

Panasonic®

Operating Instructions

使用説明書

Panduan

คู่มือการใช้งาน

Microwave Oven

微波爐

Ketuhar Gelombang Mikro

เตาอบไมโครเวฟ

Household Use Only

僅家庭用

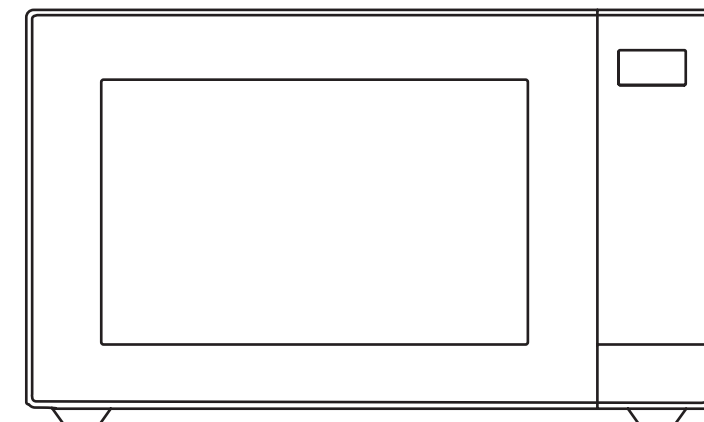
Kegunaan Rumah Sahaja

สำหรับใช้ในครัวเรือนเท่านั้น

Model No.

型號：

NN-ST65QB
NN-ST65QM



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

ข้อแนะนำเกี่ยวกับความปลอดภัยที่สำคัญ

อ่านอย่างละเอียดและเก็บไว้อ้างอิงในอนาคต

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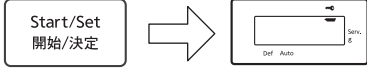

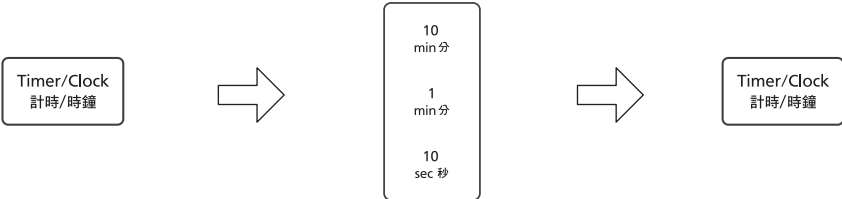
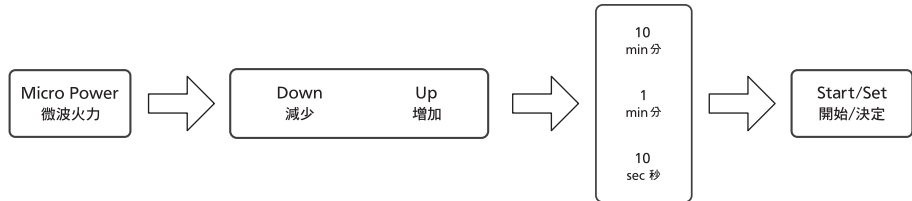

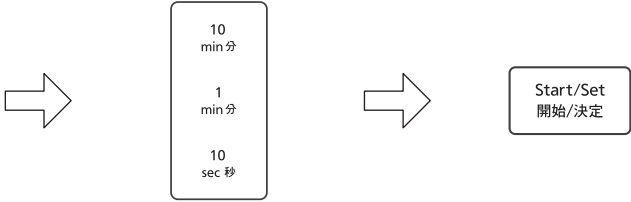


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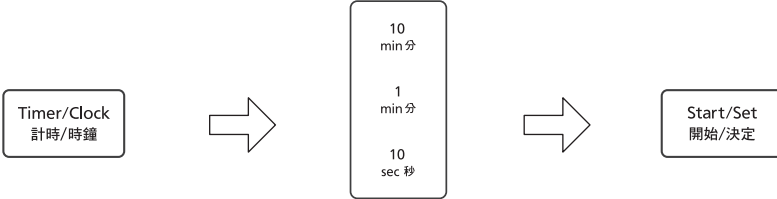
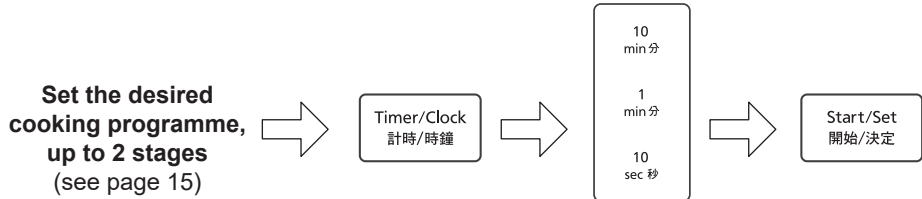
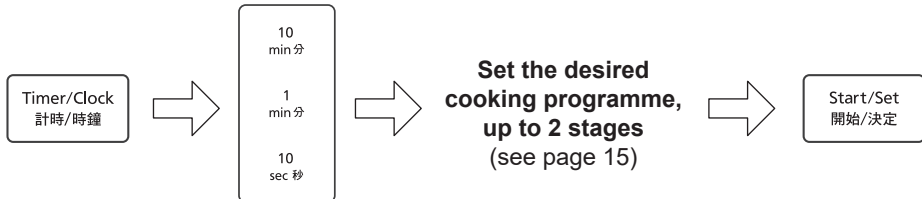
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Quick Guide to Operation

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

English

Feature	How to Operate	
To Set Beep Choice On/Off (☞ page 11)	After plugging in:  Press once. Set the mode Press once Default mode is “On”	
To Set/Cancel Child Safety Lock (☞ page 11)	To set  Press 3 times	To cancel  Press 3 times Time of day or colon reappears in the display
To Set Clock (☞ page 11)	 Press twice Set time of day (12-hour) Press once	
To Cook / Reheat / Defrost by Micro Power and Time Setting (☞ page 12)	 Press once Select power. Set the cooking time. Press once	
To Cook using Quick 30 Pad (☞ page 13)	 Press to set the desired cooking time. Press once	
To Use the Add Time Feature (☞ page 13)	As soon as manual cooking ends, the display will flash “0”  Add Time by pressing the Time Pads Press once	
To Use Auto Reheat Pad (☞ page 16)	 Press once Select the weight Press once	
To Use Turbo Defrost Pad (☞ page 17)	 Press once Select the weight. Press once	

