

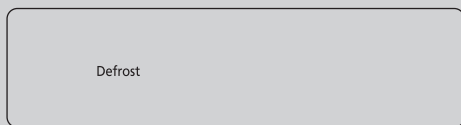
Operation (continued)

Defrost (Automatic)

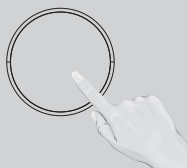
Simply press the pad to defrost frozen food. It works automatically without any settings.

[Example: Defrost food on Medium (Standard)]

1

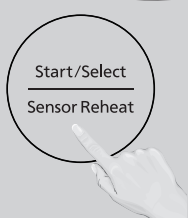
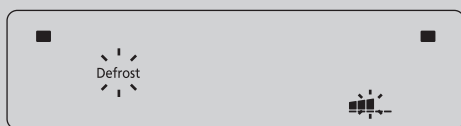


Defrost



This feature allows you to defrost foods such as meat cuts, poultry and seafood, simply by pressing **Defrost**.

2



Press **Start**. Defrosting will start.

After pressing **Start**, you can adjust the temperature (level) from Medium (Standard) within 14 seconds.

To Increase: Rotate the dial clockwise.

To Decrease: Rotate the dial counterclockwise.

The 5 available settings are:

Low → Medium-Low → Medium → Medium-High → High
(Less-) (Less) (Standard) (More) (More+)
(Adjust only if needed.)

NOTE:

1. The frozen defrost mark indicates that frozen food is being defrosted.
2. The thickness of the meat must not exceed 1.2 in (3 cm).
3. Recommended portion size for defrosted meat is 4 – 35 oz. (110 g - 1000 g).

Defrosting Tips & Techniques

Preparation For Freezing:

1. Freeze meats, poultry, and fish in packages with only one or two layers of food. Place wax paper between layers.
2. Package in heavy-duty plastic wrap, bags (labeled "For Freezer"), or freezer paper.
3. Remove as much air as possible.
4. Seal securely, date, and label.

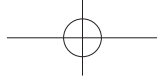
To Defrost:

1. Remove wrapper. This helps moisture to evaporate. Juices from food can get hot and cook the food.
2. It is not suitable to defrost meat joints and big pieces. For large quantities, please use P3 manual power and time.
3. Set food in microwave safe dish. **DO NOT COVER.**

After Defrosting:

1. Large items may be frozen in the center. Defrosting will complete during rest time.
2. Let rest, covered, following rest time directions in the chart below.
3. Rinse foods indicated in the chart.
4. Items which have been layered should be rinsed separately or have a longer rest time.

FOOD	AFTER DEFOSTING	
	Rest Time	Rinse (cold water)
Fish and Seafood Crabmeat	5 mins	YES
----- Fish Steaks		
----- Fish Fillets		
----- Sea Scallops		
----- Whole fish		
Meat Ground Meat	10 mins	NO
----- Roasts	30 mins in refrig.	
----- Chops/Steak	5 mins	
----- Ribs/T-bone		
----- Stew Meat		
----- Liver (thinly sliced)		
----- Bacon (sliced)	----	
----- Cutlets	5 mins	
----- Pieces	10 mins	
----- Cornish hens		
Turkey Breast	20 mins in refrig.	



Operation (continued)

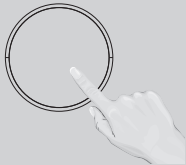
Popcorn

[Example: Pop 1.5 oz. (42 g) of popcorn on Medium (Standard)]

1

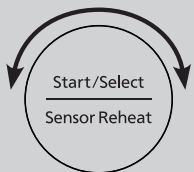
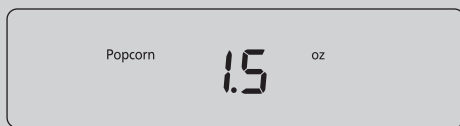


Popcorn



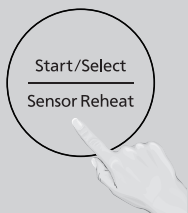
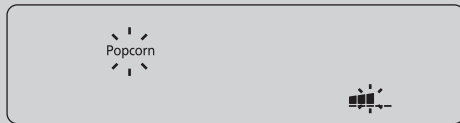
Press **Popcorn** once.

2



Use the dial to select from the following weight options: 3.2 oz. (91 g), 2.75 oz. (78 g), or 1.5 oz. (42 g).

3



Press **Start**; After pressing **Start**, you can adjust temperature (level) from Medium (Standard) within 14 seconds.

To Increase: Rotate the dial clockwise.

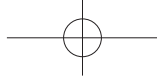
To Decrease: Rotate the dial counterclockwise.

The 5 available settings are:

Low → Medium-Low → Medium → Medium-High → High
(Less-) (Less) (Standard) (More) (More+)
(Adjust only if needed.)

NOTES:

1. Pop one bag at a time.
2. Place bag in oven according to manufacturers' directions.
3. Start with popcorn at room temperature.
4. Allow popped corn to sit unopened for a few minutes.
5. Open bag carefully to prevent burns, because steam will escape.
6. Do not reheat unpopped kernels or reuse bag.
7. If popcorn is of a different weight than listed, follow instructions on popcorn package.
8. **Never leave the oven unattended.**
9. **If popping slows to 2 to 3 seconds between pops, stop oven. Overcooking can burn popcorn or cause fire.**
10. When popping multiple bags one right after the other, the cooking time may vary slightly. This does not affect the popcorn results.



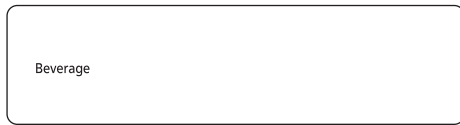
Operation (continued)

Beverage

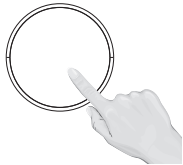
(Simply press the pad to reheat beverage. It works automatically without any settings.)

