	第3層	230°C	30	●重量約300g，直徑約15cm。 ●蛋糕模底部加一層鋁箔。 ●約350g，寬約16cm。 ●使用烤盤時先在上面鋪錫箔紙方便清洗。 ●烤至20分鐘時，翻面續烤4-5分鐘。 ●約7分熟，口感鮮嫩。
海綿蛋糕	直徑6吋	烤網	15	第2層	200°C	25	●約250g的中型魚。 ●烤盤上加一層鋁箔，並抹上一層薄油。 ●魚表面抹一層薄油，及些許海鹽。
牛扒	1塊	烤盤	不適用	第2層	220°C	25	●約50g/個。 ●整形為橄欖形。 ●先使用發酵功能再烘焗。
烤魚	1條	烤盤	不適用	第2層	200°C	20	●約1000g/隻。 ●重量約400g。 ●烤至30分鐘時，翻面續烤5分鐘。 ●外皮金黃微酥，口感鮮嫩多汁。
小餐包	6個	烤盤	10	第1層	200°C	20	
烤雞	1隻	烤叉	不適用	-	230°C	55	
雞腿	3隻	烤盤	不適用	第2層	230°C	35	

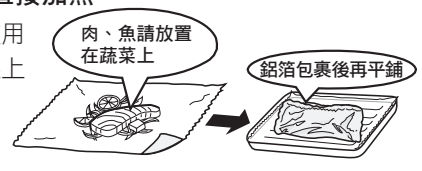
■發酵功能 (30°C~50°C)
①在琺瑯質烤盤上，放入做好的麵糰，並將烤盤放入電焗爐中。
(※1次約可放9個麵糰，1個約50g)
②選擇發酵功能。
(※上、下管加熱溫度設定為0)
③時間設定約為40-50分鐘。
(※因麵糰大小不同，實際時間有所差異。)

連續加熱
●第2回以後定時器請縮短時間
※熱度不足時，請視情況調整時間旋鈕。

冷凍食品加熱
●請使用標示「電焗爐」用市販品
※請依包裝袋指示時間加熱
※溫度過高保護器斷電時，加熱時間可能比包裝袋指示時間還長。

厚、高的調理物烘焗
●加熱途中使用鋁箔覆蓋(防止烤色過濃)
※鋁箔紙切勿接觸發熱管
(鋁箔溶化會附著在發熱管表面，造成故障)

肉、魚的烘焗
●請使用鋁箔包覆加熱，不要直接加熱
※因油脂加熱後會飛散之故，使用鋁箔包覆後放置在琺瑯質烤盤上加熱。
肉、魚請放置在蔬菜上
鋁箔包覆後再平鋪



5 調理的重點

食譜

●調理前不需要預熱。
●菜單的設定標準時間會因調理材料的溫度、種類、數量(重量)、容器而不同。請依實際調理程度來調整。

焗通心粉

※選擇回或国功能

上管加熱: 230°C
下管加熱: 230°C 約12分鐘

1盤370千卡

材料 (船形盤2盤份)

通心粉.....20g (以水煮過)
洋蔥.....½個(切薄片)
雞肉.....80g (2cm切角)
牛油.....20g
低筋麵粉.....20g
牛奶.....300ml
鹽、胡椒粉.....各適量
芝士.....50g

- 用牛油炒(A)，加入低筋麵粉防止過焦。
- 加入牛奶、以水煮過的通心粉、鹽、胡椒粉，直到糊狀。
- 將上述食材放入表面塗有牛油的船型盤，再將芝士放在料理物上。
- 將船型盤放在電焗爐的琺瑯質烤盤上，選擇功能，設置上、下管加熱溫度，表面輕微焦黃程度約12分鐘烘焗。
- 完成時表面呈現輕微焦黃。

朱古力點心

※選擇回或国功能

上管加熱: 190°C
下管加熱: 190°C 約18分鐘

1個1408千卡

材料 (15cm×13.5cm)

無鹽牛油.....60g (常溫)
砂糖.....60g
蛋.....中1½個 (常溫)
白蘭地.....1大匙
低筋麵粉.....60g (過篩後混合)
純朱古力粉.....30g
核桃.....40g

- 無鹽牛油與砂糖放入容器後用打蛋器攪拌混合至白泡狀。
- 在步驟①中慢慢地加入蛋與白蘭地混合。
- 在步驟②中加入(A)混合後加入核桃。
- 以無鹽牛油塗造型模內側，將步驟③倒入造型模內後放置於琺瑯質烤盤上。上、下管加熱皆設置為190°C，烘焗約18分鐘。

