

Installation Guide

1. Examine the oven after unpacking.

Check for damage such as a misaligned door, broken door or dent in the cavity.

If any damage is visible, DO NOT INSTALL, and notify your dealer immediately.

2. Level, flat location.

Install the microwave oven on a level, flat surface.

3. Ventilation.

Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure.

For proper ventilation, allow 4 inches of space between oven top, sides, rear and adjacent surfaces.

4. Away from radio and TV sets.

Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, feeder, etc.

Place the oven as far from them as possible.

5. Away from heating appliances and water taps.

Keep the oven away from heat, steam or splashing liquids. These things can adversely affect oven wiring and contacts.

6. Power supply.

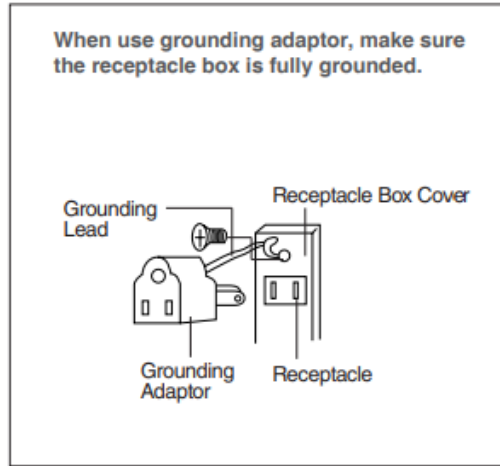
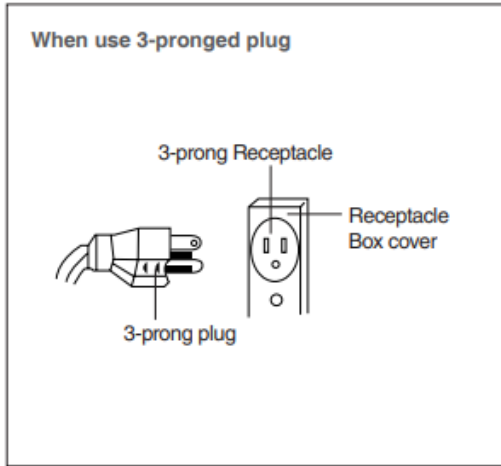
- Check your local power source.

This microwave oven requires a current of approximately 14 amperes, 120Volts, 60Hz and a grounded outlet.

1. A short power-supply cord is provided to reduce the risks of the user becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used:
 - The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the oven.
 - The extension cord must be a grounding type 3-wire cord.

- The longer cord should be arranged so that it will not drape the table top or counter where it can be pulled on by children or tripped over unintentionally.

7. The minimum height of free space necessary above the top surface of the oven is about 4 inches.

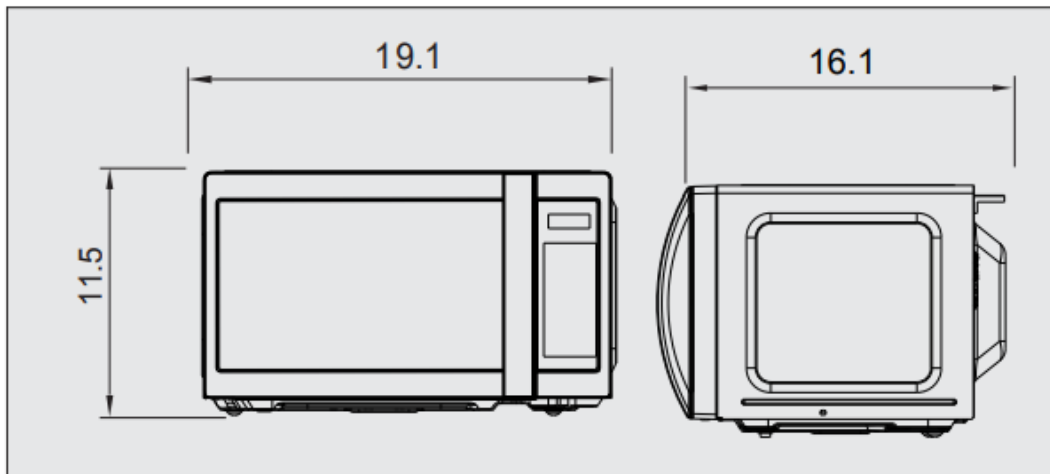


"THE CANADIAN ELECTRICAL CODE DOES NOT ALLOW THE USE OF THE GROUNDING ADAPTOR"