Feature	How to Operate
To use Beverage Pad (☞ page 18)	 <p>Press once Select the desired menu No. Press once</p>  <p>Select the Serv. Press once</p>
To use Auto Menu Pad (☞ page 19)	 <p>Press once Select the desired menu No. Press once</p>  <p>Select the Serv/weight Press once</p>
To Use as a Kitchen Timer (☞ page 14)	 <p>Press once Set the kitchen time. Press once</p>
To Set Standing Time (☞ page 14)	<p>Set the desired cooking programme, up to 2 stages (see page 15)</p>  <p>Press once Set the standing time. Press once</p>
To Set Delay Start (☞ page 14)	 <p>Press once Set the delay time Press once</p>

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

Inspection for damage:

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

1. The door fits squarely, securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. 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, 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. Details for cleaning door seals, cavities and adjacent parts. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

10. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
11. 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 a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

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

Important Instructions

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

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
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.

IMPORTANT SAFETY INSTRUCTIONS (continued)

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) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
 - (c) Remove wire twist-ties from bags before placing bag in oven.
 - (d) 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.
 - (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. This appliance is 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.
14. **WARNING:** Ensure that the cavity does not contain any items or utensils that are not suitable for the use with the microwave oven before you operate the appliance.
15. **WARNING:** Do not use the cavity for storing combustible products, cooking utensils, or food and similar when the microwave oven is not in use.
16. The appliance shall not be cleaned with a steam cleaner.
17. The appliance must be operated with the decorative door open.

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.

WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) 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 is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons 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 or other foods must not be heated in sealed containers since they are liable to explode, at the same time, it should avoid the boiling liquids splash.
- 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) Care should be taken not to displace the glass tray when removing containers from the appliance.

Installation and General Instructions

General Use

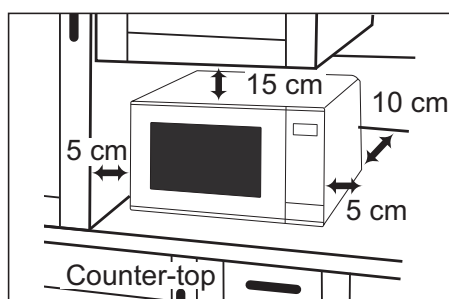
1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
3. If smoke is observed, press the **Stop/Cancel** Pad and leave door closed order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
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 can 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. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
14. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.

15. Metallic containers for food and beverages are not allowed during microwave cooking.
16. Only use utensils that are suitable for use in microwave ovens.

Placement of the Oven

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

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.

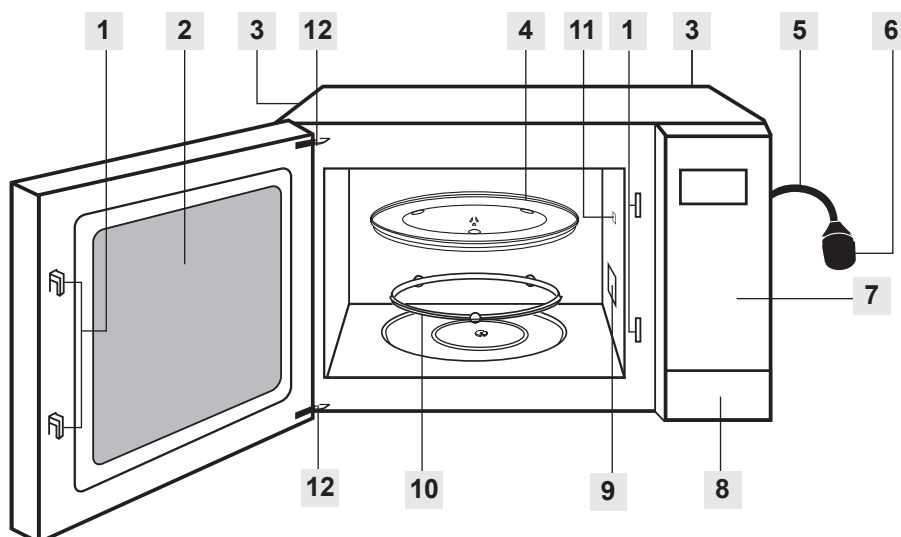


- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
 - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
 3. If the oven is designed for installation into a wall cabinet, use the proper trim kit available from a local Panasonic dealer. Follow all instructions packed with the kit. (only for NN-ST65QM) The cabinet must NOT have a door.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they can explode, even after microwave heating has ended.
4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
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 of 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.
 - (f) As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.** To check the degree of cooking of roasts and poultry use a **MICROWAVE THERMOMETER**. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section 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 are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Feature Diagram



1 Door Safety Lock System

2 Oven Window

The oven window with vapor barrier film
(do not remove)

3 Oven Air Vent

4 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.
- Always place the container on the center of the glass tray when cooking.
- If food or utensils on the Glass Tray touch oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
- The Glass Tray can rotate in either direction.

5 Power Supply Cord

6 Power Supply Plug

7 Control Panel

8 Door Release Button

Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start/Set** Pad 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.

9 Waveguide Cover (do not remove)

10 Roller Ring

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

11 Oven Light

The oven light will turn on during cooking and also when the door is opened. It will turn off after 1 minute if the door is left open.