薄餅

※選擇回或国功能

上管加熱: 230°C
下管加熱: 190°C 約15分鐘

1片538千卡

材料 (直徑約18cm)

冷藏薄餅餅底.....1個
番茄.....中¼個(1cm切角)
洋蔥.....大¼個(切薄片)
甜椒.....小½個(切環片)
燻肉.....1片(1cm寬切片)
焗蛋.....½個(切環片)
薄餅調味料.....3大匙
芝士.....50g

- 將鋁箔平鋪在琺瑯質烤盤上，冷藏薄餅餅底放在鋁箔上。
- 薄餅調味料塗抹在冷藏薄餅餅底上，將(A)擺放在上後，芝士分散擺放，設置上管加熱230°C、下管加熱190°C，烘焗約15分鐘。
●較厚的薄餅餅底可能需時較長，視其厚度調整烘焗時間。
●(A)內容依喜好調整。

烤薯泥

※選擇回或国功能

上管加熱: 190°C
下管加熱: 190°C 約15分鐘

1個155千卡

材料 (長形10cm船型容器6份)

蕃薯.....含皮約300g
牛油、砂糖.....各25g
蛋黃.....2個
牛奶.....40ml
白蘭地.....1小匙
香草精.....少許
蛋黃(表面塗抹用).....1個

- 蕃薯去皮(約200g)用水煮過後，尚溫時將其粉碎與(A)混合。
- 將步驟①分成數等份後放置於船型容器內，表面塗抹蛋黃。
- 將每個船型容器放置於琺瑯質烤盤上。上、下管加熱皆設置為190°C，烘焗約15分鐘。

6 清潔

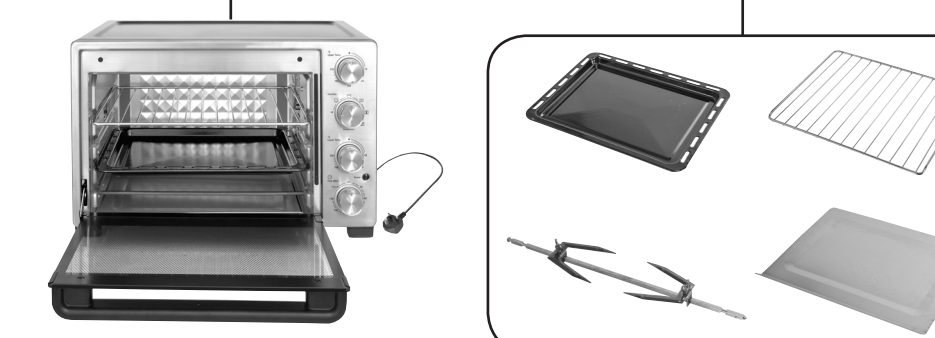
●先拔除電源插頭，電焗爐冷卻後再進行清潔。

請注意

- 先拔除電源插頭，電焗爐冷卻後再進行清潔。
- 揮發劑、油漆稀釋劑、研磨粉、鋼刷、菜瓜布等請勿使用。(會造成表面刮傷。)
- 電焗爐清理完後請將麵包屑確實放置好。
- 清潔爐體表面時，請使用沾清潔劑的軟濕布。
- 嚴禁將電焗爐浸入水中或其他液體中。

本體・內壁
用稀釋的廚房清潔劑(中性)以軟抹布擦拭。
※請勿擦拭發熱管。

琺瑯質烤盤 / 烤網
旋轉烤叉 / 麵包屑盤
用稀釋的廚房清潔劑(中性)以海綿洗淨後乾燥。



8 規格

電 源	220 V ~ 50 Hz		
消 耗 功 率	1,500 W		
容 積	32 L		
自動溫度調節器	可調式溫控器	功能切換(約)	上下管 1,500 W
定 時 器	120分鐘 / 持續運作		上管 700 W
淨 重 (約)	8.5 kg		下管 800 W
電 源 線 長 度	0.9 m		
尺 寸 (約)	外觀尺寸	寬 49.5 cm	深 39.5 cm 高 32.5 cm
	爐內空間	寬 36.0 cm	深 32.0 cm 高 27.5 cm
	琺瑯質烤盤(內寸)	寬 31.7 cm	深 24 cm 高 1.7 cm

●電源插頭接入插座後，其待機消耗功率為0W。

7 故障排除

送修前請確認是否發生故障

簡易故障排除

故障情況	原因	排除方法
無法烘焗	●插頭沒插好 ●故障	●請將插頭重新插好 ●與客戶諮詢服務中心聯絡
出現異味	●烘焗時間太長 ●琺瑯質烤盤有異味或烤網有異物	●請關閉電焗爐、清理異味食材 ●請清潔琺瑯質烤盤與烤網

Operating Instructions

Electric Oven (Household Use)

Model No. **NB-H3200**

Contents:

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Thank you for purchasing this Panasonic product.