[Example: To reheat 1 cup of beverage on Low (Less-)]

1

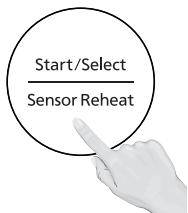


Beverage



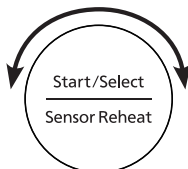
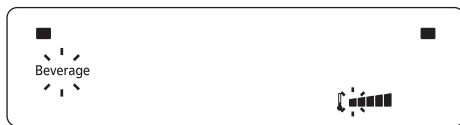
Press **Beverage** once.

2



Press **Start**.

3



After pressing **Start**, you can adjust the temperature (level) from Medium (Standard) within 14 seconds.

To Increase: Rotate the dial clockwise.

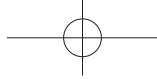
To Decrease: Rotate the dial counterclockwise.

The 5 available settings are:

Low → Medium-Low → Medium → Medium-High → High
(Less-) (Less) (Standard) (More) (More+)
(Adjust only if needed.)

NOTES:

1. It is suitable for reheating one cup of milk, coffee, etc. but not suitable for alcohol.
2. Use a microwave safe cup. To prevent overflow, do not fill the cup more than 80% with liquid for reheating. **DO NOT COVER.**
3. Overheated liquid can erupt if not mixed with air. Always stir and check the temperature before serving.
4. The internal food temperature may differ from the set temperature (level). But under-reheating is better than over-reheating. Please add more time manually or utilize the **Temperature and More/Less** selection before pressing **Start**. Overheating will cause an increased risk of scalding, or water eruption. Refer to page 4, item 19.
5. For even reheating, reheat only one cup of beverage at a time.



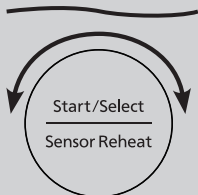
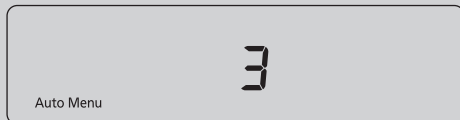
Operation (continued)

Sensor Cook

Sensor Cook includes reheating breaded type foods, one bowl cooking and other auto cook menus. Please refer next page for auto menu numbers

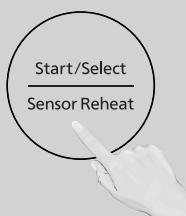
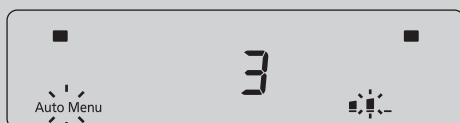
[Example: Set Sensor Cook Menu NO.3 on High (More)]

1



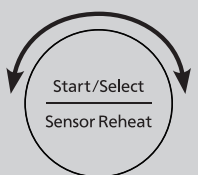
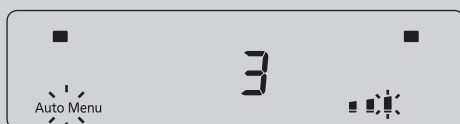
Turn the **dial** until the number corresponding to the desired food appears in the display (*see chart on the next page*).

2



Press **Start**.

3



After pressing **Start**, you can adjust the temperature (level) from Medium (Standard) within 14 seconds.

To Increase: Rotate the dial clockwise.

To Decrease: Rotate the dial counterclockwise.

The 3 available settings are:

Low → Medium → High
(Less) (Standard) (More)
(Adjust only if needed.)

What is one bowl recipe?

One bowl cooking is easy way to cook spaghetti, mac'n'cheese or soup in the oven. You have 3 steps to do.

1. Put all ingredients in one glass bowl.
2. Seal with plastic wrap.
3. Put the bowl in the microwave oven and set one bowl cooking menu. (No.2-No.7)

The Genius® 2.0 Sensor will monitor food for you for perfect result!

NOTES:

1. To reheat breaded type food, using Sensor Cook Menu NO.1 is the best choice.
2. Do not open before cooking is complete. Always stir and check the temperature before serving.
3. After having used the Sensor Cook feature a few times, you may decide you would prefer your food cooked to a different doneness – that is why you would utilize the **Temperature and More/Less** selection pad.
4. Automatic features are provided for your convenience. If results are not suitable to your individual preference, or if serving size is other than what is listed on page 21, please refer to manual cooking on page 14.

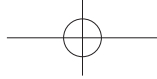
For the best results with One Bowl Cooking powered by The Genius® 2.0 Sensor , follow these recommendations:

BEFORE Cooking:

1. The room temperature surrounding the oven should be below 95 °F (35 °C).
2. Food weight should not exceed the weight range on next page.
3. Be sure the flat table, the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
4. Cover food with plastic wrap for one bowl cooking (No.2-No.7) and Oatmeal. Paper towel or silicon lid are not suitable as it will affect the sensor performance.

AFTER Cooking:

All foods should have a rest time.



Operation (continued)

Sensor Cook Chart

See the chart below for Sensor Cook categories.

Category	Programs	Serving/ Weight	Recommended Container and Hints
Reheat	1. Pizza, Mexican Foods, Sandwiches	4 – 8 oz. (110 – 225 g)	microwave safe dish
Cook	2. One Bowl Spaghetti	1 serv. – 4 servs.	2.5 qt (approx. 10 in) microwave-safe bowl. Cover with plastic wrap. Paper towel or silicon lid are not suitable as it will affect the sensor performance.
	3. One Bowl Pasta Sauce	1 serv. – 4 servs.	
	4. One Bowl Mac'n'Cheese	1 serv. – 4 servs.	
	5. One Bowl Soup	1 serv. – 4 servs.	
	6. One Bowl Chilli	1 serv. – 4 servs.	
	7. One Bowl Stew	1 serv. – 4 servs.	
	8. Oatmeal	½ – 1 cup (50 – 100 g)	
	9. Potato	8 – 40 oz. (225 – 1100 g)	
Melt	10. Butter	2 – 16 oz. (55 – 450 g)	microwave safe dish
	11. Chocolate	2 – 16 oz. (55 – 450 g)	

1. Pizza, Mexican Foods, Sandwiches

For reheating breaded type foods such as chilled, purchased pizza, Mexican foods such as tacos or burritos and sandwiches within the weight range 4 - 8 oz.(110 - 225 g). Remove all packaging and place food in a microwave-safe dish. Select Program 1 and press **Start** to cook.