12 Door Hinges

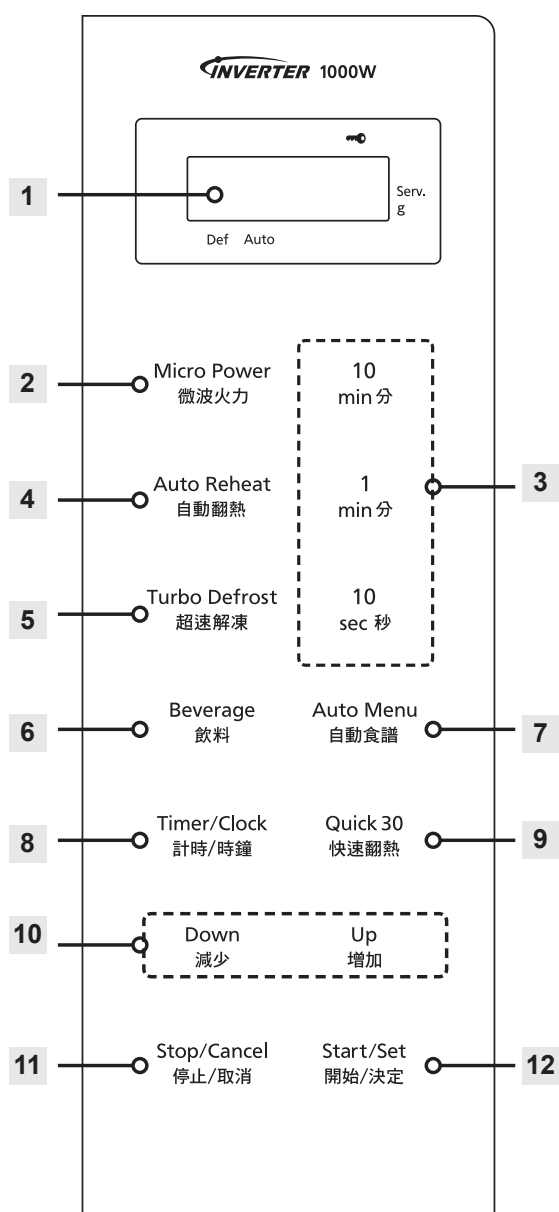
To prevent injury when opening or closing the door, keep fingers away from the door hinges.



Note

- The above illustration is for reference only.
- The Glass Tray is the only accessory with this oven. All other cooking utensils mentioned in this manual must be purchased separately.

Control Panel



* NN-ST65QB and NN-ST65QM –

The design of your control panel may vary from the panel displayed, but the words on the pads will be the same.

1 Display Window

2 Micro Power Pad (see page 12)

3 Time Pads

4 Auto Reheat Pad (see page 16)

5 Turbo Defrost Pad (see page 17)

6 Beverage Pad (see page 18)

7 Auto Menu Pad (see page 19-22)

8 Timer/Clock Pad (see page 11, 14)

9 Quick 30 Pad (see page 13)

10 Up/Down Selection Pads

11 Stop/Cancel Pad

Before cooking: One press clears all your instructions.

During cooking: One press temporarily stops the cooking process. Another press cancels all your instructions and colon or time of day appears in the display window.

12 Start/Set Pad

One press allows the oven to begin functioning. If the door is opened or the **Stop/Cancel** Pad is pressed once during oven operation, the **Start/Set** Pad must again be pressed to restart the oven.



Note

If an operation is set and the **Start/Set** Pad 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 pad is pressed correctly, a beep sound will be heard. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction, or the beep sound has been turned off. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep five times.

Cookware and Utensil Chart

English

	Microwave
Aluminium foil	no
Ceramic Plate	yes
Browning Dish	yes
Brown paper bags	no
Dinnerware oven/microwave safe	yes
Non-oven/microwave safe	no
Disposable paperboard containers	yes*
Glassware oven glassware & ceramic	yes
Non-heat resistant	no
Metal cookware	no
Metal twist-ties	no
Oven cooking bag	yes
Paper towels and napkins	yes
Plastic defrosting rack	yes
Plastic dishes microwave safe	yes
Non-microwave safe	no
Microwave safe cling film	yes
Straw, wicker, wood	yes
Thermometers microwave safe	yes
conventional	no
Waxed paper	yes
Silicon bakeware	yes*

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

Beep Choice

The oven has both "Beep On" and "Beep Off" mode. This unique Feature of your Panasonic microwave oven allows you to establish the initial non-cooking features of your oven.

- Start/Set
開始/決定

➡

Down
減少 Up
増加

➡

Stop/Cancel
停止/取消
1. **Press the Start/Set Pad after plugging in.**
"bEEP" appears in the display window. The default mode is "On".
 2. **Press Up/Down Selection Pads.**
The mode changes to "OFF".
 3. **After setting, tap Stop/Cancel Pad to exit**



Note

1. The choice can be selected only when you plug-in the oven.
2. Tapping the **Up/Down Selection** Pads again during step 2 will revert back to the initial "On" mode

Child Safety Lock Setting

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

To set:



Press Start/Set 3 times.

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



appears in the display window.

To cancel:



Press Stop/Cancel 3 times.

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

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

Clock Setting

You can use the oven without setting the clock.

- Timer/Clock
計時/時鐘

➡

10
min 分

1
min 分

10
sec 秒

➡

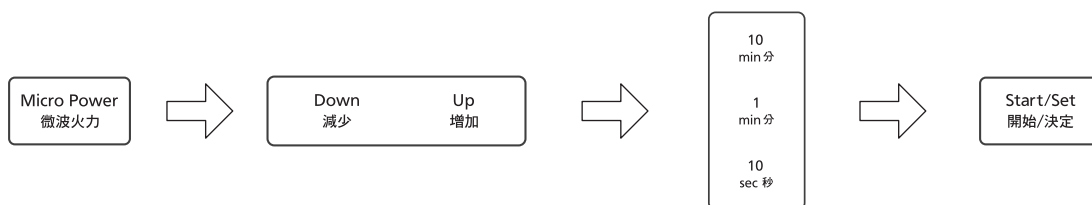
Timer/Clock
計時/時鐘
1. **Press twice.**
Colon will blink in the display window.
 2. **Set the time by pressing the Time Pads.**
Time appears in the display window; colon is blinking.
 3. **Press once.**
Colon stops blinking; time of day is entered and locked in the display window. Time counts up in minutes.



Note

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

Micro Power Setting



1. Press once to select the Micro Power feature.

2. Press Up/Down Selection Pads to select power level.
Power will appear in the display window. (see chart below)

3. Select cooking time by pressing the Time Pads.
(1000 W: up to 30 minutes
Other Powers Levels: up to 99 minutes and 50 seconds)

4. Press Start/Set.
The time in the display window will count down.

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



Note

1. You can select the power level by pressing the **Micro Power** Pad as well.
2. It is possible to programme no more than 3 stages of cooking as one cooking set. For 2 or 3 stage cooking, repeat steps 1-3 above before pressing the **Start/Set** Pad. When selecting 1000 W on the first stage, you can skip step 1-2. When operating, two beeps will be heard between each stage. (Please refer to page 15 for details).
3. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press **1 min** Pad to a maximum of 10 minutes. Cooking time can not be decreased during cooking.
4. Do not use metal containers on microwave mode.
5. Standing time can be programmed after Micro Power and time setting.
Refer to using the timer page 14.