- Please read these instructions carefully to use the product correctly and safely.
- This product is designed for household use only.
- Please read the "Safety Precautions" (P.2-5) carefully of this Manual before use.
- Please keep the Warranty Card and this Operating Instructions for future use.

Warranty Card attached.

Manufacturer: Panasonic Manufacturing (Xiamen) Co., Ltd.
 No.17, Chuang Xin Road, Xiamen Torch Hi-Tech Industrial Development Zone, Xiamen
 Made in China

Panasonic Manufacturing (Xiamen) Co., Ltd.

Website: <http://panasonic.cn/>

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1 Safety Precautions Please make sure to follow these instructions.

In order to prevent accidents or injuries to the user, other people, and damage to property, please follow the instructions below.

■ The following charts indicate the degree of damage caused by ignoring instructions or wrong operation.

WARNING Indicates serious injury or death. **CAUTION** Indicates risk of injury or property damage.

■ The symbols are explained and classified as follows.

This symbol indicates prohibition. This symbol indicates requirement that must be followed.

WARNING

In order to avoid fire, burns and electric shocks...

Please obey the following instructions to avoid any accident

- Please keep it away from children. (Otherwise it may cause burns, electric shock or injury)
- Do not immerse the main unit in water or splash it with water. (Otherwise it may cause short circuit, electric shock or fire)
- Do not disassemble, repair or modify this appliance by yourself. (Otherwise it may cause fire or injuries.)
- Please consult the distributor or service center on repairs.
- Do not operate the appliance at will.

Please obey the following instructions to avoid any fire

- Do not place oil in the enamel baking tray for heating.
- Do not use this appliance at a place near any combustible materials, in addition to be used under the curtains.

Precautions

- When the electric oven is on, the outer surface and glass door are very hot.
- 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.
- Children should be supervised to ensure that they do not play with the appliance. (Otherwise it may cause burns, electric shock or injury)

Regularly check the power cord.

- Regularly check the power cord for damage. Do not use this appliance when the power cord is damaged.

WARNING

- Before use, remove all packaging materials. If the packaging materials are not removed, accidents such as fire or burns may occur during operation.
- Do not put the plastic bag for packaging at a place accessible by children. It can be directly discarded. An individual could be suffocated if he/she put the plastic bag on his/her head.
- The appliance is not intended to be operated by means of an external timer or a separate remote control system.

Emergency Management

WARNING

- When an abnormal incident (e.g. smell of scorching) takes place, stop using the appliance immediately and pull the plug out from the electrical outlet. Continuous use may lead to fire or electric shock due to heating.
- When an abnormal incident takes place, contact Panasonic Customer Service Center immediately. Do not repair the appliance by yourself. Improper repair may lead to fire or electric shock.
- If the power cord is damaged, contact Panasonic Customer Service Center nearby immediately, and ask a professional to replace it.

CAUTION

This symbol indicates high temperature of accessible surfaces of the appliance. Be careful when touching it.

Note to avoid burns during or after use!

- Do not touch the high temperature parts such as the main unit, glass, enamel baking tray, cooking rack, turnspit, and the heating tube.
- Use holding rack or gloves to take out the enamel baking tray or cooking rack.
- Use an extract bracket to take out the turnspit.
- After use, wait until the oven has cooled down before cleaning the inside.

In order to avoid fire, burns and injuries...

Please observe the following instructions to avoid any fire

- Do not leave when the appliance is cooking. Be sure to turn off the power supply before leaving. Do not leave when you are baking flammable substances such as greasy food or thin slices. Please monitor the whole process.
- Do not heat when unnecessary. Adjust the timer to increase/decrease the heating time.
- Do not heat for reasons besides cooking. The appliance is used for home cooking only. Do not use it for other purposes; otherwise an accident may occur.
- Do not put any article on or under the main unit. (Otherwise it may cause deformation, malfunction or fire)
- Do not heat bread or toast coated with butter or jam.
- Do not directly heat cans or glass bottles. (Crack may lead to burns and injuries)
- When raw meat, fish or fried food is directly heated: The fried food releases grease when being heated. Please place it in the enamel baking tray. When food wrapped with aluminium foil is heated, grease may leak. Please place it in the enamel baking tray. To bake meat or fish, wrap it with aluminium foil, and then put it in the enamel baking tray for heating. (P.10)
- Install the crumb tray before use.

Do not open the oven door if the heated food smokes or catches fire.