2. One Bowl Spaghetti (Bolognese)

Ingredients (4 servs)

12 oz. (340 g)	Spaghetti
4 oz. (110 g)	Half medium onion, chopped
8 oz. (225 g)	Ground beef
1 clove	Garlic, chopped
8 oz. (225 g)	Canned chopped tomatoes
2 cups (480 ml)	Water
4 tbsp (60 ml)	Olive oil
1 tsp (5 g)	Salt
4 tbsp (60 g)	Tomato Paste

Directions:

1. Stir water and oil together in a large 2.5 qt (approx. 10 in) microwave-safe bowl.
2. Break the spaghetti in half and put into the bowl. Gently stir to coat the pasta, ensure that the noodles are fully covered with water.
3. Add in all the remaining ingredients except salt and tomato paste.
4. Cover tightly with plastic wrap.
5. Place bowl into the microwave oven, turn dial to select Program 2 and press **Start** to cook.
6. After cooking, add salt and tomato paste. Stir well and enjoy.

Note:

The ingredients listed are for 4 servings. Feel free to adjust the amounts proportionally depending on your needs.

3. One Bowl Pasta Sauce (Meat Sauce)

Ingredients (4 servs)

4 oz. (110 g)	Half medium onion, chopped
16 oz. (450 g)	Ground beef
1 clove	Garlic, chopped
1 tbsp (10 g)	Flour
14 oz. (390 g)	Canned chopped tomatoes
4 tbsp (60 g)	Tomato Paste
1 tbsp (15 g)	Salt
	Pepper (to taste)

Directions:

1. Place the Ground beef in a heatproof glass bowl approximately 2.5 qt (approx. 10 in) and coat it with flour and break apart meat with a spatula.
2. Stir in all the remaining ingredients.
3. Cover tightly with plastic wrap.
4. Place bowl into the microwave oven, turn dial and select Program 3 and press **Start** to cook.
5. After cooking, stir well and enjoy with noodles.

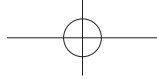
Note:

The ingredients listed are for 4 servings. Feel free to adjust the amounts proportionally depending on your needs.

4. One Bowl Mac'n'Cheese (HOMEMADE)

Ingredients (3 servs)

7.25 oz. (206 g)	Macaroni
3 tbsp (45 g)	Butter
1½ cup (360 ml)	Water
1 cup (240 ml)	Milk
7 oz. (195 g)	Shredded Cheddar Cheese
2 tbsp (20 g)	Flour
	Salt and Pepper (to taste)



Operation (continued)

Directions:

1. Cut the butter into cubes and put them into a large 2.5 qt (approx. 10 in) microwave-safe bowl.
2. Add in Macaroni and water. Gently stir to coat.
3. Cover tightly with plastic wrap.
4. Put into the microwave oven, turn dial to select Program 4 and press **Start** to cook.
5. Drain macaroni.
6. Add milk, shredded cheese, flour, salt and pepper to cooked macaroni and mix well.
7. Cover tightly with plastic wrap.
8. Place bowl into the microwave, select Manual MW P5 and press **Start** to cook for five minutes.
9. After cooking, stir well and enjoy.

For Boxed Mac & Cheese follow steps 1 through 3 in the homemade recipe. Put into the microwave oven, turn dial to select Program 4 and press **Start** to cook. After cooking, drain macaroni and stir in milk and cheese powder.

Note:

The ingredients listed are for 3 servings. Feel free to adjust the amounts proportionally depending on your needs.

5. One Bowl Soup (Chicken Noodle soup)

Ingredients (3 servs)

2 oz. (55 g)	Onion, diced
2 oz. (55 g)	Celery, diced
2 oz. (55 g)	Carrot, sliced
8 oz. (225 g)	Chicken breast, cubed
2 oz. (55 g)	Noodles
2 cups (480 ml)	Chicken Stock
	Salt and Pepper (to taste)
	Dried Basil (to taste)
	Dried Oregano (to taste)

Directions:

1. Put all ingredients together – except basil and oregano – in a large 2.5 qt (approx. 10 in) microwave-safe bowl.
2. Cover tightly with plastic wrap.
3. Place bowl into microwave oven, turn dial to select Program 5 and press **Start** to cook.
4. After cooking, add basil and oregano. Stir well and enjoy.

Note:

The ingredients listed are for 3 servings. Feel free to adjust the amounts proportionally depending on your needs.

6. One Bowl Chilli

Ingredients (3 servs)

4 oz. (110 g)	Half medium onion, chopped
8 oz. (225 g)	Ground beef
15 oz. (420 g)	Canned red kidney beans (drained)
14 oz. (390 g)	Canned chopped tomatoes
2 tbsp (30 g)	Tomato Paste
1 tbsp (10 g)	Flour
1 tsp (5 g)	Chili powder
1 tsp (5 g)	Cumin
	Salt and Pepper (to taste)

Directions:

1. Place the ground beef in a large 2.5 qt (approx. 10 in) microwave safe bowl and coat with flour.
2. Break up ground beef with spatula.
3. Add the rest of the ingredients to ground beef mixture, stir well.
4. Cover tightly with plastic wrap.
5. Place bowl into the microwave oven, turn dial to select Program 6 and press **Start** to cook.
6. After cooking, stir well and enjoy.

Note:

The ingredients listed for chilli are for 3 servings. Feel free to adjust the amounts proportionally depending on your needs.

7. One Bowl Stew

Ingredients (2servs)

8 oz. (225 g)	Beef
4 oz. (110 g)	Half medium onion, chopped
4 oz. (110 g)	2 Medium carrot
5 oz. (140 g)	Medium potato
1 cup (240 ml)	Beef broth (Cold)
2 tbsp (30 g)	Tomato Paste
2 tbsp (20 g)	Flour
1 tsp (5 g)	Salt
	Black pepper (to taste)

Directions:

1. Cut carrot into 1/4-inch pieces. Cut potato and beef into cubes.
2. Put beef and flour to a large micro-wave safe bowl and combine well.
3. Add in the rest ingredients in the bowl and stir well.
4. Cover tightly with plastic wrap.
5. Place bowl into the microwave oven, turn dial to select Program 7 and press **Start** to cook.
6. After cooking, caution to the hot steam.

