

Panasonic®

Operating Instructions and Cookbook

使用說明書，精選食譜

Panduan dan Buku Resipi

Microwave/Grill Oven

微波/烤爐

Ketuhar Gelombang Mikro/Gril

Household Use Only

僅家庭用

Kegunaan Rumah Sahaja

Model No.: **NN-GD37HB**
型號:



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Important safety instructions
Read carefully and keep for future reference
重要安全措施
仔細閱讀並妥善保存
Panduan keselamatan penting
Baca dengan teliti dan simpan untuk rujukan masa depan

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English

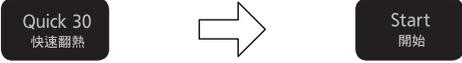
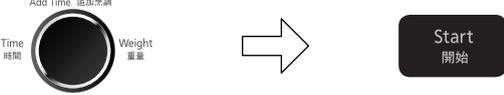
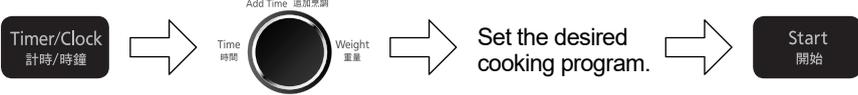
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Quick Guide

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

English

Feature	How to Operate	
To Set Clock (☞ page 11)	 Press twice.	 Set Time of day.  Press once.
To Set / Cancel Child Safety Lock (☞ page 11)	To Set:  Press 3 times.	To Cancel:  Press 3 times.
To Cook / Reheat / Defrost by Micro Power and Time Setting (☞ page 12)	 Select power.	 Set the cooking time.  Press.
To Use Turbo Defrost Button (☞ page 13)	 Press.	 Select the weight of food.  Press.
To Cook using Grill Button (☞ page 14)	 Select power.	 Set the cooking time.  Press.
To Cook using Combination Button (☞ page 15)	 Select power.	 Set the cooking time.  Press.

Feature	How to Operate
<p>To Cook using Quick 30 Button (☞ page 16)</p>	 <p>Press to set the desired cooking time.</p> <p>Press.</p>
<p>To Use the Add Time Function (☞ page 16)</p>	 <p>After cooking, turn dial to select Add Time function.</p> <p>Press.</p>
<p>To Cook using Auto Cook Buttons (☞ page 17)</p>	<p>eg:</p>  <p>Press to select the desired menu number.</p> <p>Set the weight.</p> <p>Press.</p>
<p>To Use as a Kitchen Timer (☞ page 20)</p>	 <p>Press.</p> <p>Set the kitchen time.</p> <p>Press.</p>
<p>To Set Standing Time (☞ page 20)</p>	<p>Set the desired cooking program.</p>  <p>Press.</p> <p>Set the standing time.</p> <p>Press.</p>
<p>To Set Delay Start (☞ page 20)</p>	 <p>Press.</p> <p>Set the delay time.</p> <p>Press.</p>

Important Safety Instructions

English

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

Inspection for Damage:

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

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

Precautions:

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

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

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.

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.
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. 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.

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 Safety Instructions *(continued)*

Practical Hints:

1. For initial use of GRILL and COMBINATION, if you see white smoke arise, it is not malfunction.
2. The oven has two grill heaters situated in the top of the oven. After using the GRILL and COMBINATION functions, the ceiling will be very hot.
3. Accessible parts may become hot during use. Young children should be kept away.
4. Before using GRILL and COMBINATION function for the first time operate the oven without food and accessories (including glass tray and roller ring) on **Grill 1** for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.
5. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILL and COMBINATION. Use care when opening or closing door and when inserting or removing food and accessories.

Caution: All inside surfaces of the oven will be hot.



Caution! Hot surfaces

English

WARNING

- (a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- (b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- (c) 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.
- (d) If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (e) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- (f) Liquids and 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.
- (g) 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.
- (h) When the appliance is operated in the grill or combination modes, children should only use the oven under adult supervision due to the temperatures generated.

Installation and General Instructions

General Use

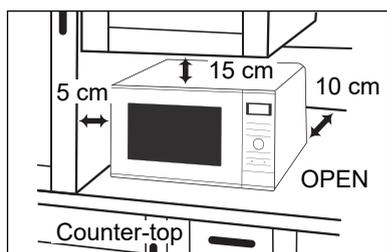
1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Reset** Button and leave door closed order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
4. 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.
5. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)

11. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
 12. If glass tray is hot, allow to cool before cleaning or placing in water.
 13. 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.
 14. 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.
 15. Metallic containers for food and beverages are not allowed during microwave cooking.
 16. It is recommended not to use the Wire Rack when cooking in the MICROWAVE mode only.
 17. Only use utensils that are suitable for use in microwave ovens.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
 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 must be taken when handling the container.

Placement of Oven

This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard.

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

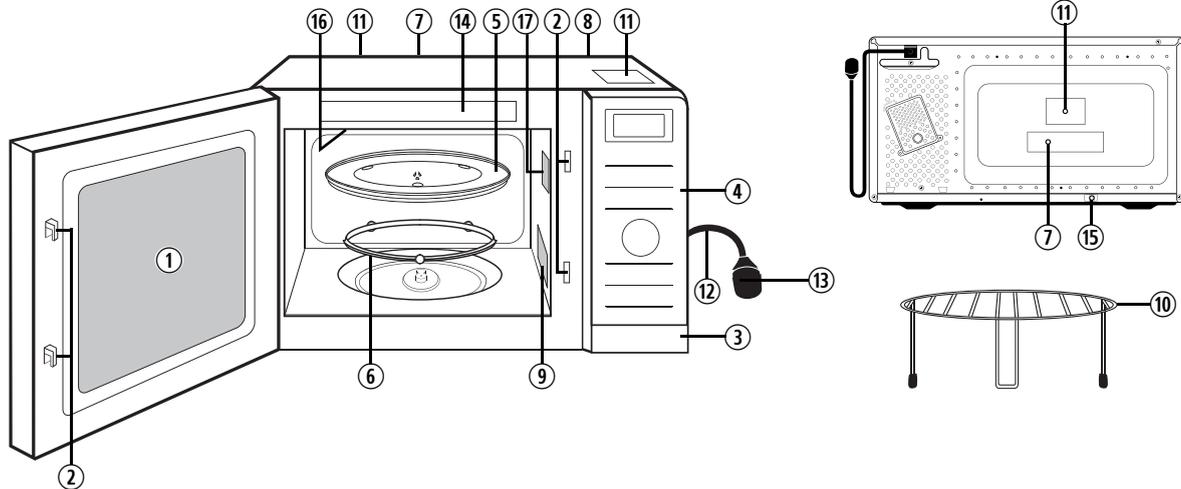


- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
 - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
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, keep an eye on the oven due to the possibility of ignition.
 11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

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.

Feature Diagram



English

① **Oven Window**

② **Door Safety Lock System**

③ **Door Release Button**

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

④ **Control Panel**

⑤ **Glass Tray**

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

⑥ **Roller Ring**

- Roller Ring should be cleaned regularly to avoid excessive noise.
- Roller Ring and Glass Tray should be used at the same time.

⑦ **Identification Plate**

⑧ **Oven Air Vent**

⑨ **Waveguide Cover** (do not remove)

⑩ **Wire Rack**

- A Wire Rack is included with the oven in order to facilitate browning of small dishes.
- Wire Rack should be cleaned regularly.
- 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.
- 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.
- Do not use Wire Rack when cooking in the MICROWAVE mode only.