- Turn off the power switch and remove the plug immediately. (Otherwise it may cause fire)
- Do not open the oven door before the fire goes out. (Air entering inside will fuel the fire)
- Do not extinguish the fire with water. (Otherwise the glass door will crack)

1 Safety Precautions Please make sure to follow these instructions.

CAUTION

Do not use the appliance in the following places.

- On uneven surfaces, or on objects such as carpets and tablecloths that are non-resistant to heat. (It may cause fire.)
- Places that may come into contact with water or are near a heat source. (It may cause an electric shock or leakage.)
- Places near walls or furniture. (It may cause discoloration or deformation.)
- Do not use the appliance in a kitchen cabinet or a confined space.

CAUTION

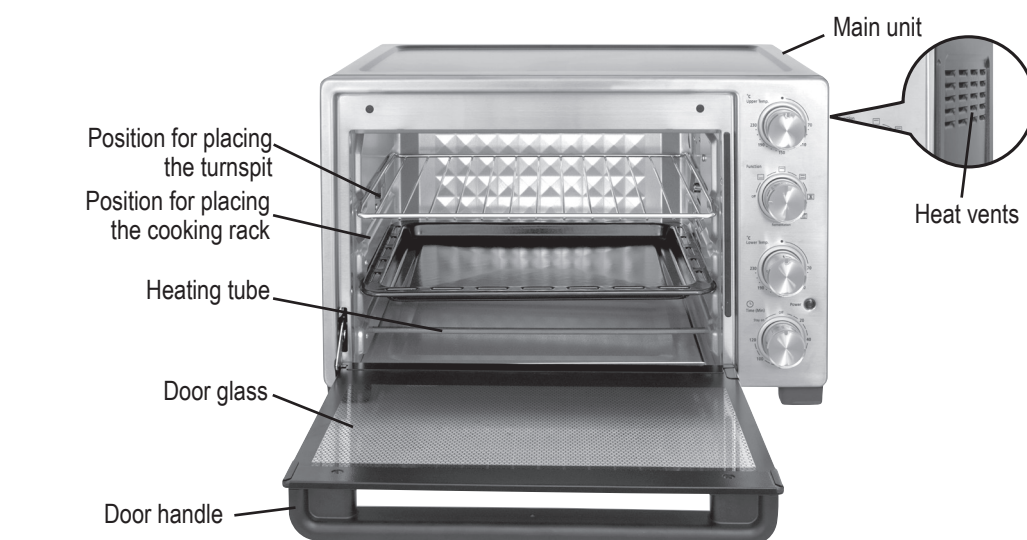
- Keep a certain distance between the oven and walls or kitchen cabinet. The lampblack discharged during baking may contaminate furniture or even lead to fire due to overheating.
- To keep a safe distance and prevent the oven from coming into contact with objects such as a wall, a safe barrier component is designed on the back of the oven.

Properly use the power plug

- Please hold the plug to remove it. Do not pull the power cord to remove the plug. (Otherwise it may cause electric shock, short circuit or fire.)
- Please remove the power plug from the socket when the appliance is not in use. (Otherwise it may cause insulation degradation, which may lead to electric shock, leakage, or fire.)

Be sure to clean the inside after use. (Otherwise it may cause smoke or fire)

2 Parts Names and Operating Methods



Control panel

Upper tube temperature knob:
 The temperature can be adjusted in the range of 70 °C to 230 °C. When the temperature in the oven chamber reaches the defined value, the thermostat is deactivated; when the temperature in the oven chamber becomes low, the thermostat is activated.

Function knobs:
 Operates the lower tube Operates the upper tube Convention Rotary Fermentation

Lower tube temperature knob:
 The temperature can be adjusted in the range of 70 °C to 230 °C. When the temperature in the oven chamber reaches the defined value, the thermostat is deactivated; when the temperature in the oven chamber becomes low, the thermostat is activated.

Power indicator:
 The power indicator is constantly on when the appliance is operating.

Timer knob:
 Select time in the range of 0-120 minutes. Turn the knob clockwise to the desired time position. Meanwhile, the power indicator lights on. When the set operating time is up, a ring will sound, and the oven will cut off the power automatically. When the "Stay On" level is selected, the oven will be constantly operating and the power indicator will stay on. To terminate the operation, manually turn the timer knob to the "Off" selection; otherwise the oven will continue operating.

Accessories

Enamel baking tray: Used to hold greasy food such as meat and fish for baking. Suggestion: Fit a piece of aluminium foil in the enamel baking tray, and then place food on the aluminium foil so that the enamel baking tray can be cleaned easily.

Cooking rack: Used to bake bread or other dishes and carry a metal container.