Tips:

This function is suitable for tender beef cuts and is not recommended for tougher ones, such as beef shank.

8. Oatmeal

Place oatmeal in a microwave safe serving bowl, Cover tightly with plastic wrap. Follow manufacturers' directions for preparation. Select Program 8 and press **Start** to cook.

9. Potato

Pierce each potato with a fork 6 times spacing around surface. Place in the center of the oven, at least 1 inch (2.5 cm) apart. Do not cover. Select Program 9 and press **Start** to cook. Let stand 5 minutes to complete cooking.

10. Butter

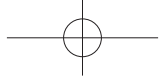
Remove wrapper, cut butter into 1 inch (2.5 cm) cube, and place into a microwave safe dish. Leave uncovered wrap, and put in the center of the oven. Select Program 10 and press **Start** to melt. After melting, stir until completely melted. If food needs more time to melt or weight exceeds range, melt using Micro power P3.

11. 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 oven. Select Program 11 and press **Start** to melt. After melting, stir until completely melted. If food needs more time to melt or weight exceeds range, melt using Micro power P3.

Note:

1. This function works best for melting baking chocolate.
2. Chocolate holds its shape even when softened.



Microwave shortcuts

Food	Power	Time (in mins.)	Directions
To separate refrigerated Bacon, 16 oz. (450 g)	P10	½	Remove wrapper and place in microwave safe dish. After reheating, use a plastic spatula to separate slices.
To soften refrigerated Butter, 1 stick, 4 oz. (110 g)	P3	1	Remove wrapper and place butter in a microwave safe dish covered with lid or vented plastic wrap.
To melt refrigerated Butter, 1 stick, 4 oz. (110 g)	P5	1½ – 2	
To melt Chocolate, 1 square, 1 oz. (28 g)	P3	1 – 1½	Remove wrapper and place chocolate in a microwave safe dish. After melting, stir until completely melted. NOTE: Chocolate holds its shape even when softened.
To melt Chocolate, ½ cup (125 ml) chips	P5	1 – 1½	
To toast Coconut, ½ cup (125 ml)	P10	1	Place in a microwave safe dish. Stir every 30 seconds.
To soften Cream Cheese, 8 oz. (225 g)	P3	1 – 1½	Remove wrapper and place in a microwave safe bowl.
To brown Ground Beef, 16 oz. (450 g)	P10	4 – 5	Crumble into a microwave safe colander set into another dish. Cover with plastic wrap. Stir twice. Drain grease.
To cook Vegetables, Fresh 8 oz. (225 g) Frozen 10 oz. (280 g) Canned 15 oz. (420 g)	P7 P7 P7	4 – 5 6 – 7 3½ – 4	All pieces should be the same size. Wash thoroughly, add 1 tbsp of water per ½ cup (125 ml) of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking. Wash thoroughly, add 1 tbsp of water per ½ cup (125 ml) of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking. (Not suitable for vegetables in butter or sauce.) Empty contents into microwave safe serving bowl. Cover with lid or vented plastic wrap.
To cook baked Potato, 6 – 8 oz. each (165 – 225 g) 1 piece 2 pieces	P8 P8	4 – 5 6 – 7	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes on a plate at least 1 in (2.5 cm) apart. Do not cover. Let stand 5 minutes to complete cooking.
To steam Hand Towel	P10	½	Soak in water, then wring out excess. Place on a microwave safe dish. Heat. Present immediately.
To soften Ice Cream, ½ gallon (2 L)	P3	1 – 1½	Check often to prevent melting.
Cup of liquid To boil water, broth, etc. 1 cup (240 ml) 2 cups (480 ml)	P10	1½ – 2 2½ – 3	Overheated liquids can erupt if not stirred. Do not heat liquids in microwave oven without stirring before reheating.
Cup of liquid To warm Beverage, 1 cup (240 ml) 2 cups (480 ml)	P7	1½ – 2 2½ – 3	
To roast Nuts, 1½ cups (340 g)	P10	3 – 4	Spread nuts into a 9-inch (23 cm) microwave safe pie plate. Stir occasionally.
To toast Sesame Seeds, ¼ cup (55 g)	P10	2 – 2½	Place in a small microwave safe bowl. Stir twice.

Microwave shortcuts (continued)

Food	Power	Time (in mins.)	Directions
To skin Tomatoes, (one at a time)	P10	½	Place tomato into a microwave safe bowl containing boiling water. Rinse and peel. Repeat for each tomato.
To remove Cooking Odours	P10	5	Combine 1 to 1½ cups (240 – 375 ml) water with the juice and peel of one lemon in a 2 quart microwave safe bowl. After water finishes boiling, wipe interior of oven with a cloth. You can also use a Combo of several whole cloves and ¼ cup of vinegar with 1 cup of water.