⑪ **Warning Label**

For NN-GD37HBYTE/YUE/YPQ, there are two warning label at the back of oven.

⑫ **Power Supply Cord**

⑬ **Power Supply Plug**

⑭ **Menu Label**

⑮ **Stopper (irremovable)**

The stopper ensures sufficient space at the back of the oven to provide adequate ventilation.

⑯ **Grill Elements**

⑰ **Oven light**

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

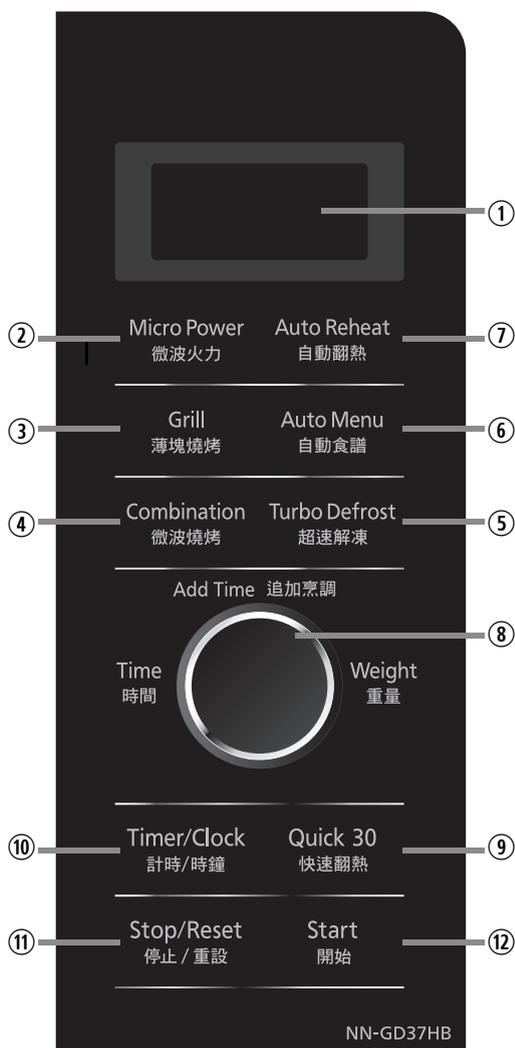


Note

- The above illustration is for reference only.
- The glass tray and wire rack are the only accessories with this oven. All other cooking utensils mentioned in this manual must be purchased separately.

Control Panel

English



- 1 Display Window
- 2 Micro Power button (page 12)
- 3 Grill button (page 14)
- 4 Combination button (page 15)
- 5 Turbo Defrost button (page 13)
- 6 Auto Menu button (page 17)
- 7 Auto Reheat button (page 17)
- 8 Dial
Enter time or weight of food by turning the dial.
Use the dial for the Add Time function. (page 16)
- 9 Quick 30 button (page 16)
- 10 Timer/Clock button (page 11, 20)
- 11 Stop/Reset button:
Before cooking: One tap clears all 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.
- 12 Start button
After cooking program setting, one tap allows oven to begin functioning. If door is opened or **Stop/Reset** Button is pressed once during oven operation, **Start** Button must be pressed again to restart oven.



Note

If an operation is set and **Start** Button is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.

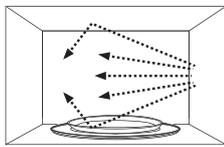
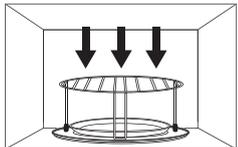
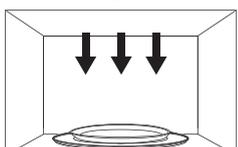
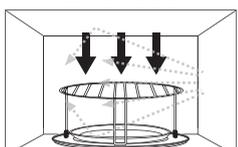
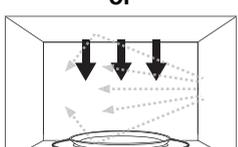
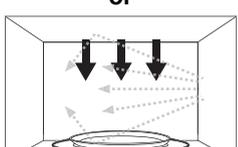


Beep Sound

When a button is pressed correctly, a beep will be heard. If a button is pressed and no beep is heard, the unit did not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

Cooking Modes

The diagrams shown below are examples of the accessories. It may vary depending on the recipe/dish used.

Cooking modes	Uses	Accessories to use	Containers
<p>Microwave</p> 	<ul style="list-style-type: none"> Defrosting. Reheating. Melting: butter, chocolate, cheese. Cooking fish, vegetables, fruits, eggs. Preparing: stewed fruits, jam, sauces, custards, pastry, caramel, meat, fish. Baking cakes without browning. 	-	<p>Microwaveable (e.g. Pyrex® dishes, plates or bowls) directly on the glass tray.</p> <p>No metal.</p>
<p>Grill</p>  <p>or</p> 	<ul style="list-style-type: none"> Grilling thin pieces of meat or fish. Grilling toast 	Wire rack	-
<p>Combination</p>  <p>or</p> 	<ul style="list-style-type: none"> Roasting meat steaks and chicken pieces. 	Wire rack	No metal.
<p>Combination</p> 	<ul style="list-style-type: none"> Cooking lasagne, meat, potato, or vegetable gratins. Baking cakes and puddings with browning. 	-	<p>Microwaveable and heatproof, directly on the glass tray.</p> <p>No metal.</p>

Cookware and Utensil Chart

English

	Microwave	Grill	Combination
Wire rack (oven accessories) 	no	yes	yes
Aluminium foil	for shielding	yes	for shielding
Ceramic Plate	yes	yes	yes
Browning Dish	yes	no	no
Brown paper bags	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes
non-oven/microwave safe	no	no	no
Disposable paperboard containers	yes*	yes*	yes*
Glassware oven glassware & ceramic	yes	yes	yes
non-heat resistant	no	no	no
Metal cookware	no	yes	no
Metal twist-ties	no	yes	no
Oven cooking bag	yes	yes*	yes
Paper towels and napkins	yes	no	no
Plastic defrosting rack	yes	no	no
Plastic dishes microwave safe	yes	no	no
non microwave safe	no	no	no
Microwave safe plastic wrap	yes	no	no
Straw, wicker, wood	yes	no	no
Thermometers microwave safe	yes	no	no
conventional	no	yes	no
Waxed paper	yes	yes	yes
Silicon bakeware	yes*	yes*	yes*

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

Clock Setting

You can use the oven without setting the clock.



- 1. Press twice.**
Colon will blink in the display window.
- 2. Set the time by turning the dial.**
Time appears in the display window; colon is blinking.
- 3. Press once.**
Colon stops blinking; time of day is entered and locked in the display window.
Time counts up in minutes.



Note

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

Child Safety Lock Setting

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

To set:



Press Start three times.

Colon or time of day will disappear. Actual time will not be lost.

“” appears in the display window.

To cancel:



Press Stop/Reset three times.

Colon or time of day will reappear in the display window.

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

Micro Power Setting



- 1. Press to select micro power level.**
(see chart below)
- 2. Set cooking time.**
Select cooking time by turning the dial.
(1000 W: up to 30 minutes
Other Powers: up to 1 hour and 30 minutes)
- 3. Press Start.**
The time in the display window will count down.