To Cook Using the Quick 30 Feature

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

Quick 30
快速翻熟



Start/Set
開始/決定

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/Set.

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 feature is only available for **Micro Power** mode. If desired, you can use other power levels. Select desired micro power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you cannot use **Time Pads**.

Using the Add Time Feature

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

1. As soon as manual cooking ends, the display will flash "0"



10
min 分

1
min 分

10
sec 秒



Start/Set
開始/決定

2. Add cooking time by pressing the Time Pads.

Maximum cooking time:
Microwave: 1000 W up to 30 minutes;
other powers levels up to 99 minutes
and 50 seconds.

3. Press Start/Set.

Time will be added.
The time in the display window will count down.



Note

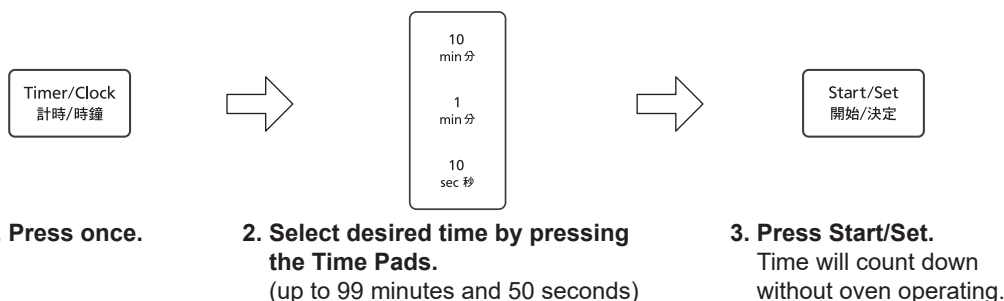
1. This feature is only available for Micro Power, Quick 30 and Timer features and it is not available for Auto programs.
2. The Add Time feature is only available within 1 minute after cooking.
3. The Add Time feature can be used after 3-stage cooking. The power level is the same as the last stage.

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

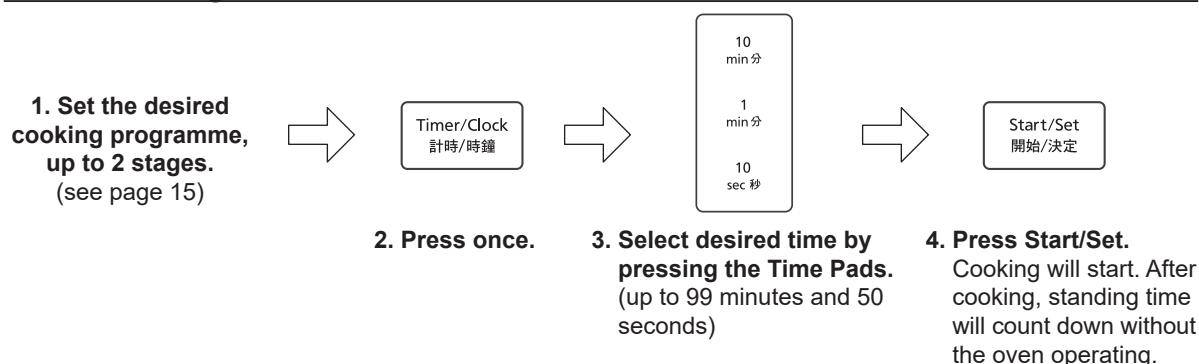
This feature allows you to program standing time after cooking is complete, program the oven as a minute or a second timer, or to program a delayed start.