Crumb tray: Used to catch residues and grease when non-greasy food is baked. Clean the crumb tray after each use. Otherwise, the residue will be over baked, thus generating an odor.

Extract bracket: Used to take the turnspit.

Holding rack: Used to take the enamel baking tray and cooking rack.

Turnspit: Used to bake a whole chicken or a big piece of meat.

Start the appliance without any food in it before use for the first time

- 1 Place the enamel baking tray.
 - 2 Turn the function knob to "Convection", and the upper tube temperature knob and the lower tube temperature knob to the position of "230 °C".
 - 3 Turn the timer knob to the position of 10 minutes. Please turn the knob to 40 minutes or above and then back to the position of 10 minutes.
- During the first time baking without any food in the oven, smoke and odor will be released. Open the oven door so that smoke can disperse more easily.
 - After being released, smoke and odor will not be generated during the future use.
 - After the oven operates without any food, wait until it cools down before starting use it.
 - When the oven operates for the first time, you may hear some sound, which is normal.

Caution

- Do not open the oven door during cooking. (Otherwise it may affect the baked food color.)
- Do not wipe the glass door with water when it is very hot. (Otherwise it may cause cracks.)
- Clean the crumb tray regularly. Do not use a dirty crumb tray. (P.14)

3 How to use

Before use, preheat the oven for 10 minutes to eliminate the residual lampblack. When the oven is used for the first time, odor will be sent out, which is normal. This is caused by the heating tube coated with a layer of protective film for protecting the tube against salt corrosion during transportation.

1 Insert the power plug



2 Put in the food

- Place the food on the enamel baking tray or cooking rack.
- Insert the cooking rack in the proper rack position according to the food height.

3 Select a temperature

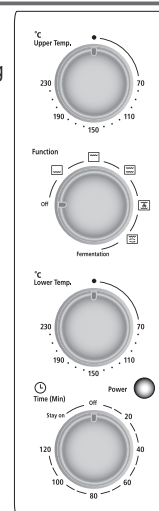
- Select the proper baking temperature according to the food property and personal preference. (Select a temperature at the range of 70 °C - 230 °C.)

4 Select a function

- Select a function according to the food property and personal preference. (Operating mode: Lower tube/Upper tube/Upper and lower tubes/Convention/Rotary/Fermentation.)

5 Select time

- Select baking time according to the food property and personal preference. (0 - 120 minutes, with the continuously operating function.)

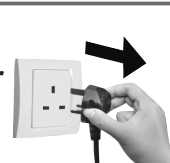


6 Take out the food after baking



- Use the holding rack or heat protective gloves to take out the enamel baking tray or food.
- Be cautious when opening the door glass. (To prevent damage to the door glass or door handle.)
- When the door glass is open, do not get it into contact with sharp objects. Otherwise, the door glass may be broken.
- When the temperature is high during or right after use, do not clean the door glass with ice or cold water. Otherwise, the door glass may be broken.

7 Remove the power plug

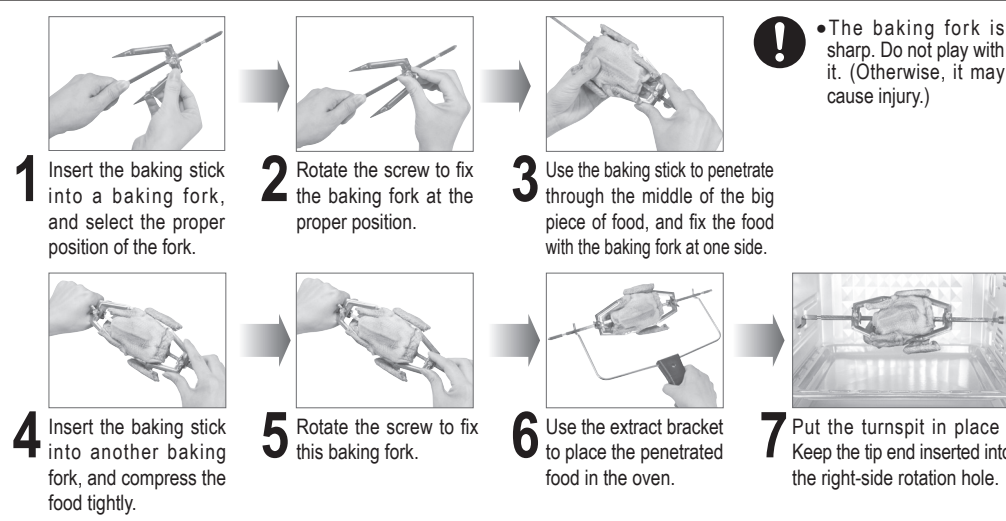


Please remove the power plug after use.