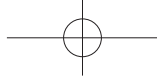
Defrosting Chart

Food	Defrosting Time at P3	Method	Rest Time
Meat			
Beef/Lamb/Pork joint 18 oz. (500 g)	8 – 9 mins	Place in a suitable dish or on an upturned saucer or use a microwave safe rack. Turn once. .	30 mins
Minced beef 18 oz. (500 g)	6 mins 30 secs	Place in a suitable dish. Break up and turn once.	5 mins
Chops 16 oz. (450 g)	6 – 7 mins	Place in a suitable dish in a single layer. Turn once.	5 mins
Sausages 16 oz. (450 g)	6 mins	Place in a suitable dish in a single layer. Turn twice.	5 mins
Bacon slices 18 oz. (500 g)	4 – 6 mins	Place in a suitable dish. Turn and separate twice.	3 mins
Stewing steak 16 oz. (450 g)	6 mins	Place in a suitable dish. Break up frequently.	5 mins
Whole chicken 18 oz. (500 g)	6 – 8 mins	Place in a suitable dish on an upturned saucer or use a microwave safe rack. Turn once.	10 mins
Chicken portions 16 oz. (450 g)	5 – 7 mins	Place in a suitable dish in a single layer. Turn once.	10 mins
Fish			
Whole 12 oz. (340 g)	7 – 9 mins	Place in a suitable dish. Turn once. .	5 mins
Fillet/Steak 16 oz. (450 g)	5 – 6 mins	Place in a suitable dish. Turn once.	5 mins
Prawns 16 oz. (450 g)	5 – 7 mins	Place in a suitable dish. Stir halfway during defrosting.	5 mins
General			
Bread sliced 14 oz. (390 g)	4 mins	Place on a plate. Separate and rearrange during defrosting.	5 mins
Slice of bread 2 oz. (55 g)	20 secs – 30 secs	Place on a plate.	1 – 2 mins
Pastry 18 oz. (500 g)	4 mins	Place on a plate. Turn halfway.	5 – 10 mins
Soft fruit 16 oz. (450 g)	5 – 6 mins	Place in a suitable dish. Stir once during defrosting.	2 mins

Reheating Chart

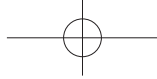
The times given in the charts below are a guideline only, and will vary depending on starting temperature, dish size etc.

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Canned beans, pasta				
Baked beans	8 oz. (225 g)	P10	2 mins	Place in a micro-safe bowl on base. Cover.
	16 oz. (450 g)	P10	3 mins	
Baked beans & sausages/burgers	16 oz. (450 g)	P10	3 – 4 mins	
Broad beans	11 oz. (310 g)	P10	2 mins	
Butter beans	8 oz. (225 g)	P10	1 min 30 secs	
Canned meat				
Hot dogs (drained)	16 oz. (450 g)	P10	2 – 3 mins	Place in a micro-safe bowl on base. Cover.
Stewed steak	16 oz. (450 g)	P10	3 – 4 mins	
Canned soups				
Cream of mushroom	16 oz. (450 g)	P10	3 – 4 mins	Place in a micro-safe bowl on base. Cover. Stir halfway.
Minestrone	16 oz. (450 g)	P10	2 mins 30 secs	
Canned vegetables - Drain where appropriate				
Carrots, whole	12 oz. (340 g)	P10	2 mins	Place in a micro-safe bowl on base. Cover. Stir halfway.
Carrots, baby	11 oz. (310 g)	P10	2 mins	
Peas, mushy	12 oz. (340 g)	P10	2 mins	
Peas, garden	12 oz. (340 g)	P10	2 mins – 2 mins 30 secs	Place in a micro-safe bowl on base. Cover.
Sweetcorn	8 oz. (225 g)	P10	1 min 30 secs	Place in a micro-safe bowl on base. Cover. Stir halfway.
	12 oz. (340 g)	P10	2 – 3 mins	
Tomatoes, whole	14 oz. (390 g)	P10	3 mins 30 secs	Place in a micro-safe bowl on base. Cover.
Pastry products – precooked – N.B. Pastries reheated by microwave will have a soft base.				
Quiche	16 oz. (450 g)	P10	4 – 5 mins	Place in micro-safe dish on base. Do not cover.
Xmas mince pies	4 oz. (110 g)	P10	10 – 20 secs	Place in micro-safe dish on base. Do not cover.
Pastries/slices	5 oz. (140 g)	P10	1 min 30 secs	Place in glass dish on base.
Plated meals – homemade – chilled				
Child size	1	P10	2 – 3 mins	Place on a micro-safe plate on base. Cover.
Adult size	1	P10	4 – 5 mins	
Puddings and desserts- Transfer puddings to a micro-safe/heatproof dish				
Bread and butter pudding (chilled)	18 oz. (500 g)	P10	3 – 4 mins	Place on base. Do not cover.
Apple pie (chilled)	18 oz. (500 g)	P10	3 – 4 mins	Place in micro-safe dish on base. Do not cover
Custard (chilled)	1¼ cups (300 ml)	P10	2 mins – 2 mins 30 secs	Place in large jug. Stir during reheating.



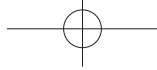
Cooking Chart

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Bacon – from raw				
Slices	12 oz. (340 g)	P10	4 – 6 mins or 1 min per slice	Place on micro-safe rack or plate on base and cover with kitchen towel to minimise splatter.
Steaks	8 oz. (225 g)	P10	4 – 5 mins	Place on micro-safe rack or plate on base. Cover.
Beans & pulses – should be pre-soaked (except lentils)				
Black eyed beans	8 oz. (225 g)	P10 then P3	10 mins 25 – 30 mins	Use 2½ cups (600 ml) boiling water in a large bowl. Cover.
Chick peas	8 oz. (225 g)	P10 then P3	10 mins 45 mins	
Lentils	8 oz. (225 g)	P5	10 – 15 mins	
Red kidney beans	8 oz. (225 g)	P10 then P3	15 mins 35 – 40 mins	
Beef - Joints from raw – Caution: Hot fat! Remove dish with care.				
Mince	18 oz. (500 g)	P10 then P5	5 mins 5 mins	Place in micro-safe dish with stock and seasonings on base. Stir halfway. Cover.
Chicken from raw – Caution: Hot Fat! Remove oven accessories with care.				
Breasts, boneless	26 oz. (730 g)	P5	14 – 16 mins	Place on micro-safe rack or plate on base. Cover.
Drumsticks	28 oz. (780 g)	P5	14 – 16 mins	
Eggs – Scrambled				
Egg	1	P10	30 secs	Add 1 tbsp (15 ml) of milk for each egg used. Beat eggs, milk and knob of butter together. Cook for 1st cooking time then stir. Cook for 2nd cooking time then stand for 1 minute.
		P10	30 secs	
Eggs	2	P10	50 secs	
		P10	40 secs	
Eggs	3	P10	1 min 20 secs	
		P10	40 secs	
Fish – Fresh from raw				
Filletts	10 oz. (280 g)	P10	3 – 4 mins	Place in micro-safe dish. Add 2 tbsp (30 ml) of liquid. Cover.
Steaks	8 oz. (225 g)	P10	3 – 4 mins	
Whole	11 oz. (310 g)	P10	3 – 4 mins	
Lamb – from raw – Caution: Hot Fat! Remove accessory with care.				
Chops, cutlets	11 oz. (310 g)	P5	4 – 6 mins	Place in micro-safe dish or rack on base. Cover.
Chops, loin	20 oz. (560 g)	P5	5 – 7 mins	Place in micro-safe dish or rack on base. Cover.
Stewing lamb	16 oz. (450 g)	P10 then P4	10 mins 40 mins	Place in micro-safe dish with stock and vegetables on base. Stir halfway. Cover.
Pasta - Place in a large 3 litre microwave safe bowl.				
Twists	8 oz. (225 g)	P10	8 – 10 mins	Use 1 litre boiling water. Add 1 tbsp (15 ml) oil. Cover. Stir halfway.
Macaroni	8 oz. (225 g)	P10	10 – 12 mins	
Spaghetti / tagliatelle	8 oz. (225 g)	P10	8 – 10 mins	Use 1½ litres boiling water. Add 1 tbsp (15 ml) oil. Cover. Stir halfway.
Pasta shells - i.e. conchiglie	8 oz. (225 g)	P10	10 – 12 mins	