To Use as a Kitchen Timer

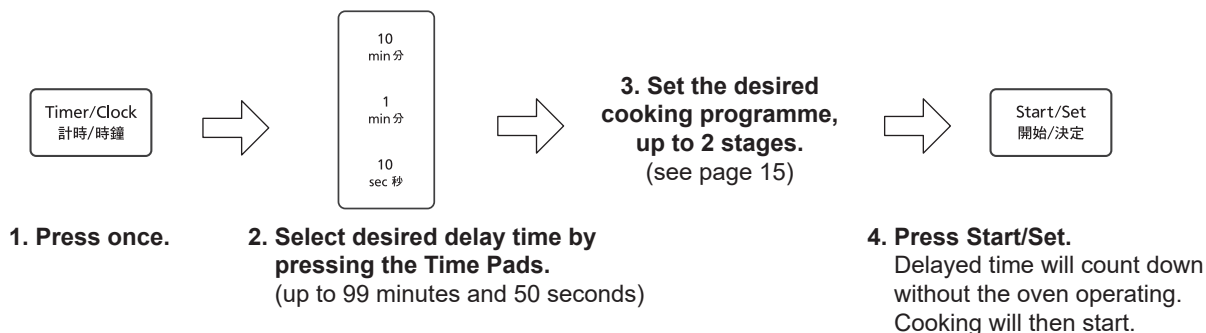
English



To Set Standing Time



To Set Delay Start



Note

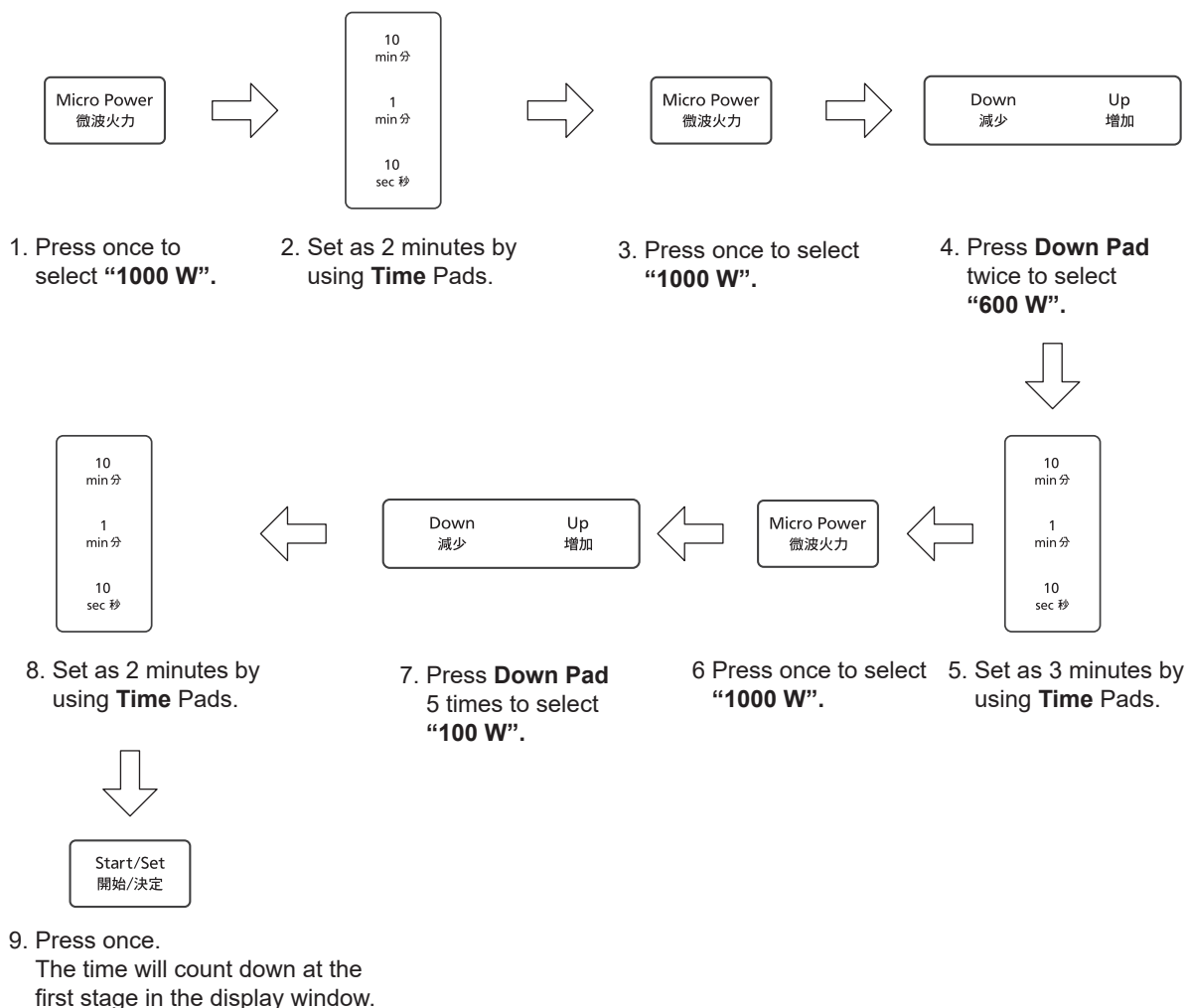
1. If the oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the display window will continue to count down.
2. Delay Start and Standing Time cannot be programmed together with Turbo Defrost, Beverage, Auto Reheat and Auto Menu. This is to prevent the standing temperature 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

This feature allows you to program 3 stages of cooking continuously.

E.g.: Continually set [1000 W] 2 minutes, [600 W] 3 minutes and [100 W] 2 minutes.

English



Note

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

To Use Auto Reheat

This feature allows you to cook foods without selecting times and power levels. Set the weight, and the oven will reheat your food automatically.

Auto Reheat
自動翻熱



Down
減少

Up
增加



Start/Set
開始/決定

1. Press once to select the Auto Reheat feature.

2. Select the weight of food by pressing Up/Down Selection Pads. (see chart below)

3. Press Start/Set.
The reheating time appears in the display window and begins to count down.

Menu	Weight				Recommended containers
Auto Reheat	200 g	400 g	600 g	800 g	Microwave safe dish with a lid or plastic wrap



Note

1. You can select the weight by pressing the **Auto Reheat** Pad as well.
2. Pre-cooked foods are reheated automatically by setting the weight of food. You need not select power level or reheating time.
3. The foods should be at refrigerator temperature (5-7 °C). Use suitable size microwave safe dish, add 1-4 tbsp. water if desired.
4. Cover with a lid or plastic wrap, and put the dish in the center of the glass tray. Select the program and weight then press **Start/Set** Pad.
5. Allow food standing 3-5 minutes before serving.

Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by setting the weight. The serving/weight is 100 g to 3000 g.

Turbo Defrost
超速解冻



Down
减少

Up
增加



Start/Set
開始/決定

1. Press once.
(default weight is 100 g)

2. Select the weight of food by pressing Up/Down Selection Pads.

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

Food	Maximum Weight
Minced meat, chicken pieces, chops	3000 g
Beef roast, lamb, whole chickens	3000 g
Whole fish, scallops, prawns, fish fillets	1000 g



Note

You can select the weight by pressing the **Turbo Defrost** Pad as well.

Tips for Turbo Defrost

Care must be taken when defrosting meat with bones. For example, if the meat with bones has the same weight as boneless meat, the meat in the former one is lighter than the latter one. So, subtracting 500 g for 2000 g meat with bones is better for defrosting. Subtract 250 g when defrosting meat with bones that weighs less than 2000 g.

When Two Beeps Sound

Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger.

Key to defrosting

For even 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.

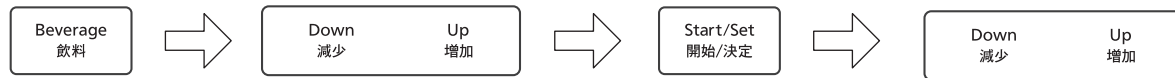


Remove the package of the fish fillet and place it on the plate.

To Use Beverage

This feature allows you to reheat coffee/milk without setting micro power and time.

English



1. Press once to select the Beverage feature.

2. Select the desired menu number by pressing Up/Down Selection Pads.

3. Press once to confirm.

4. Select the serving of food by pressing Up/Down Selection Pads.



5. Press Start/Set.

The reheating time appears in the display window and begins to count down.