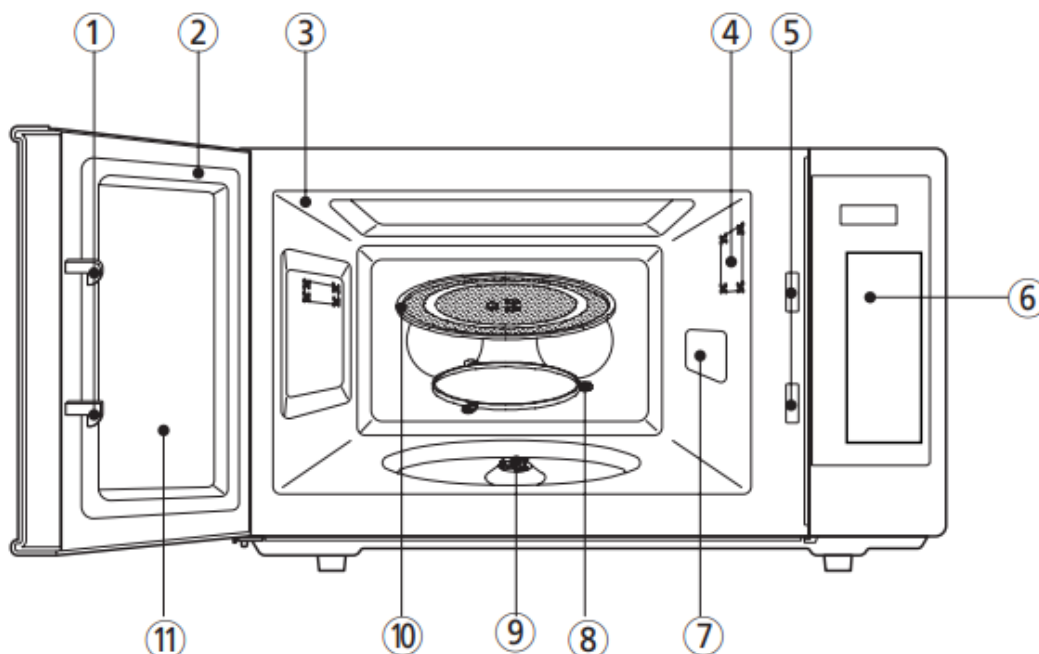
Specifications

POWER SUPPLY		120V AC, 60Hz SINGLE PHASE WITH GROUNDING
MICROWAVE	INPUT POWER	1350 W
	ENERGY OUTPUT	900 W
	FREQUENCY	2,450MHz
OUTSIDE DIMENSIONS (W x D x H)		19.1 x 16.1 x 11.5 in.
CAVITY DIMENSIONS (W x D x H)		12.4 x 13.7 x 8.7 in.
CAVITY VOLUME		0.9 cu.ft
NET WEIGHT		APPROX. 28 lbs.
TIMER		99 min. 99 sec.
POWER SELECTIONS		11 Levels

* Specifications are subject to change without notice.



Features Diagram



1 Door latch - When the door is closed, it will automatically shut off. If the door is opened while the oven is operating, the magnetron will automatically shut off.