Cooking Chart (continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Pizza – fresh chilled – N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep pan, ham	14 oz. (390 g)	P10	4 – 6 mins	Place on micro-safe plate on base. Do not cover.
Pork – from raw – Caution: Hot Fat! Remove oven accessories with care.				
Joints		P5	15 – 18 mins per 16 oz. (450 g)	Place on upturned saucer in micro-safe dish on base. Turn joint over halfway during cooking. Drain off fat during cooking.
Ham covered with water		P10 then P5	15 mins 25 – 30 mins per 16 oz. (450 g)	Place in large casserole dish with lid and cover with water.
Fresh vegetables – place in shallow micro-safe dish				
Broad beans	16 oz. (450 g)	P10	5 – 6 mins	Add 6 tbsp (90 ml) water. Cover.
Beetroot	16 oz. (450 g)	P5	12 – 15 mins	
Brussel sprouts	16 oz. (450 g)	P10	8 – 9 mins	
Cabbage – sliced	16 oz. (450 g)	P10	8 – 10 mins	
Carrots – sliced	16 oz. (450 g)	P10	8 – 10 mins	
Broccoli	16 oz. (450 g)	P10	9 – 11 mins	
Courgettes	16 oz. (450 g)	P10	5 mins	
Corn on the cob	16 oz. (450 g)	P10	6 – 7 mins	
Leeks – sliced	16 oz. (450 g)	P10	7 – 8 mins	
Mushrooms	16 oz. (450 g)	P10	5 mins	
Spinach	16 oz. (450 g)	P10	6 mins	
Swede - cubed	16 oz. (450 g)	P10	8 – 12 mins	
Frozen vegetables - place in shallow micro-safe dish.				
Beans	16 oz. (450 g)	P10	8 – 9 mins	Add 2 tbsp (30 ml) water. Cover.
Beans – green	16 oz. (450 g)	P10	8 – 9 mins	
Broccoli	16 oz. (450 g)	P10	8 – 9 mins	
Brussels sprouts	16 oz. (450 g)	P10	9 – 10 mins	
Cabbage – shredded	16 oz. (450 g)	P10	7 – 8 mins	
Carrots – sliced	16 oz. (450 g)	P10	8 – 9 mins	
Cauliflower	16 oz. (450 g)	P10	9 – 10 mins	
Peas	16 oz. (450 g)	P10	7 – 8 mins	
Sweetcorn	16 oz. (450 g)	P10	7 – 8 mins	



Food Characteristics and Cooking Techniques

Food Characteristics

Bone and Fat

Both bone and fat affect cooking. Bones may cause irregular cooking. Meat next to the tips of bones may overcook while meat positioned under a large bone, such as a ham bone, may be undercooked. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.



Density

Porous, airy foods such as breads, cakes or rolls take less time to cook than heavy, dense foods such as potatoes and roasts. When reheating donuts or other foods with different centers be very careful. Certain foods have centers made with sugar, water, or fat and these centers attract microwaves (for example, jelly donuts). When a jelly donut is reheated, the jelly can become extremely hot while the exterior remains warm to the touch. This could result in a burn if the food is not allowed to cool properly in the center.



Quantity

Two potatoes take longer to cook than one potato. As the quantity of the food decreases so does the cooking time. Overcooking will cause the moisture content in the food to decrease and a fire could result. Never leave microwave unattended while in use.



Shape

Uniform sizes heat more evenly. The thin end of a drumstick will cook more quickly than the meaty end. To compensate for irregular shapes, place thin parts toward the center of the dish and thick pieces toward the edge.



Size

Thin pieces cook more quickly than thick pieces.



Starting Temperature

Foods that are at room temperature take less time to cook than if they are chilled, refrigerated or frozen.



Cooking Techniques

Piercing

Foods with skins or membranes must be pierced, scored or have a strip of skin peeled before cooking to allow steam to escape. Pierce clams, oysters, chicken livers, whole potatoes and whole vegetables. Whole apples or new potatoes should have a 1-inch (2.5 cm) strip of skin peeled before cooking. Score sausages and frankfurters. Do not Cook/Reheat whole eggs, with or without the shell. Steam buildup in whole eggs may cause them to explode, and possibly damage the oven or cause injury. Reheating SLICED hard-boiled eggs and cooking SCRAMBLED eggs is safe.

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 and 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.

Spacing

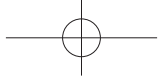
Individual foods, such as baked potatoes, cupcakes and appetizers, will cook more evenly if placed in the oven equal distances apart. When possible, arrange foods in a circular pattern.