Menu No.	Menu	Serving		Recommended containers
1	Coffee	1-1 (1 cup coffee)	1-2 (2 cups coffee)	Microwave safe cup
2	Milk	2-1 (1 cup milk)	2-2 (2 cups milk)	

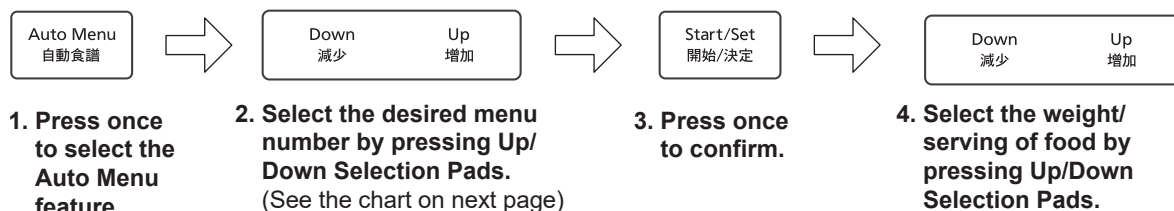


Note

1. You can select the Menu No. by pressing the **Beverage** Pad as well.
2. Use a microwave safe cup. Heated coffee/milk can erupt if not mixed with air. Do not heat coffee/milk in your microwave oven without stirring before and halfway through heating.
3. Care must be exercised not to overheat coffee/milk when using the **Beverage** feature. It is programmed to give proper results when heating 1 cup or 2 cups of coffee/milk, starting from room temperature for coffee and refrigerator temperature for milk. Overheating will cause an increased risk of scalding, or liquid eruption.
4. 1 cup of milk is 200 ml to 250 ml and 1 cup of coffee is 150 ml to 200 ml.

To Use Auto Menu

This feature allows you to cook foods without selecting a time and power level. Just select the desired menu number and weight/serving, and the oven will cook your food automatically.



5. Press Start/Set.

The cooking time appears in the display window and begins to count down.



Note

- 1 You can select the Menu No. by pressing the **Auto Menu** Pad as well.
2. When you select an Auto Menu program, the menu number shows in the display.
3. Only cook foods within the weight ranges described.
4. Always weigh the food rather than relying on the package information.
5. Most foods benefit from a standing time, after cooking with an Auto Menu Program, to allow heat to continue conducting to the centre.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Menu No.	Menu	Serving/Weight						Recommended containers
3	Meals	200 g	400 g	600 g	800 g	-	-	Microwave safe dish with a lid or plastic wrap
4	Bread	50 g	100 g	150 g	200 g	-	-	Microwave safe dish
5	Sausages	50 g	100 g	150 g	200 g	-	-	
6	Chinese Bun	70 g	100 g	150 g	200 g	-	-	Microwave safe dish with plastic wrap
7	Vegetables	120 g	180 g	250 g	370 g	-	-	Casserole with a lid or plastic wrap
8	Root Vegetables	250 g	370 g	500 g	900 g	-	-	
9	Frozen Vegetables	120 g	180 g	250 g	370 g	-	-	
10	Fish	100 g	200 g	300 g	400 g	-	-	Microwave safe dish with plastic wrap
11	Chicken	200 g	300 g	400 g	500 g	-	-	Casserole with a lid or plastic wrap
12	Quick Soup	4-6 servs.	1-3 serv.	-	-	-	-	Casserole with a lid
13	Double Boil	4-6 servs.	1-3 serv.	-	-	-	-	
14	Casserole Rice	100 g	200 g	300 g	-	-	-	
15	Congee	100 g	200 g	300 g	-	-	-	
16	Instant Noodles	1 serv.	2 servs.	-	-	-	-	
17	Cream Cheese	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe bowl/dish with plastic wrap
18	Chocolate	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish
19	Butter	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish with plastic wrap
20	Ice Cream	300 g	600 g	900 g	1200 g	-	-	-

3. Meals

Pre-cooked foods are reheated automatically by setting the weight of food. You need not select power level or reheating time. The foods should be at refrigerator temperature (5-7 °C). Use suitable size microwave safe dish, add 1-4 tbsp. water if desired, cover with a lid or plastic wrap, and put the dish in the center of the glass tray. Select the program and weight then press **Start/Set**. Allow food standing 3-5 minutes before serving.

4. Bread

It is suitable for reheating bread at refrigerator temperature (5-7 °C). Put the bread on a suitable size microwave safe dish in the center of the glass tray. Cook without cover.

Note: 50 g = one standard slice of bread.

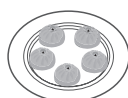
5. Sausages

It is suitable for reheating frozen sausages, put the food on a microwave safe dish in a radial pattern, without cover and put the dish in the center of the glass tray. Select the program and weight then press **Start/Set**. Open the door to **TURN OVER WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue. See the illustration below.



6. Chinese Bun

It is suitable for reheating buns such as frozen creamy custard bun, etc., Place food on a microwave safe dish in a radial pattern, sprinkle with some water. Wrap with the plastic wrap, and put the dish in the center of the glass tray. Select the program and weight then press **Start/Set**. See the illustration below.



Note: 35-40 g = one standard piece of bun.

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 1 tablespoon to ¼ cup of water if you prefer a softer cooked texture. Butter, herbs etc. may be added before heating, but do not add salt until end of cooking. Cover with a lid or plastic wrap, and put the casserole in the center of the glass tray. Select the program and weight then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue.

8. Root Vegetables

Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot. All vegetables should be trimmed or prepared and cut into even sized pieces. Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired. Place into an appropriately sized microwave safe casserole. If desired, butter, herbs etc. may be added but do not add salt until end of cooking. Cover with plastic wrap or a fitted lid, and put the casserole in the center of the glass tray. Select the program and weight then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue. At the completion of cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

9. Frozen Vegetables

Suitable for all types of frozen vegetables, like frozen peas, sweet corn or mixed vegetables. Place prepared vegetables into an appropriately sized microwave safe casserole. Cover with plastic wrap or lid. Put the casserole in the center of the glass tray. Select the program and weight then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue. Add salt and other seasonings after cooking (do not use vegetables with salt or butter).

10. Fish

It is suitable for cooking whole fish and fish fillets. Put the prepared fish in a microwave safe dish. Add sauce and water. Cover with plastic wrap, and put the casserole in the center of the glass tray. Select the program and weight then press **Start/Set**. After cooking large portions of fish, allow the fish to stand 3 to 5 minutes before serving. (It may be necessary to adjust the amount of water or sauce to your personal preference.)