Press	Power Level	Example of Use
once	1000 W (HIGH)	Boil water. Reheat. Cook vegetables, rice, pasta and noodles.
twice	800 W (MED-HIGH)	Cook poultry, meat, cakes, desserts. Heat milk.
3 times	600 W (MEDIUM)	Cook beef, lamb, eggs, fish and seafood. Melt butter.
4 times	440 W (MED-LOW)	Simmer soups, stews and casseroles (less tender cuts).
5 times	300 W (DEFROST)	Thaw foods.
6 times	100 W (LOW)	Keep cooked foods warm, simmer slowly.

Note

- It is possible to programme no more than 3 stages cooking as one cooking set. For 2 or 3 stages cooking, repeat steps 1 and 2 above before pressing **Start** Button. When operating, two beeps will be heard between each stage. (Please refer to page 21 for details).
- You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
- Do not use metal containers on microwave mode.
- Stand time can be programmed after micro power and time setting. Refer to using the timer page 20.
- When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

Micro Power Defrost Setting

If you want to decide the defrost time by yourself, please select this button and operate the following.



- 1. Press 5 times for 300 W.**
- 2. Set defrosting time by turning the dial.**
(up to 1 hour and 30 minutes)
- 3. Press Start.**
Defrosting time appears in the display window and begins to count down.

Turbo Defrost Setting

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

Food	Maximum Weight
Minced meat, Chicken Pieces, Chops	2 kg
Beef roast, lamb, whole chickens	2 kg
Whole fish, scallops, prawns, fish fillets	1 kg



1. Press once.

2. Select the Weight of food by turning the dial.

3. Press Start. Defrosting time appears in the display window and begins to count down.

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 0.25 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.

Grill Setting

There are two 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. 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.



1. **Press to select grill setting.**
(see chart below)
2. **Set cooking time by turning the dial.**
(up to 1 hour and 30 minutes)
3. **Press Start.**
The cooking time appears in the display window and begins to count down.

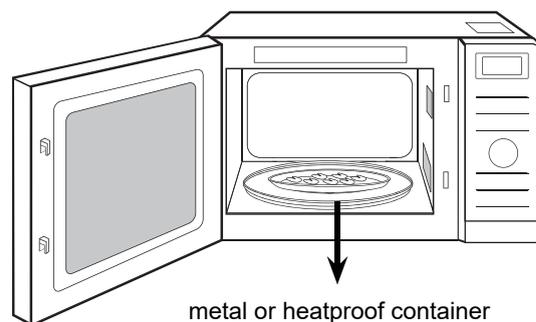
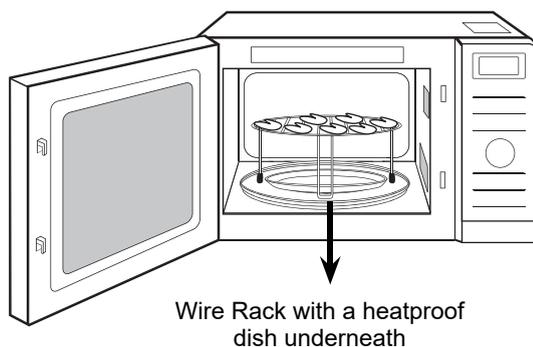
Press	Power Level	Example of Use
once	Grill 1 (HIGH)	Toasting bread.
twice	Grill 2 (MEDIUM)	Thin seafood, slice of poultry or meat.

Guidelines

1. Use the Wire Rack provided.
2. Do not attempt to preheat the grill.
3. Most meat items e.g. sausages, chops can be cooked on the hottest setting **Grill 1**. This setting is also suitable for toasting bread, muffins and tea cakes etc.
4. **Grill 2** is used for those that require a longer grill time e.g. fish or chicken portions.
5. Never cover the food when grilling.
6. Always use oven gloves when removing the food and Wire Rack after grilling as they will be very hot.
7. After grilling it is important that the Wire Rack is removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
8. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Accessories to use

When grilling, you can place foods directly on Wire Rack with a heatproof dish underneath. Or you can place food directly onto a metal or heatproof container, then placed on the glass tray.



Combination Setting

There are three power levels for this feature. 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.



1. **Press to select combination setting.**
(see chart below)

2. **Set cooking time by turning the dial.**
(up to 1 hour and 30 minutes)

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

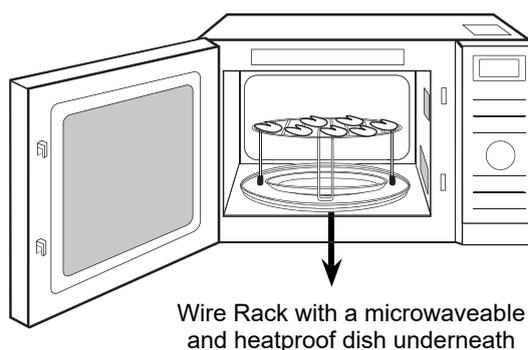
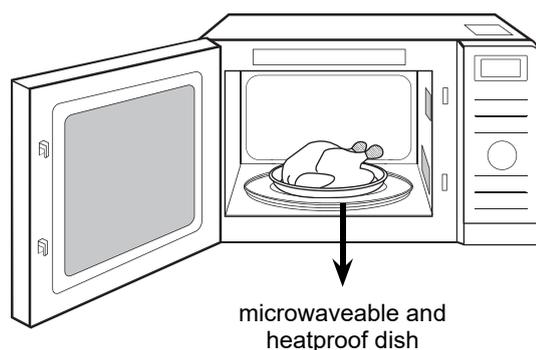
Press	Power Level	Example of Use
once	Combination 1 (HIGH)	Baked potatoes, Whole poultry
twice	Combination 2 (MEDIUM)	Beef, Lamb
3 times	Combination 3 (LOW)	Sea food, Puddings

Guidelines

1. Never cover the food when cooking.
2. Always use oven gloves when taking out the food.
3. Do not use if operating the oven with less than 200 g of food on a manual program. For small quantities do not cook by combination mode, cook by grill only for best results.
4. Do not preheat the grill on combination mode.
5. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Accessories to use

When cooking, you can place foods directly on the base of the oven in a microwaveable and heatproof dish. Or you can place foods directly on Wire Rack with a microwaveable and heatproof dish underneath.



To Cook Using the Quick 30 Function

This function allows you to quickly set cooking time in 30 second increments.

English

Quick 30
快速翻熱



Start
開始

1. Press **Quick 30** to set the desired cooking time (up to 5 minutes). Each press is 30 seconds. Time appears in the display. Power level is pre-set at 1000 W.
2. **Press Start.** The cooking will start and the time in the display will count down. At the end of cooking, five beeps will sound.

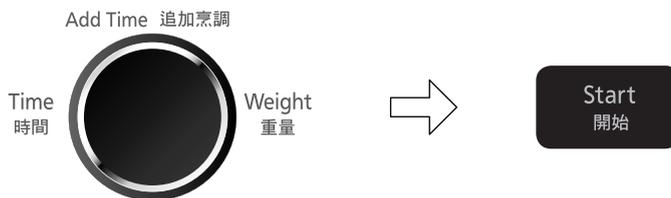


Note

1. This function is only available for Microwave. Select desired micro power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you cannot use dial.
3. This function will not operate for 1 minute after manual cooking.

Using the Add Time Function

This feature allows you to add cooking time at the end of previous cooking.



1. **After cooking, turn dial to select Add Time function.**
Maximum cooking time:
Microwave: 1000 W up to 30 minutes; other powers up to 1 hour and 30 minutes; Grill, Combination: 1 hour and 30 minutes.
2. **Press Start.**
Time will be added.
The time in the display window will count down.