Covering

As with conventional cooking, moisture evaporates during microwave cooking. Casserole lids or plastic wrap are used for a tighter seal. When using plastic wrap, vent the plastic wrap by folding back part of the plastic wrap from the edge of the dish to allow steam to escape. Loosen or remove plastic wrap as recipe directs for standing time. When removing plastic wrap covers, as well as any glass lids, be careful to remove them away from you to avoid steam burns. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

Cooking Time

Cooking times will vary because of food shape variations, starting temperature, and regional preferences. Always cook food for the minimum cooking time given in a recipe and check for doneness. If the food is undercooked, continue cooking. It is easier to add time to an undercooked product. Once the food is overcooked, nothing can be done.



Food Characteristics and Cooking Techniques (continued)

Stirring

Stirring is usually necessary during microwave cooking. Always bring the cooked outside edges toward the center and the less cooked center portions toward the outside of the dish.

Rearranging

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

Turning

It is not possible to stir some foods to distribute the heat evenly. At times, microwave energy will concentrate in one area of the food. To help ensure even cooking, these foods need to be turned. Turn over large foods, such as roasts or turkeys, halfway through cooking.

Standing Time

Most foods will continue to cook by conduction after the microwave oven is turned off. After cooking meat, the internal temperature will rise 5 °F to 15 °F (3 °C to 8 °C), if allowed to stand, tented with foil, for 10 to 15 minutes. Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking to the center without overcooking on the edges.

Test for Doneness

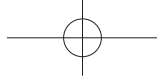
The same tests for doneness used in conventional cooking may be used for microwave cooking. Meat is done when fork-tender or splits at fibers. Chicken is done when juices are clear yellow and drumstick moves freely. Fish is done when it flakes and is opaque. Cake is done when a toothpick or cake tester is inserted and comes out clean.

Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from oven. For reasons of personal preference, you may choose to cook food at higher temperatures.

Product	Minimum Internal Temperature & Standing Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (63 °C) and allow to rest for at least 3 minutes
Ground meats	160 °F (71 °C)
Ham , fresh or smoked (uncooked)	145 °F (63 °C) and allow to rest for at least 3 min.
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C); all others to 165 °F (74 °C).
All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (74 °C)
Eggs	160 °F (71 °C)
Fish & Shellfish	145 °F (63 °C)
Leftovers	165 °F (74 °C)
Casseroles	165 °F (74 °C)



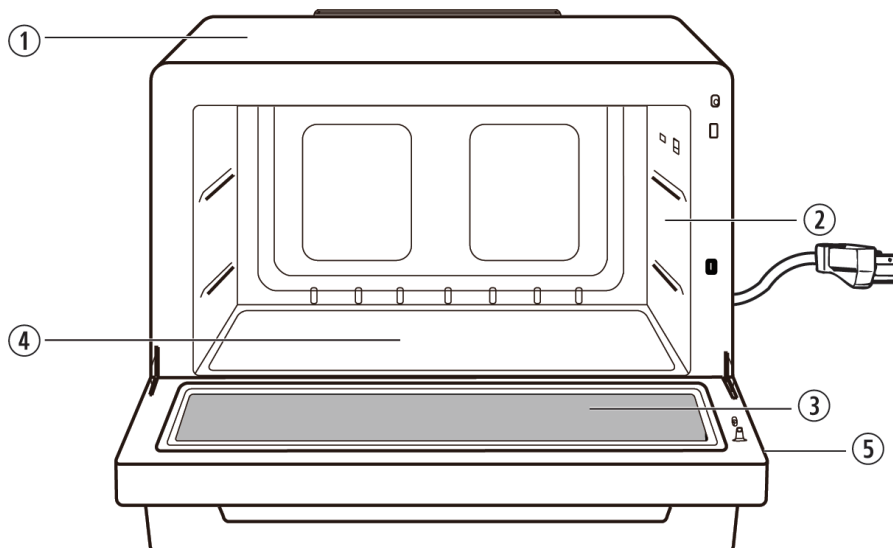
Care and Cleaning of Your Microwave Oven

Please see below and the following page for particular cleaning instructions for each section of the oven.

BEFORE CLEANING: Unplug oven at wall outlet. If outlet is inaccessible, leave oven door open while cleaning.

AFTER CLEANING: Press the **Stop/Reset** Pad to clear the Display.

1. **Outside oven surfaces:** Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.
2. **Inside the Oven:** Wipe with a damp cloth after using. Mild detergent may be used if needed. Do not use harsh detergents or abrasives.
3. **Oven Door:** Wipe with a soft dry cloth when steam accumulates inside or around the outside of the oven door. During cooking, especially under high humidity conditions, steam is given off from the food. (Some steam will condense on cooler surfaces, such as the oven door. This is normal.)
4. **Flat Table:** Always clean the flat table after cooling down with a mild detergent and wipe to dry.
5. **Control Panel:** 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. After cleaning tap **Stop/Cancel** pad to clear display window.



AS WITH ANY COOKING APPLIANCE, MICROWAVE OVENS REQUIRE THE SAME LEVEL OF CARE TO PREVENT OVERHEATING OR DAMAGE. IT IS IMPORTANT TO KEEP THE OVEN CLEAN AND DRY. FOOD RESIDUE AND CONDENSATION MAY CAUSE RUSTING OR ARCING AND DAMAGE TO THE OVEN. AFTER USE, WIPE DRY ALL SURFACES, INCLUDING VENT OPENINGS, OVEN SEAMS, AND UNDER FLAT TABLE.

NOTE:

The illustration is for reference only.