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

11. 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 into a microwave safe casserole. Add oil if you prefer a softer cooked texture. Cover with a lid or plastic wrap, and put the casserole in the center of the glass tray. Select the program and weight then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue.

12. Quick Soup

Suitable for cooking traditional soups such as chicken soup, rib soup etc. Clean all raw ingredients for later use. Place all ingredients and liquid in a microwave safe casserole. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cook covered with a fitted lid. Place the casserole in the center of glass tray. Select the program and serv., then **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue. Measure tap water and ingredients as below chart for reference.

Serving	Chicken/ meat	Vegetables	Tap Water
4-6 servs	500 g	400 g	1000 ml
1-3 servs	200 g	200 g	650 ml

13. Double Boil

It is suitable for cooking traditional soups; herbal soup, bird nest 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 flavor of the food. Place all ingredients in a microwave safe casserole. Add recommended ingredients listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with a lid, and put the casserole in the center of the glass tray. Select the program and serv. then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue, add salt at the end of cooking.

Serving	Chicken/ meat	Vegetables	Tap Water
4-6 servs	500 g	400 g	900 ml
1-3 servs	250 g	200 g	500 ml

14. 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 ½ depth of volume for evaporation to prevent boiling over. Partially cover with a lid, and put the casserole in the center of the glass tray. Select the program and weight then press **Start/Set**. Stand 5 minutes covered after cooking.

Rice	Recommended Water	Recommended casserole volume
100 g	200 ml	2.25 L
200 g	380 ml	3 L
300 g	550 ml	4 L

15. Congee

It is suitable for cooking congee/porridge. Place the rice in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Partially cover with a lid, and put the casserole in the center of the glass tray. Select the program and weight then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue. Stand 5-10 minutes covered after cooking.

Rice	Recommended Water	Recommended Containers
100 g	750 ml	3.25 L
200 g	1200 ml	3.5 L
300 g	2100 ml	5 L

16. Instant Noodles

It is suitable for cooking instant noodles. Place the instant noodles and seasonings in a suitable size microwave safe casserole. Add recommended boiling tap water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with a lid, and put the casserole in the center of the glass tray. Select the program and serv. then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS ARE HEARD** during cooking, press **Start/Set** Pad to continue. Stand 1-2 minutes after cooking.

Serving	Recommended boiling tap water	Recommended Containers
1 serv	500 ml	3 L
2 servs	800 ml	4 L

17. Cream Cheese

Remove wrapper, cut cheese into 3 cm cube, and place in a microwave safe bowl/dish. Cover with plastic wrap, and put the container in the center of the glass tray. Select the program and weight then press **Start/Set**. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

18. Chocolate

Remove wrapper, separate chocolate into small pieces, and place into a microwave safe dish. Leave uncovered, and put the dish in the center of the glass tray. Select the program and weight then press **Start/Set**. After heating, stir until completely melted. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

Note: Chocolate holds its shape even when softened.

19. Butter

Remove wrapper, cut butter into 3 cm cube, and place into a microwave safe dish. Cover with plastic wrap, and put in the center of the glass tray. Select the program and weight then press **Start/Set**. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

20. Ice Cream

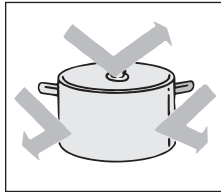
Soften slightly uncovered and put in the center of the glass tray. Select the program and weight then press **Start/Set**. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

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.

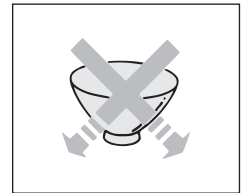
Reflection

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.



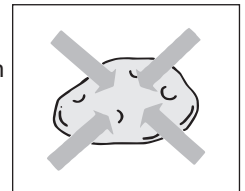
Transmission

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.

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 27 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 27.

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 27.
- 3) Turn over meat or poultry two or three times during defrost.
- 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.

Food	Weight/Quantity	Time & Mode	Method
Beef/Lamb/Joint (1)(3)	450 g (1 lb)	300 W 6-8 mins	Standing time 30 mins
Steaks (1)(3)	2 pcs 250 g	300 W 3-4 mins	Standing time 3 mins
Minced beef (1)(3)	450 g (1 lb)	300 W 6-7 mins	Standing time 5 mins
Stewing steak (1)(3)	450 g (1 lb)	300 W 6-8 mins	Standing time 10 mins
Whole chicken (1)(3)	450 g (1 lb)	300 W 5-7 mins	Standing time 10 mins
Chicken portions (1)(3)	450 g (1 lb)	300 W 6-8 mins	Standing time 5 mins
Whole fish (1)(3)	450 g (1 lb)	300 W 6-8 mins	Standing time 5 mins
Fish fillets (2)(3)	450 g (1 lb)	300 W 5-6 mins	Standing time 5 mins
Prawns (2)(3)	450 g (1 lb)	300 W 4-6 mins	Standing time 5 mins
Fruits, soft (1)	250 g	300 W 2-3 mins	Standing time 2 mins
Margarine (3)	250 g	300 W 1-2 mins	Standing time 2 mins
Cheese (3)	450 g (1 lb)	300 W 2-4 mins	Standing time 2 mins
Plated meals homemade adult size (2)	350 g	300 W 5-6 mins	Standing time 3-5 mins
Cooked Fruit (2)	540 g	300 W 4-5 mins	Standing time 3-5 mins
Cooked meat (2)	520 g	300 W 6-8 mins	Standing time 3-5 mins
Quiche (3)	1 pc 65 g	300 W 1-2 mins	Standing time 2 mins
Casseroles (1)	750 g	300 W 6-7 mins	Standing time 3-5 mins
Bread rolls (1)	1 pc 85 g	300 W 20-30 secs	Standing time 5 mins
Pastry puff (1) (3)	1 roll 375 g	300 W 2 mins -2 mins 30 secs	Standing time 20 mins in refrigerator
Pastry shortcrust (1) (3)	1 roll 500 g	300 W 4-5 mins	Standing time 20 mins in refrigerator
Pizza dough (1) (3)	1 ball 240 g	300 W 2 mins- 2 mins 30 secs	Standing time 10 mins
Fruit tarte (3)	470 g	300 W 4-5 mins	Standing time 5 mins
Cheese cake (3)	600 g	300 W 2-3 mins	Standing time 5 mins
Fruit pie (3)	500 g	300 W 6-8 mins	Standing time 5 mins
Meat pie (3)	300 g	300 W 4-6 mins	Standing time 3 mins

(1) Turn or stir at half time.