- If the baking time is shorter than 20 minutes, turn the time knob to a position exceeding 40 minutes, and then turn back the time knob to the desired time position.
- When the "Stay On" level is selected, the oven will be constantly operating and the power indicator will stay on. To terminate the operation, manually turn the timer knob to the "Off" selection; otherwise the oven will continue operating.

After the power supply is cut off by the timer, the gear wheel still operates and sounds, which is normal.

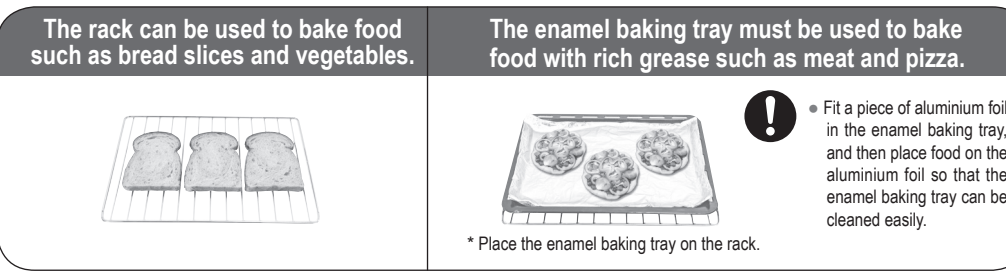
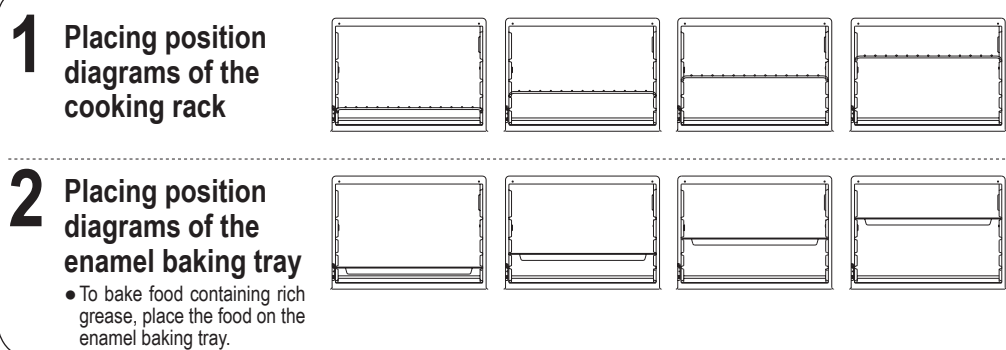
4 Installation and Use of the Turnspit/ Position for Placing the Cooking rack



The baking fork is sharp. Do not play with it. (Otherwise, it may cause injury.)

Diagrams of Rack Positions

Four layers of rack positions are set in the oven. Before baking, you can select a proper rack position according to the food size and baking effect.



5 Key Points for Cooking Food

Temperature And Heating time Setting Standard/Key Points

To prevent fire caused by the dripping of grease, place the food that may drip oil on the enamel baking tray.

- Select the "upper and lower tubes + Convention" mode.
- Wait till the preheating temperature reaches the set value.

Menu	Amount of one time	Cooking rack/enamel baking tray/turnspit	Preheating (Minute)	Selected Layer (Counted from top down)	Setting Temperature (Same heating temperature for the upper tube and lower tube)	Heating time (Minute) (Initial set value)	Cooking Notes
Toast	4 pieces	Cooking rack	None	Layer 2	230 °C	5	
	9 pieces	Cooking rack	None	Layer 2	230 °C	8	
Pizza	12 inches	Enamel baking tray	15	Layer 1	230 °C	20	• About 350 g. • Coat the enamel baking tray with a thin layer of oil.
Sweet potato	3	Enamel baking tray	None	Layer 3	230 °C	30	• About 230 g for each. • Fit aluminium foil on the enamel baking tray beforehand so that it can be cleaned easily. • Wrap the whole sweet potato directly with aluminium foil so that the color after baking is deeper and nicer. • The sweet potato face does not need to be turned over.
Sponge cake	6 inches	Cooking rack	15	Layer 2	200 °C	25	• Weight: about 300 g; diameter: about 15 cm. • Fit one layer of aluminium foil on the bottom of the cake mold.
Steak	1 piece	Enamel baking tray	None	Layer 2	220 °C	25	• Weight: about 350 g; width: about 16 cm. • Fit aluminium foil on the enamel baking tray beforehand so that it can be cleaned easily. • When the cooking duration lasts for 20 minutes, turn the face over to continue baking for 4-5 minutes. • The steak is about medium done and has a fresh and tender texture.
Baking fish	1	Enamel baking tray	None	Layer 2	200 °C	20	• A medium-sized fish of about 250 g. • Fit one layer of aluminium foil on the enamel baking tray, and smear one thin layer of oil. • Smear one thin layer of oil on the fish surface, and add a little sea salt.
Bun	6	Enamel baking tray	10	Layer 1	200 °C	20	• 50 g for each. • The whole bun is olive shaped. • Use the fermentation function before baking.
Roast chicken	1	Turnspit	None	-	230 °C	55	• 1000 g for each.
Drumstick	3	Enamel baking tray	None	Layer 2	230 °C	35	• The weight is about 400 g. • Roast for 30 minutes, and then turn it over and roast for another 5 minutes. • Crispy golden skin, fresh flavor, tender taste and juicy.