Note

1. This function is only available for Microwave, Grill and Combination function and it is not available for Turbo Defrost and Auto Cook (Auto Reheat and Auto Menu).
2. The Add Time function will not operate after 1 minute cooking.
3. The Add Time function can be used after the 3-stage cooking.
4. The power level is the same as the last stage. This function will not operate if the last stage was standing time.

Auto Cook Setting

Auto Reheat
自動翻熱

or

Auto Menu
自動食譜



Add Time 追加烹調

Time
時間



Weight
重量



Start
開始

- 1. Select desired menu number.**
Press to select the desired button until the desired menu number appears in the display window.

- 2. Select the Weight of food by turning the Dial.**
(see chart below)

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

English

Press

Auto Reheat
自動翻熱

Menu No.	Menu Category	Weight				Recommended containers or accessory
1	Reheat Meal	200 g	400 g	600 g	800 g	casserole with lid
2	Reheat Pizza	200 g	300 g	400 g	-	wire rack
3	Reheat Soup	1 cup	2 cups	3 cups	4 cups	microwave safe cup

Press

Auto Menu
自動食譜

Menu No.	Menu Category	Weight				Recommended containers or accessory
4	Reheat Frozen Foods/Dim Sum	50 g	100 g	150 g	200 g	microwaveable dish with lid or plastic wrap
5	Congee/Porridge	50 g	100 g	150 g	-	casserole with lid
6	Instant Noodle	1 serv.	2 servs.	-	-	casserole with lid
7	Vegetables	120 g	180 g	250 g	370 g	casserole with lid
8	Double Boil/Stew	4-6 servs.	1-3 servs.	-	-	casserole with lid
9	Casserole Rice	100 g	200 g	300 g	-	casserole with lid
10	Steam Fish	100 g	200 g	300 g	400 g	microwave safe dish with plastic wrap
11	Steam Chicken	200 g	400 g	600 g	800 g	
12	Roast (Whole) Chicken	600 g	900 g	1200 g	-	microwave safe dish
13	Roast Beef/Lamb	200 g	400 g	600 g	-	wire rack with dish underneath
14	BBQ Meat Pieces	200 g	400 g	600 g	-	wire rack with dish underneath
15	Reheat Fried Foods	50 g	150 g	350 g	-	wire rack with dish underneath



Note

- When you select an Auto Cook program, the auto and cooking function indicators light and menu number appear in the display.
- Only cook foods within the weight ranges described.
- Always weigh the food rather than relying on the package information.
- Most foods benefit from a standing time, after cooking with an Auto Cook Program, to allow heat to continue conducting to the centre.

1. Reheat Meal

Pre-cooked foods are reheated automatically by setting the food's weight. You need not select power level or reheating time. The foods should be at refrigerator temperature (5-7 °C). Use suitable size microwave safe casserole, add 3-5 tbsp of water if desired, and cover with lid. Stir when beep sounds.

2. Reheat Pizza



It is suitable for reheating pizza at refrigerator temperature (5-7 °C). Put the pizza on wire rack on the glass tray. Cook without cover.

3. Reheat Soup

It is suitable for reheating soup at refrigerator temperature (5-7 °C). Use microwave safe cup. Cook without cover. Stir before serving.

Note: 1 cup = 180 ml

4. Reheat Frozen Foods/Dim Sum

It is suitable for reheating frozen foods/Dim Sum, like Steamed bun, shumai, etc. Put frozen foods on a suitable microwave safe dish, sprinkle with some water. Cover with lid or plastic wrap.

5. Congee/Porridge

It is suitable for cooking congee/porridge. Place the rice/ porridge in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least 1/3 depth of volume for evaporation to prevent boiling over. Cover with lid. Stir when first beep sounds, and partially cover with lid, then go on cooking, stir when another beep sounds. Stand 5-10 minutes covered after cooking.

Rice/Porridge	Recommended Water	Recommended casserole volume
50 g	250 ml	1.5 L
100 g	650 ml	2 L
150 g	850 ml	3 L

6. Instant Noodle

It is suitable for cooking instant noodle. Place the instant noodle and seasonings in a suitable size microwave safe casserole. Add recommended hot tap water listed below. Allow at least 1/2 depth of volume for evaporation to prevent boiling over. Cover with lid. Stir when beep sounds. Stand 1-2 minutes after cooking.

Serving	Recommended hot tap water
1 Serv.	450 ml
2 Servs.	800 ml

7. Vegetables

It is suitable for cooking all types of leaf, green and soft varieties, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these. Cut all vegetables into the same size pieces. Place vegetable in a suitable size microwave safe casserole. Add water if you prefer a softer cooked texture. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover with lid. Stir when beep sounds.

Vegetables	Recommended Water or Stock
120 g	3 tsp. water or stock
180 g	4 tsp. water or stock
250 g	5 tsp. water or stock
370 g	7 tsp. water or stock

8. Double Boil/Stew

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 in a microwave safe casserole. Add recommended ingredients listed below. Allow at least 1/2 depth of volume for evaporation to prevent boiling over. Cover with lid. Stir when first beep sounds, and partially cover with lid, then go on cooking, stir when another beep sounds.

Serving	Meat	Vegetables	Recommended Water
4-6 servs.	400 g	300 g	800 ml
1-3 servs.	200 g	150 g	600 ml

Stew: It is suitable for cooking tougher cuts of meat/poultry stews. Place all ingredients and liquid in a high microwaveable and heat proof casserole. Allow at most 1/2 depth of volume for evaporation to prevent boiling over. Cook covered with a lid. Stir after beep sounds.

Serving	Meat	Vegetables	Recommended Water
4-6 servs.	800 g	600 g	300 ml
1-3 servs.	400 g	300 g	150 ml

9. Casserole Rice

It is suitable for cooking white rice including short, long grain, jasmine and basmati. Place rice in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least 1/3 depth of volume for evaporation to prevent boiling over. Partially cover with lid. Stand 5 minutes covered after cooking.

Rice	Recommended Water	Recommended casserole volume
100 g	180 ml	1.5 L
200 g	300 ml	2 L
300 g	450 ml	3 L

Rice will boil over if the casserole is too small. This setting is not suitable for cooking brown rice.

10. Steam Fish

It is suitable for cooking whole fish and fish fillets. Put the prepared fish in a microwave safe dish. Add recommended sauce and water listed below. Cover dish securely with plastic wrap.

Fish	Recommended Water or Stock
100 g	2 tsp. water or stock
200 g	3 tsp. water or stock
300 g	4 tsp. water or stock
400 g	5 tsp. water or stock

(It may be necessary to adjust the amount of water or sauce to your personal preference.)

Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking. Cover dish securely with plastic wrap. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

Note: Thickness of fish should not be more than 3 cm.

11. Steam Chicken

It is suitable for cooking chicken pieces, such as wings, drumsticks, thighs, half breasts etc. Chicken pieces should be thawed completely before cooking. Pierce the chicken pieces and marinate with gravy or vegetables if needed. Put the prepared chicken pieces onto a microwave safe dish. Add oil if you prefer a softer cooked texture. Cover dish securely with plastic wrap. Stir when beep sounds.

Chicken Pieces	Recommended Oil
200 g	3 tsp. oil
400 g	4 tsp. oil
600 g	5 tsp. oil
800 g	6 tsp. oil

12. Roast (Whole) Chicken

It is suitable for roasting whole chicken. Pierce the chicken before roasting. Put the prepared chicken onto a microwave safe dish with chicken breast side down. Turn over when beep sounds.