(2) Separate and turn several times.

(3) Remove packaging and place on a heat resistant plate.

Reheating Chart

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

English

Food	Weight/Quantity	Time & Mode	Method
Drinks-Coffee-Milk			
Coffee	1 mug 235 ml	1000 W 1 min 20 secs	Stir before, and after reheating.
Coffee	2 mugs 470 ml	1000 W 2 mins-2 mins 20 secs	
Milk	1 mug 235 ml	1000 W 1 min 20 secs-1 min 30 secs	
Breads-chilled			
Croissants	1 pc 40 g	1000 W 10 secs	Place on microwave safe plate on Glass Tray. Do not cover. Turn at half time.
	2 pcs 80 g	1000 W 20 secs	
Rolls	1 pc 30 g	1000 W 20 secs	
	4 pcs 120 g	1000 W 20-30 secs	
Naan bread	225 g	1000 W 30-40 secs	
Pita bread	2 pcs 90 g	1000 W 20-30 secs	
Plated meals-Homemade			
Vegetables (cooked)	300 g	1000 W 2 mins	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 mins	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-frozen			
Quiche	400 g	1000 W 3-3 min 30 secs	Place on microwave safe plate on Glass Tray. Do not cover.
Samosas/spring rolls	4 pcs 240 g	1000 W 2-2 min 30 secs	
Purchased Convenience Foods			
Cottage pie (chilled)	450 g	1000 W 5-6 mins	Place on microwave safe plate on Glass Tray. Do not cover.
Lasagne (chilled)	400 g	1000 W 7-8 mins	
Sausage rolls	250 g	600 W 3-5 mins	

Cooking Chart

Food	Weight/Quantity	Time & Mode	Method
Beans & Pulses-should be pre-soaked (except lentils)			
Chickpeas	225 g	1000 W 8 mins then 440 W 35-40 mins	Use 1000 ml (1 L) 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	
Fruit-Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.			
Apples, Rhubarb, stewed	450 g	1000 W 7-8 mins	Add 30 ml (2 tbsp.) of water. Only half fill dish. Cover. Stir halfway.
Plums-stewed	450 g	1000 W 8-10 mins	
Lamb/Beef-from raw-Caution: Hot Fat! Remove dish with care.			
Chops	450 g (1 lb)	800 W 4-5 mins then 600 W 3-4 mins	Place on heatproof plate. Turn halfway.
Cultets	450 g (1 lb)	600 W 9-10 mins	
Pasta-Place in a large 3-litre (6 pints) microwave safe bowl			
Macaroni	450 g	1000 W 13-15 mins	Use 1-litre 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	Place on heatproof plate on Glass Tray. Do not cover.
Deep pan	400 g	1000 W 4-6 mins	
Fish & Shellfish			
Whole fish	350 g	600 W 7-8 mins	Place on heatproof dish. Turn or stir halfway.
Sea scallops	450 g	600 W 8-10 mins	
Green prawns	250 g	600 W 4-5 mins	
Sausages-cooked (frozen)-Caution: Hot Fat! Remove dish with care.			
Thick	4 pcs 240 g	1000 W 2-3 mins	Place on microwave safe plate on Glass Tray. Turn halfway.
Thin	4 pcs 120 g	1000 W 1 min 30 secs- 2 mins 30 secs	



Note

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

Before Requesting Service

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.

Some radio, TV, Wi-Fi, cordless telephone, baby monitor, bluetooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Steam accumulates in the oven cavity and 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 the steam and warm air are removed from the oven vents, but some steam will condense on cooler surfaces such as in the oven cavity and on the oven door. This is normal. Always wipe to dry after cooling down.

Steam accumulates inside the oven door.

During cooking, some steam will condense on cooler surfaces such as inside the oven door. It is normal and safe to use the product.

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.

PROBLEM		POSSIBLE CAUSE	REMEDY
Oven will not turn on.	→	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
		Circuit Breaker or fuse is tripped or blown.	Contact the specified service Centre.
		There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	→	The door is not closed completely.	Close the oven door securely.
		Start/Set Pad was not pressed after programming.	Press Start/Set Pad.
		Another program has already been entered into the oven.	Tap Stop/Cancel Pad to cancel the previous program and program again.
		The program has not been entered correctly.	Program again according to the Operating Instructions.
		Stop/Cancel Pad has been tapped 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 Microwave Oven' (See next page).
"  " appears in the display window.	→	The Child Lock was activated by tapping Start/Set Pad 3 times.	Deactivate Lock by tapping Stop/Cancel Pad 3 times.
"H + number (eg. H98)" appears in the Display Window.	→	This display indicates a problem with the microwave generation system.	Contact the authorised service centre.

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

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/Cancel** Pad 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 malFeature 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. A steam cleaner is not to be used for cleaning.
9. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
10. The oven should be cleaned regularly and any food deposits removed.

Technical Specifications

Model name:		NN-ST65QB	NN-ST65QM/ NN-ST65QB
Power Supply:		230 - 240 V~, 50 Hz	220 V~, 50 Hz
Power Consumption:	Microwave	5.3 A 1250 W	5.8 A 1250 W
Cooking Power:	Microwave*	1000 W	
Outside Dimensions (W × H × D):		525 mm × 310 mm × 388 mm	
Oven Cavity Dimensions (W × H × D):		355 mm × 251 mm × 365 mm	
Overall Cavity Volume:		32 L	
Glass Tray Diameter:		Ø340 mm	
Operating Frequency:		2450 MHz	
Uncrated Weight:		Approx. 11.3 kg	

Trim Kit (only for NN-ST65QM)

Model Number:	NN-TK612GSQP
Outside Dimensions (W × H):	596 mm (W) × 410 mm (H)
Cabinet Opening (W × H × D):	562 mm (W) × 395 mm (H) × 480 mm (D)

* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, manufactory and serial number, please refer to the name plate on the microwave oven.