Continuous heating

- Shorten the time set by the timer after cooking for the second time.
- When heating is insufficient, adjust the time knob according to the actual condition.

Heating frozen food

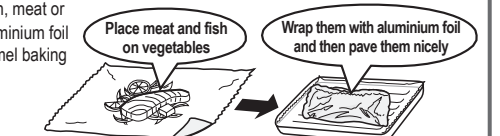
- Please only use the food products that can be cooked using an oven according to the label.
- Heat the food according to the time indicated on the packaging bag.
- When the protector is deactivated due to over-high temperatures, the heating duration may be longer than the time indicated on the packaging bag.

Baking thick and food with height

- Cover the food with aluminium foil during heating (to prevent over-deep color of the baked food)
- Keep the aluminium foil from the heating tube. (The aluminium foil may melt and adhere to the heating tube surface, and cause a failure.)

Baking meat and fish

- Wrap the meat or fish with aluminium foil for heating. Do not heat it directly.
- Since heated grease may splash, meat or fish should be wrapped with aluminium foil before being placed on the enamel baking tray for heating.



5 Key Points for Cooking Food

Menu

- Do not preheat before cooking.
- The standard set time of the menu varies with the temperature, type, quantity (weight) and container of the food material. Please adjust the time according to the actual cooking degree.

Mac and cheese



Select the function of [] or [].

Upper tube heating: 230 °C
Lower tube heating: 230 °C

About 12 minutes

Materials (for two ship-shape plates)

- Macaroni: 20 g (poached)
- Onion: 1/2 (thinly sliced)
- Chicken meat: 80 g (cut into 2 cm triangles)
- Butter: 20 g
- Cake flour: 20 g
- Milk: 300 ml
- Salt and pepper powder: Proper amount for each
- Cheese: 50 g

- Use butter to stir-fry (A), and add cake flour to prevent scorching.
- Add milk, poached macaroni, salt and pepper powder and stir them to a smooth paste.
- Place the above food materials on a ship-shaped plate coated with butter, and then place cheese on the food.
- Place the ship-shaped plate on the enamel baking tray in the oven, select the desired function, set the upper tube and lower tube heating temperatures, and bake the food for about 12 minutes so that the surface is a little browned.
- When the process ends, the food surface is a little browned.

Pizza



Select the function of [] or [].

Upper tube heating: 230 °C
Lower tube heating: 190 °C

About 15 minutes

Materials (for a diameter of about 18 cm)

- Refrigerated thin pizza bottom: 1 piece
- Tomato: Medium size, 1/4 (cut into 1 cm triangles)
- Onion: Large size, 1/4 (thinly sliced)
- Sweet pepper: Small size, 1/2 (cut into circular shape)
- Bacon: 1 piece (1 cm width, sliced)
- Boiled egg: 1/2 (cut into circular shape)
- Pizza sauce: 3 tablespoons
- Cheese: 50 g

- Fit aluminium foil on the enamel baking tray nicely, and place the refrigerated pizza base material on the aluminium foil.
- Coat thin pizza sauce on the refrigerated thin pizza bottom, place (A) on it, scatter cheese on the top, set the upper tube heating temperature to 230 °C and lower tube heating temperature to 190 °C, and bake the food for about 15 minutes.
- The thicker pizza bottom may require more time. Adjust the time according to the thickness.
- Adjust the content of (A) according to your personal preference.

Cocoa dessert



Select the function of [] or [].