Shop Accessories

Purchase Parts, Accessories and Instruction Books online for all Panasonic Products by visiting our Web Site at:
shop.panasonic.com/support

Parts Available to Order

Instructions/Operating Manual (this book)F0003DB70AP

Before Requesting Service

See below before calling for service, as most problems can easily be remedied by following these simple solutions:

Problem	Solution
The oven causes TV interference.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on 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. After use, the oven should be wiped dry (see page 30).
Oven will not turn on.	The oven is not plugged in securely or needs to be reset; remove plug from outlet, wait ten seconds and re-insert. Main circuit breaker or main fuse is tripped; reset main circuit breaker or replace main fuse. There is a problem with the outlet; plug another appliance into the outlet to check if it is working.
Oven will not start cooking.	The door is not completely closed; close the oven door securely. Start was not pressed after programming; press Start . Another program is already entered into the oven; press Stop/Reset to cancel the previous program and enter new program. The program is not correct; program again according to the Owner's Manual. Stop/Reset has been pressed accidentally; program oven again.
"Q" rotates in the display window.	The fan is operating to cool the electric components. It will disappear after the fan stops.
The "🔒" appears in the display.	The CHILD SAFETY LOCK was activated by pressing Stop/Reset three times; Deactivate CHILD SAFETY LOCK by pressing Stop/Reset three times.
The oven stops cooking and nothing appears in the display windows.	The oven's power supply has failed; please contact an authorized Service Center (see next page).

Limited Warranty (Only for U.S.A.)

Panasonic Products Limited Warranty

Limited Warranty Coverage (For USA Only)

If your product does not work properly because of a defect in materials or workmanship, Panasonic Consumer Electronics Corporation (referred to as "the warrantor") will, for the length of the period indicated on the chart below, which starts with the date of product receipt ("warranty period"), at its option either (a) repair your product with new or refurbished parts, (b) replace it with a new or a refurbished equivalent value product, or (c) refund your purchase price. The decision to repair, replace or refund will be made by the warrantor.

Product or Part Name	Labor	Parts
ALL PARTS (EXCEPT MAGNETRON TUBE)	1 yr.	1 yr.
MAGNETRON TUBE	1 yr.	5 yrs.

During the "Labor" warranty period there will be no charge for labor. During the "Parts" warranty period, there will be no charge for parts. This warranty only applies to products purchased and serviced in the United States. This warranty is extended only to the original purchaser of a new product which was not sold "as is".

Mail-In Service – Online Repair Request

Online Repair Request

To submit a new repair request, and for quick repair status visit our Web Site at: <http://shop.panasonic.com/support>

When shipping the unit, carefully pack and send it in the original (or supplied) carton. Include a letter detailing the complaint along with the bill of sales and provide a daytime phone number where you can be reached. A valid registered receipt is required under the Limited Warranty.

When shipping Lithium Ion batteries please visit our web site at <http://shop.panasonic.com/support> as Panasonic is committed to providing the most up to date information.

IF REPAIR IS NEEDED DURING THE WARRANTY PERIOD, THE PURCHASER WILL BE REQUIRED TO FURNISH A SALES RECEIPT/PROOF OF PURCHASE INDICATING DATE OF PURCHASE, AMOUNT PAID AND PLACE OF PURCHASE. CUSTOMER WILL BE CHARGED FOR THE REPAIR OF ANY UNIT RECEIVED WITHOUT SUCH PROOF OF PURCHASE.

Limited Warranty Limits And Exclusions

This warranty ONLY COVERS failures due to defects in materials or workmanship, and DOES NOT COVER glass, plastic parts, temperature probes (if included) and normal wear and tear or cosmetic damage. The warranty ALSO DOES NOT COVER damages which occurred in shipment, or failures which are caused by products not supplied by the warrantor, or failures which result from accidents, misuse, abuse, neglect, bug infestation, mishandling, misapplication, alteration, faulty installation, set-up adjustments, maladjustment of consumer controls, improper maintenance, power line surge, lightning damage, modification, or commercial use (such as in a hotel, office, restaurant, or other business), rental use of the product, service by anyone other than a Factory Service center or other Authorized Servicer, or damage that is attributable to acts of God.

THERE ARE NO EXPRESS WARRANTIES EXCEPT AS LISTED UNDER "LIMITED WARRANTY COVERAGE".

THE WARRANTOR IS NOT LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. (As examples, this excludes damages for lost time, travel to and from the servicer, loss of or damage to media or images, data or other memory or recorded content. The items listed are not exclusive, but for illustration only.) **ALL EXPRESS AND IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO THE PERIOD OF THE LIMITED WARRANTY.**

Some states do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty lasts, so the exclusions may not apply to you.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If a problem with this product develops during or after the warranty period, you may contact your dealer or Service Center. If the problem is not handled to your satisfaction, then write to:

Panasonic Corporation of North America
Consumer Affairs Department
Two Riverfront Plaza
Newark NJ 07102-5490

PARTS AND SERVICE, WHICH ARE NOT COVERED BY THIS LIMITED WARRANTY, ARE YOUR RESPONSIBILITY.

Product registration is not mandatory. Failure to complete the form does not affect the consumer's warranty rights.

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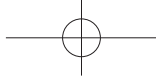
go to

<http://shop.panasonic/support>

For the hearing or speech impaired

TTY: 1-855-497-2056

As of January 4, 2026



Specifications

Power Source	120 V~, 60 Hz
Power Consumption	8 A, 950 W
Cooking Power*	1,200 W
Outside Dimensions (W x H x D)	18 1/2" x 13 3/4" (**17 3/16") x 15 3/8" (470 mm x 350 (**436) mm x 390 mm)
Oven Cavity Dimensions (W x H x D)*	15 3/16" x 8 1/4" x 13 7/16" (385 mm x 210 mm x 341 mm)
Operating Frequency	2,450 MHz
Net Weight	Approx. 27.1 lbs. (12.3 kg)

*IEC Test procedure

Specifications subject to change without notice.

**350 mm is the dimension without handle.
436 mm is the dimension with handle.

User's Record

The serial number of this product may be found on the back side of the oven. You should note the model number and the serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

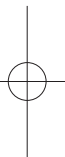
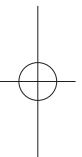
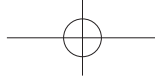
Model No. _____

Serial No. _____

Date of Purchase _____

Scan this code for product registration





Panasonic Consumer Electronics Company,
Division of Panasonic Corporation of North America
Two Riverfront Plaza
Newark, New Jersey 07102

Website : <http://shop.panasonic.com/support>