13. Roast Beef/Lamb

It is suitable for cooking beef and lamb. Meat may be cooked marinated with gravy or vegetables. Place prepared beef/lamb on a wire rack with dish underneath. Turn over when beep sounds.

Note: Meat should be thawed completely. Thickness of meat should not be more than 2 cm.

14. BBQ Meat Pieces

It is suitable for cooking meat pieces. Cut the meat into thin pieces. Pierce the meat pieces and marinate with gravy or vegetables if needed. Place prepared meat pieces on a wire rack with dish underneath. Turn over when beep sounds.

15. Reheat Fried Foods

It is suitable for reheating most kinds of fried foods, like fried chicken, curry puffs, fried spring rolls and etc. Arrange fried foods on a wire rack with dish underneath. Turn over when beep sounds.

Note

The Symbols , ,  on page 18-19 are intended to prompt you which features are used during cooking.  will not be display on the display window.

: Combination

: Grill

: Microwave

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

To Use as a Kitchen Timer

English

Press once.

Timer/Clock
計時/時鐘



Select desired time by turning dial.
(up to 1 hour and 30 minutes)

Time
時間

Add Time 追加烹調



Weight
重量



Press Start.
Time will count down without oven operating.

Start
開始

To Set Standing Time

Press once.

Set the desired cooking program.



Timer/Clock
計時/時鐘



Time
時間

Add Time 追加烹調



Weight
重量



Start
開始

Select desired standing time by turning dial.
(up to 1 hour and 30 minutes)

Press Start.
Cooking will start. After cooking, standing time will count down without oven operating.

To Set Delay Start

Press once.

Timer/Clock
計時/時鐘



Select desired delay time by turning dial.
(up to 1 hour and 30 minutes)

Time
時間

Add Time 追加烹調



Weight
重量



Set the desired cooking program.



Start
開始

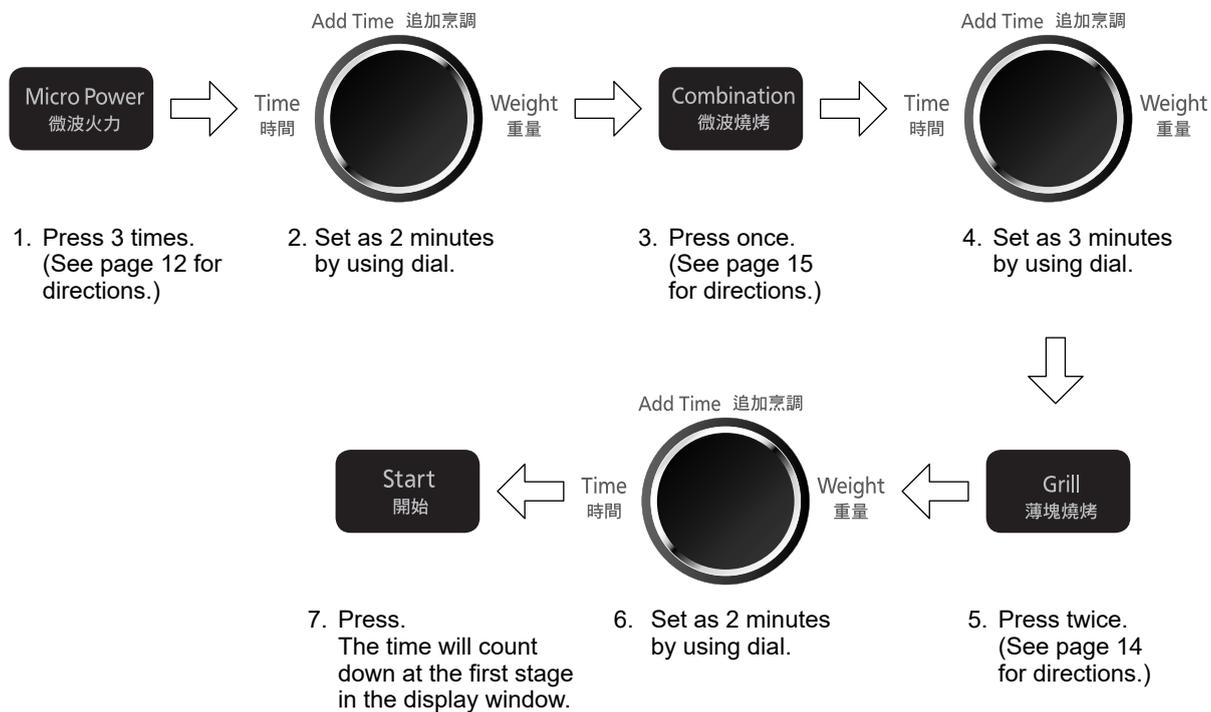
Press Start.
Delayed time will count down. Then cooking will start.

Note

1. If oven door is opened while Standing Time, Delay Start or Kitchen Timer has been set, the time in the display window will continue to count down.
2. Delay Start and Standing Time can not be programmed together with Turbo Defrost and Auto Cook (Auto Reheat and Auto Menu). This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results.
3. When using Standing Time or Delay Start, it's up to 2 Power stages.

3-Stage Setting

Example: Continually set [600 W] 2 minutes, [Combination 1] 3 minutes and [Grill 2] 2 minutes.



Example to use

	Cook 300 g fish fillets	Roast 1 kg whole chicken
1-stage	600 W 3'00"	Combination 1 9'00"
2-stage	440 W 2'00"	Combination 3 13'00"
3-stage	—	Grill 2 2'00"



Note

1. When operating, two beeps sound will be heard between each stage.
2. This feature is not available for Turbo Defrost and Auto Cook (Auto Reheat and Auto Menu).

Before Requesting Service

English

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal 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 switch the Grill. This is normal.
The oven has an odor 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.
Some smoke will be given off from the cavity when using Grill, Combination, for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged firmly.	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 Button was not pressed after programming.	Press Start Button.
	Another program has already been entered into the oven.	Press Stop/Reset Button to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset Button has been pressed accidentally.	Program oven again.
When the oven is turning on, there is noise coming from Glass Tray.	The roller ring and oven bottom are dirty.	Clean these parts according to care of your oven (See next page).
The “  ” appears in the display window.	The Child Safety Lock was activated by pressing Start Button 3 times.	Deactivate Lock by pressing Stop/Reset Button 3 times.
“H00”, “H97” or “H98” appears in the display window.	The display indicates a problem with microwave generation system.	Contact the specified service centre.

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

- Eng-22 -

Care of your Microwave Oven

1. Turn the oven off and remove the power plug from the wall socket before cleaning, if possible.
2. Keep the oven cavity 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.
3. 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.
4. 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** Button to clear display window.
5. 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.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
8. 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.
9. After GRILL or 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 or 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. Avoid cleaning oven door and the microwave feed guide area situated on the right hand side of the cavity wall.
DO NOT SPRAY DIRECTLY INSIDE THE OVEN. A steam cleaner is not to be used for cleaning.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed.

Technical Specifications

Model name:		NN-GD37HB	
Power Supply:		230 - 240 V 50 Hz	220 V 50 Hz
Power Consumption:	Microwave	4.9 A 1150 W	5.3 A 1150 W
	Grill	4.5 A 1050 W	4.7 A 1050 W
	Combination	7.5 A 1750 W	8.0 A 1750 W
Cooking Power:	Microwave*	1000 W	
	Grill	1000 W	
Outside Dimensions (W × H × D):		488 mm × 279 mm × 395 mm	
Oven Cavity Dimensions (W × H × D):		315 mm × 178 mm × 353 mm	
Overall Cavity Volume:		23 L	
Glass Tray Diameter:		Ø285 mm	
Operating Frequency:		2450 MHz	
Uncrated Weight:		Approx. 10 kg	

* IEC Test Procedure

Specifications subject to change without notice.