Upper tube heating: 190 °C
Lower tube heating: 190 °C

About 18 minutes

Materials (15 cm x 13.5 cm)

- Unsalted butter: 60 g (normal temperature)
- Granulated sugar: 60 g
- Egg: Medium size, 1 1/2 (normal temperature)
- Brandy: 1 tablespoon
- Cake flour: 60 g (Sieving section)
- Pure cocoa powder: 30 g (mixing)
- Walnuts: 40 g

- Place unsalted butter and granulated sugar in a container, and use an eggbeater to mix and stir them into white bubbles.
- Add egg and brandy slowly to the material obtained in step (1), and mix them.
- Add (A) to the mixture obtained in step (2), mix them, and add walnuts.
- Smear the inner side of the molding with unsalted butter, pour the material made in step (3) in the molding, and then place it on the enamel baking tray.

Set both the upper tube heating temperature and lower tube heating temperature to 190 °C, and bake the food for about 18 minutes.

Baked mashed sweet potato



Select the function of [] or [].

Upper tube heating: 190 °C
Lower tube heating: 190 °C

About 15 minutes

Materials (6 shares in the 10-centimetre long ship-shape containers)

- Sweet potato: About 300 g including the skin
- Butter and granulated sugar: 25 g for each
- Yolk: 2
- Milk: 40 ml
- Brandy: 1 tsp
- Vanillin: A little
- Yolk (for surface coating): 1

- Peel the sweet potato (about 200 g). Poach the sweet potato, smash it when it is still warm, and mix it with (A).
 - Divide the material made in step (1) into equal shares, place them in ship-shaped containers, and smear the surface with yolk.
 - Place all ship-shaped containers on the baking tray.
- Set both the upper tube heating temperature and lower tube heating temperature to 190 °C, and bake the food for about 15 minutes.

6 Cleaning

- Clean the oven after the power plug is removed and the oven cools down.

Notes

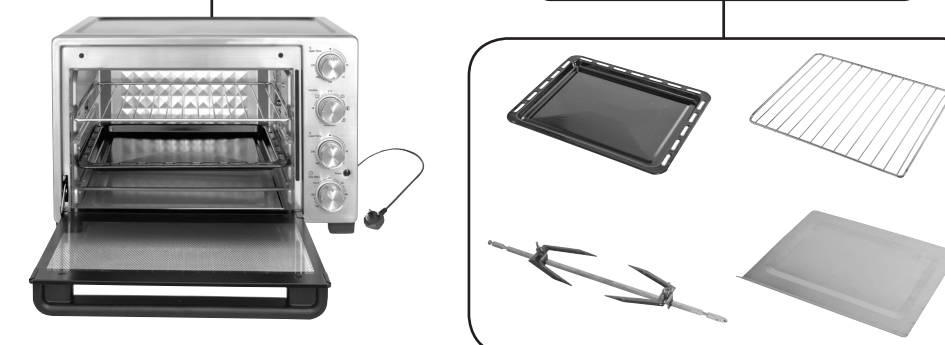
- Before cleaning, remove the power plug and wait for the oven to cool down completely.
- Do not use the propellant, paint thinner, grinding powder, steel brush, or scouring pad. (It may cause surface scratches.)
- After cleaning the oven, place the crumb tray properly.
- Use a soft cloth soaked with cleaning agent to clean the oven surface.
- Do not immerse the oven into water or other liquids.

Main Unit And Inner Chamber

Use a soft cloth soaked with diluted kitchen cleaner (mild) to wipe the main unit and inner chamber.
* Do not wipe the heating tube.

Enamel baking tray/Cooking rack Turnspit/Crumb tray

Use a sponge soaked with diluted kitchen cleaner (mild) to clean them, and then dry them.



7 Troubleshooting

Confirm whether a fault exists before sending the appliance for repair

Simple Troubleshooting

Symptom	Cause	Solution
Bake failure	• The plug is not inserted properly. • A fault exists.	• Re-insert the power plug properly. • Contact our service department.
Odor	• The baking time is too long. • The enamel baking tray releases an odor or there is foreign matter on the cooking rack.	• Turn off the oven, and clean up the food with odor. • Clean the enamel baking tray and the cooking rack.

8 Specifications

Power supply	220 V-50 Hz			
Power Consumption	1,500 W			
Volume	32 L			
Automatic thermostat	Adjustable thermostat	Function switching (approx.)	Upper and lower tubes 1,500 W	
Timer	120 minutes/Stay on		Upper tube 700 W	
Net weight (approx.)	8.5 kg		Lower tube 800 W	
Power cord length	0.9 m			
Size (approx.)	External dimension	Width: 49.5 cm	Depth: 39.5 cm	Height: 32.5 cm
	Inner chamber	Width: 36.0 cm	Depth: 32.0 cm	Height: 27.5 cm
	Enamel baking tray (internal dimension)	Width: 31.7 cm	Depth: 24 cm	Height: 1.7 cm

After the power plug is inserted into the socket, the standby power is 0 W.