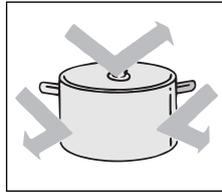
As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.

Microwaves and How They Work

Microwaves are a form of high frequency electromagnetic waves (app. 12 cm wave length) similar to those used by a radio. Electricity is converted into microwave energy by the magnetron tube. The microwaves travel from the magnetron tube to the oven cavity where they are reflected, transmitted or absorbed.

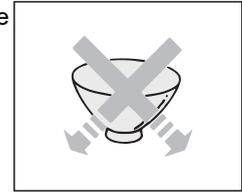
Reflection

Microwaves are reflected by metal just as a ball is bounced off a wall. A combination of stationary (interior walls) and rotating metal (glass tray or stirrer fan) helps assure that the microwaves are well distributed within the oven cavity produce even cooking.



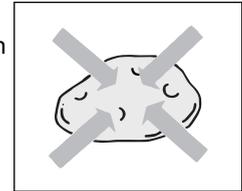
Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.



Absorption

Microwaves are absorbed by food. They penetrate to a depth of about 2-4 cm. Microwave energy excites the molecules in the food (especially water, fat and sugar molecules), and causes them to vibrate very quickly.



The vibration causes friction and heat is produced. In large foods, the heat which is produced by friction is conducted to the center to finish cooking the food.

Food Characteristics

FOOD CHARACTERISTICS

Food characteristics which affect conventional cooking are more pronounced with microwave heating.

Size — Small portions cook faster than large ones.

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



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

Bone and Fat — Both affect heating. Bones may cause irregular heating. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.



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



Cooking Techniques

Timing

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

Spacing

Individual foods, such as baked potatoes, cupcakes and hors d'oeuvres, will heat more evenly if placed in the oven equal distance apart. When possible, arrange foods in a circular pattern.



Similarly, when placing foods in a baking dish, arrange around the outside of dish, not lined up next to each other. Food should NOT be stacked on top of each other.



Piercing

The skin or membranes on some foods will cause steam to build up during microwave cooking. Foods must be pierced, scored or have a strip of skin peeled off before cooking to allow steam to escape.

Eggs:

Pierce egg yolk twice and egg white several times with a toothpick.



Whole Clams and Oyster:

Pierce several times with a toothpick.

Whole Potatoes and Vegetables: Pierce with a fork.
Frankfurters and Sausages: Score smoked polish sausage and frankfurters. Pierce fresh sausage with a fork.

Browning

Foods will not have the same brown appearance as conventionally cooked foods or those foods which are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine; brush on before cooking.

For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

Covering

As with conventional cooking moisture evaporates during microwave cooking. Because microwave cooking is done by time and not direct heat, the rate of evaporation cannot be easily controlled. This, however, can be easily corrected by using different materials to cover dishes. However, unless specified, a recipe is heated uncovered. Casserole lids or cling film are used for a tighter seal. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

Stirring

Stirring is usually necessary during microwave cooking. We have noted when stirring is helpful, using the words once, twice, frequently or occasionally to describe the amount of stirring required. Always bring the cooked outside edges toward the centre and the less cooked centre portions toward the outside.

Turning and Rearranging

It is not possible to stir some foods to redistribute the heat. At times, microwave energy will concentrate in one area of a food. To help ensure even cooking, some foods need to be turned or rearranged. Turn over large foods such as roasts or turkeys. Generally, they are turned over once halfway through heating.

Rearrange small items such as chicken pieces, shrimp or hamburger patties. Rearrange pieces from the edge to the centre and pieces from the center to the edge of the dish.

Standing Time

Most foods will continue to cook by conduction after the microwave oven is turned off. In meat cookery, the internal temperature will rise 5 °C if allowed to stand, covered, for 10-20 minutes.

Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking in the center without overcooking on the edges.

Testing for Results

The same test for doneness used in conventional cooking may be used for microwave cooking.

Cakes are done when a wooden stick comes out clean and cake pulls away from side of the pan.

Chicken is done when juices are clear yellow and drumstick moves freely.

Meat is done when fork tender or splits at fibres.

Fish is done when it flakes and is opaque.

Converting Favorite Recipes

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as cooked souffles or two-crust pies would be less than satisfactory. Never attempt to deep fat fry in your microwave oven. A basic rule, when converting conventional recipes to microwave recipes, is to cut the suggested cooking time to a quarter. Also, find a similar microwave recipe and adapt that time and power setting. Season meats with herbs and spices (and half the salt) before cooking; the rest of the salt after cooking.



Stews are not browned before cooking. Omit any oil or fat that would be used for browning. Cut stew meat into 2.5 cm pieces. Cut carrots, potatoes and other firm vegetables into small pieces. Carrots should be thinly sliced and potatoes cut into dice.

Cover with glass lid and cook at 1000 W to bring liquid to a boil and cook at 100 W until tender. Stir occasionally. Note: A small plate placed on top of the meat and vegetables will help stop the meat overcooking.



Casseroles microwave cook well. Cut foods into uniform pieces. Condensed soup makes a good base for casseroles.

Select a dish that is large enough to allow for stirring. Cooking covered with a glass lid or cling film reduces cooking time. Stir occasionally during cooking. To keep crumb topping crisp sprinkle on before stand time.



Heating Frozen Foods

Most frozen convenience foods have microwave heating directions on the back of the package. Refer to these directions for recommended power levels, heating times and general instructions.

General Directions for Heating Frozen Convenience Foods

Pierce pouch vegetables or entrees with a fork or knife. Place pouch in a dish before heating.

Frozen foods in **metal containers deeper than 2 cm** such as lasagna or baked stuffed potatoes, must be removed from the foil container and placed in an appropriately sized microwave-safe container. Heat covered with a lid or plastic wrap.

NOTE: If food is difficult to be removed from container, rinse the bottom of the container with hot water.

To heat frozen dinner in foil containers, remove dinner from box, if there is a foil cover, remove it. Some foods, such as bread, French fries or batter type desserts such as brownies, do not microwave well. Remove these types of food from tray. Cover tray except desserts with plastic wrap. Heat according to manufacturers' directions. Place foil tray in the center of the oven. Foil tray should not touch oven walls or other metals. Leave at least 2-3 cm space between foil tray and oven walls. Heat only 1 foil tray in the oven at a time.

DEFROST Preparing Foods for Freezing

The finished quality of the prepared food will depend on the original quality before freezing, the care the food receives during freezing, and the techniques and times used for defrosting. Select fresh, good quality food and freeze as soon as possible after purchasing. Heavy-duty plastic wraps and bags, and freezer wrap are suitable for use in the freezer. Meats may also be frozen in their store packaging for short periods of time.

Notes: If aluminum foil is used for wrapping, all pieces of foil must be removed before defrosting prevent arcing.

When WRAPPING FOR FREEZING, arrange meat, poultry, fish and seafood in thin uniform layers. Package minced meat in 2.5-5 cm thick rectangular, square or round shapes.



Remove giblets from fresh whole poultry. (The giblets may be frozen separately, if desired.) Clean and dry poultry. Tie legs and wings with string.



Remove all air before sealing plastic bags. LABEL package with type and cut of meat, date and weight.



FREEZE foods in a freezer which is maintained at -18 °C or lower. Defrosting time given in the charts on page 28 are for thoroughly frozen foods. (i.e. foods should be frozen at least 24 hours before defrosting)

DEFROST

To use, select 300 W and program the defrosting time. Follow defrosting times and directions given in this section and page 28.

Techniques for Defrosting

- 1) Foods should be frozen in moisture and vapor proof wrapping materials. Small items such as chops, hamburger patties, fish fillets, poultry pieces etc. should be frozen in 1 or 2 pieces layers.



- 2) Remove original wrapper. Set meat on a microwave roasting rack placed in a dish. Set 300 W and heat for the time recommended in the chart on page 28.
- 3) Turn over meat or poultry two or three times during defrost. Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
- 4) Halfway through the defrost cycle, break apart ground beef, shrimp, scallops or crab meat. Separate chops or poultry pieces and remove meat that is defrosted.



- 5) Large roast, or whole poultry may still be icy in center. Allow to stand.



Defrosting Chart

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

English

Food	Weight/Quantity	Time & Mode	Method
Beef/Lamb/Joint (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 30 mins
Steaks (1) (3)	2 pcs 250 g	300 W 3-4 mins	standing 3 mins
Minced beef (1) (3)	450 g (1 lb)	300 W 6-7 mins	standing 5 mins
Stewing steak (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 10 mins
Whole chicken (1) (3)	450 g (1 lb)	300 W 5-7 mins	standing 10 mins
Chicken portions (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Whole Fish (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Fish Fillets (2) (3)	450 g (1 lb)	300 W 5-7 mins	standing 5 mins
Prawns (2) (3)	450 g (1 lb)	300 W 4-6 mins	standing 5 mins
Fruits, Soft (1)	250 g	300 W 2-3 mins	standing 2 mins
Margarine (3)	250 g	300 W 1-2 mins	standing 2 mins
Cheese (3)	450 g (1 lb)	300 W 2-4 mins	standing 2 mins
Plated Meals Homemade Adult Size (2)	350 g	300 W 5-6 mins	standing 3-5 mins
Cooked Fruit (2)	540 g	300 W 4-5 mins	standing 3-5 mins
Cooked Meat (2)	520 g	300 W 6-8 mins	standing 3-5 mins
Quiche (3)	1 pc 65 g	300 W 1-2 mins	standing 2 mins
Casseroles (1)	750 g	1000 W 6-7 mins	standing 3-5 mins
Bread rolls (1)	1 pc 85 g	1000 W 20-30 secs	standing 5 mins
Brioche large (1) (3) (4)	1 pc 400 g	Combination 2; 3 mins 30 secs	standing 5 mins
Croissants (1) (4)	2 pcs 100 g	Combination 2; 1 min- 1 min 30 secs	Add 1 min grill 1 for more crispness
Pastry puff (1) (3)	1 roll 375 g	300 W 2 mins- 2 mins 30 secs	Stand time 20 mins in refrigerator
Pastry shortcrust (1) (3)	1 roll 500 g	300 W 4-5 mins	Stand time 20 mins in refrigerator
Pizza dough (1) (3)	1 ball 240 g	300 W 2 mins- 2 mins 30 secs	standing 10 mins
Doughnuts (1) (4)	2 pcs 100 g	Combination 2; 1 min- 1 min 30 secs	Stand 3 mins in oven
Waffles (1) (4)	2 pcs 40 g	Combination 2; 1 min- 1 min 30 secs	Add 1 min grill 1 for more crispness
Fruit tarte (3)	470 g	300 W 4-5 mins	standing 5 mins

- (1) Turn or stir at half time.
 (2) Separate and turn several times.
 (3) Remove packaging and place on a heat resistant plate.
 (4) Place on wire rack, if required in a heatproof dish.

Reheating Chart

The times given in the charts below are a guideline only, and will vary depending on starting temperature, dish size etc.

Food	Weight/Quantity	Time & Mode	Method
Drinks-Coffee-Milk			
Coffee	1 mug 235 ml	1000 W 1 min 30 secs	Stir before, and after reheating.
Coffee	2 mugs 470 ml	1000 W 2 mins 30 secs-3 mins	
Milk	1 mug 235 ml	1000 W 1 min 20 secs-1 min 30 secs	
Breads			
Croissants	1 pc 50 g	1000 W 10-20 secs or Grill 1; 3 mins-3 mins 30 secs	Place on microwave safe plate on glass tray. Do not cover. If using grill mode, use wire rack or heatproof plate. Turn at half time.
	2 pcs 100 g	1000 W 30-40 secs or Grill 1; 4 mins	
Rolls	1 pc	1000 W 10-20 secs or Grill 1; 3 mins-3 mins 30 secs	
	4 pcs	1000 W 30-40 secs or Grill 1; 4-5 mins	
Naan Bread	225 g	1000 W 30-40 secs	Do not cover. Turn at half time.
Pitta Bread	2 pcs	1000 W 20-30 secs	
Plated meals-Homemade			
Vegetables (cooked)	300 g	1000 W 2 mins-2 min 30 secs	Cover. Stir at half time.
	700 g	1000 W 5 mins-5 mins 30 secs	
Potato puree	500 g	1000 W 3-4 mins	
Rice, quinoa, couscous	300 g	1000 W 2 mins-2 mins 20 secs	
Babyfood	120 g	600 W 30-40 secs	
Canned Food			
Baked Beans	225 g	1000 W 1 min 30 secs-2 min	Place in a microwave safe bowl on glass tray. Cover. Stir halfway.
Spaghetti in tomato sauce	200 g	1000 W 1 min 30 secs	
Cream of tomato soup	400 g	1000 W 2 mins 30 secs	
Chicken soup	425 g	1000 W 3 mins 30 secs	
Pastry Products			
Quiche	400 g	1000 W 2-3 mins or Combination 2; 4-6 mins	Place on microwave safe plate on glass tray. Do not cover. If using combination mode, use heatproof plate.
Samosas/spring rolls	4 pcs 240 g	1000 W 1-1 min 30 secs or Combination 2; 5-6 mins	
Purchased Convenience Foods			
Cottage pie (chilled)	450 g	1000 W 5-6 mins or Combination 2; 12-15 mins	Place on microwave safe plate on glass tray. Do not cover. If using combination mode, use heatproof plate.
Lasagne (chilled)	400 g	1000 W 7-8 mins or Combination 2; 10-12 mins	
Shepherd's pie (Frozen)	450 g	1000 W 3-4 mins then Combination 2; 22-25 mins	

Cooking Chart

English

Food	Weight/Quantity	Time & Mode	Method
Beans & Pulses-should be pre-soaked (except lentils)			
Chick peas	225 g	1000 W 8 mins then 440 W 35-40 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Stir halfway.
Lentils	225 g	440 W 15-20 mins	
Red kidney beans	225 g	1000 W 15 mins then 440 W 35-40 mins	
Fresh vegetable, slice, chop into even sized pieces. Place in microwave safe dish.			
Asparagus	200 g	1000 W 4-5 mins	Add 30 ml (2 tbsp) of water, cover. Stir halfway.
Broccoli	250 g	1000 W 3-4 mins	
Potatoes	250 g	1000 W 4-5 mins	
Lamb/Beef-from raw-Caution: Hot Fat! Remove dish with care.			
Chops	450 g (1 lb)	Combination 2; 10 mins	Place on wire rack with heatproof plate underneath. Turn halfway.
Joint	450 g (1 lb)	600 W 10-13 mins then Combination 1; 6-10 mins	Place on upturned saucer in microwave safe dish or rack on glass tray. Cover and turn joint over halfway. Drain off fat during cooking. Uncover when using Combination mode.
Pasta-Place in a large 3 litre (6 pints) microwave safe bowl			
Macaroni	225 g	1000 W 13-15 mins	Use 1 litre (1¾ pints) boiling water. Cover. Stir halfway.
Spaghetti, Tagliatellie	225 g	1000 W 11-12 mins	
Pizza-Fresh chilled- N.B. Remove all packaging. Pizza will have a soft base.			
Thin & Crispy	300 g	1000 W 2-3 mins or Combination 2; 10-12 mins	Place on heatproof plate on glass tray. Do not cover. If using combination mode, please use wire rack.
Deep Pan	400 g	1000 W 4-6 mins or Combination 2; 10-12 mins	
Potato Products Part Cooked-Frozen			
Croquettes	300 g	Combination 2; 12-13 mins	Place on wire rack on glass tray. Turn halfway.
Waffles	2 pcs 120 g	Grill 1; 14 mins	
Sausages-from raw-Caution: Hot Fat! Remove dish with care.			
Thick	4 pcs 240 g	1000 W 2-3 mins or Combination 2; 8-10 mins	Place on microwave safe plate on glass tray. Cover. If using combination/grill mode, use wire rack. Do not cover. Turn halfway.
Thin	4 pcs 120 g	1000 W 1 min 30 secs- 2 mins 30 secs or Grill 1; 7-8 mins	



Note

Always check that food is piping hot after reheating in the microwave. If unsure, return to oven. Foods will still require a stand time, especially if they cannot be stirred. The denser the food the longer the stand time.

Recipes

NOTES:

The cooking power and time in the recipes are only for your reference. Please adjust the power and time according to the different voltage, output power or your favor.



CHICKEN WITH PINEAPPLE

Ingredients:

- 600 g chicken pieces
- 1 tbsp. corn flour
- 2 tbsp. water
- 5 g spring onions for garnishing (finely sliced)
- A: 1 tsp. ground pepper
- 10 g young ginger (finely chopped)
- 2 tbsp. tomato sauce
- 2 tbsp. oyster sauce
- 2 tbsp. fish sauce
- B: 200 g pineapple (½ cm thick dges)
- 5 g fresh chilli (deseeded and finely sliced)
- ½ tbsp. salt

Method:

1. Marinate chicken pieces with combined ingredients A in a casserole for 1 hour.
2. Add in ingredients B.
3. Cover and cook on power 800 W for 14-16 minutes.
4. Stir in cornflour mixture towards last 5 minutes of cooking time.
5. Serve hot with rice.

Makes: 4-6 servings



CRISPY ROAST CHICKEN

- 600 g chicken portions, cut into pieces

Marinade:

- ½ tbsp. cooking oil
- ½ tbsp. honey
- A: 2 tbsp. oyster mushroom sauce
- 1 tbsp. honey
- 1 tbsp. cooking oil
- ¼ tbsp. dark mushroom sauce

Method:

1. Clean and wash chicken, prick meat with a fork and pat dry with kitchen paper.
2. Marinate chicken with A overnight or at least ½ hour in the fridge.
3. Place marinated chicken on wire rack with a microwave safe plate underneath.
4. Baste chicken with oil before roasting.
5. Cook on Combination 1 for 14-15 minutes, turn over halfway through cooking.
6. Baste chicken with honey at the last 5-10 minutes of cooking process.
7. Cut roasted chicken into serving pieces and arrange on an attractive platter. Serve hot.

Makes: 4-6 servings



STEAM PRAWNS

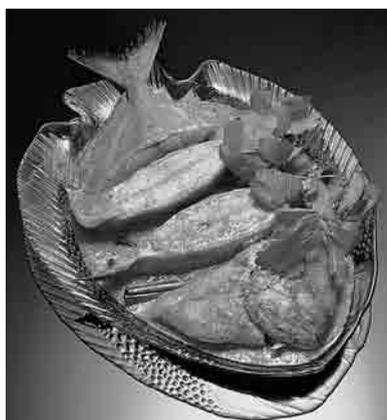
Ingredients:

300 g	big prawns with shell
100 g	tomato (sliced)
A: 1/3 cup	water
1/4 tsp.	salt
1/4 tsp.	sugar
10 g	ginger(shredded)
1 tsp.	lemon juice

Method:

1. Trim prawn whiskers and skewer prawns from tail to head with cocktail stick.
2. Arrange sliced tomato and prawns in a circle on a dinner plate. Combine ingredients A and pour over prawns.
3. Cover with plastic wrap and cook on power 800 W for 5-6 minutes.
4. Serve hot.

Makes: 4-6 servings



FISH MASALA

Ingredients:

1	black pomfret (350 g cut into 4 pcs)
1/3 cup	yoghurt
1/3 cup	water
1/4 tsp.	salt
A: 1 tbsp.	ghee
10 g	coriander leaves (cut into 4 cm lengths)
10 g	ginger (shredded)
50 g	big onion (sliced)
5 g	curry leaves
1 cm	cinnamon stick
2	cloves
B: (to be blended with 1/4 cup oil)	
1 tbsp.	cumin seed
20 g	dried chilli (soaked)
10 g	garlic
50 g	small onion

Method:

1. Combine ingredients A and fry in a casserole on power 1000 W, uncovered for 2-3 minutes.
2. Stir in ingredients B and further fragrant on power 1000 W for 3-4 minutes.
3. Add in fish, yoghurt, water and salt.
4. Cover and cook on power 600 W for 7-8 minutes. Turn the fish halfway through cooking.
5. Serve hot with rice.

Makes: 4-6 servings



FRIED RICE

Ingredients:

400 g	cooked rice
150 g	mix vegetables
2 tbsp.	thin soya sauce
2 tbsp.	sesame oil
A: 150 g	small prawns (shelled and deveined)
50 g	crab meat
1 tsp	thin soya sauce
½ tsp.	sugar
B: 10 g	garlic (chopped)
20 g	shallot (chopped)
3 tbsp.	oil

Method:

1. Combine ingredients A and leave aside.
2. Fry combined ingredients B in 22 cm casserole on power 1000 W, uncovered for 1 minute 30 seconds to 2 minutes.
3. Stir in seasoned ingredients A and further cook on power 600 W, uncovered for 2-3 minutes.
4. Add in remaining ingredients and cook on power 1000 W, uncovered for 10 minutes. Stir every 3 minutes.
5. No standing time.

Makes: 3-4 servings



FRUIT JAM

Ingredients:

200 g	fruit (such as strawberry, apple, grape, kiwi berry, etc.)
100 g	castor sugar
2 tsp.	lemon juice

Method:

1. Peel and cut fruits into bite-size (1-2 cm) pieces and place in 2-litre casserole dish. Add castor sugar and lemon juice. Mix well.
2. Cook on power 600 W for 13-14 minutes. Stir every 3 minutes. After cooking, stir and cool.

NOTE: You cannot cook orange jam. Preserve in the fridge. You can adjust the level of the sugar content if you like. Less sugar makes preservation term shorter.

NOTE: Double ingredients for 2 cups fruits jam.

Makes: approximately 1 cup