2 Door seal - The door seal surfaces prevent microwaves escaping from the oven cavity.

3 Oven cavity

4 Oven lamp - Automatically turns on during oven operating.

5 Safety interlock system

6 Control panel

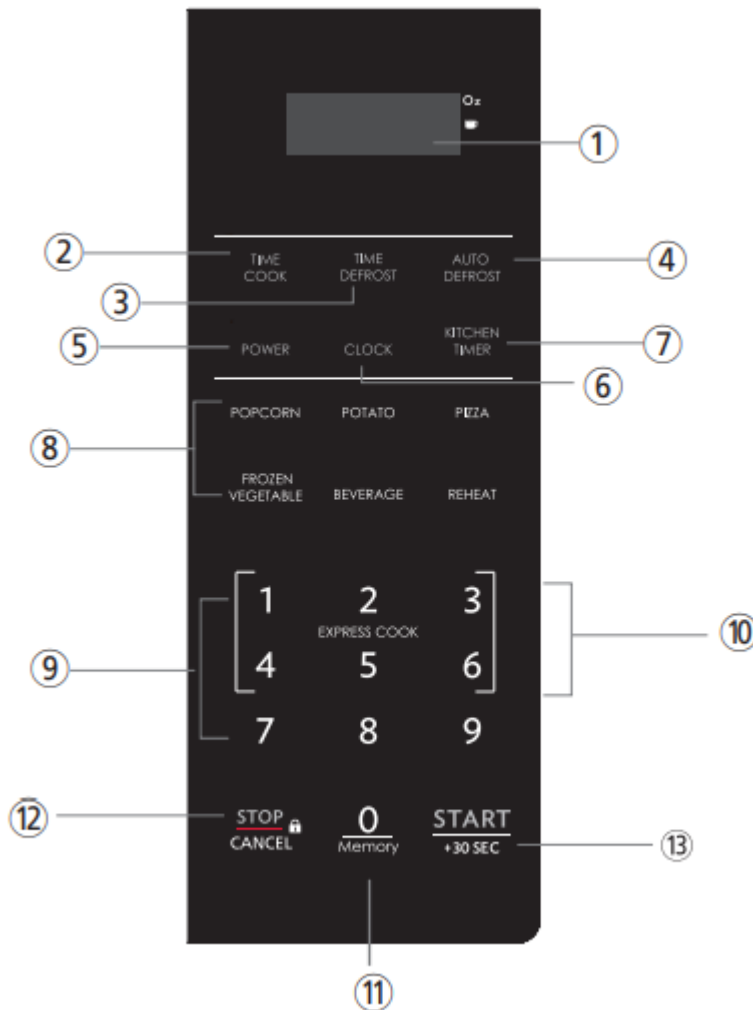
7 Waveguide cover - Protects the microwave outlet from splashes of cooking foods.

8 Roller guide - This must always be used for cooking together with the glass cooking tray.

9 Coupler - This fits over the shaft in the center of the oven cavity floor. This is to remain in the oven for all cooking.

10 Glass cooking tray - Made of special heat resistant glass. The tray must always be in proper position before operating. Do not cook food directly on the tray.

11 Viewing screen - Allows viewing of food. The screen is designed so that light can pass through, but not the microwave.



1 Display - Cooking time, power level, indicators and current time are displayed.

2 TIME COOK - Used to set the cooking according to the desired power and time.

3 TIME DEFROST - Used to defrost foods for time.

4 AUTO DEFROST Pad - Press to select DEFROST feature by weight.

5 Power - Used to set power level.

6 CLOCK - Used to set the clock

7 KITCHEN Timer - Used as a minute timer, delay cooking, hold setting after cooking.

8 AUTO COOK MENU - Used to select an Auto Cook program.

9 NUMBER BUTTON - Used to enter the cooking time, kitchen timer, etc.

10 EXPRESS COOK - Press one of the Express Cook pads (from 1-6) for 1-6 minutes of cooking at 100% (full power).

11 MEMORY BUTTON - Used to set the memory function.

12 Stop / Clear - Used to stop the oven operation or to delete the cooking data.

13 Start / +30 sec - Used to start the oven and also used to set a reheat time.

Operation Procedure

This section includes useful information about oven operation.

1 Plug power supply cord into a standard 3-pronged 14 Amp, 120V AC 60Hz power outlet.

2 After placing the food in a suitable container, open the oven door and put it on the glass tray. The glass tray and roller guide must always be in place during cooking.

3 Close the door. Make sure that it is firmly closed.

4 The oven light is on when the microwave oven is operating.

5 The oven door can be opened at any time during operation by pushing the door open button of control panel. The oven will automatically shut off.

6 Each time a pad is touched, a BEEP will sound to acknowledge the touch.

7 The oven automatically cooks on full power unless set to a lower power level.

8 The display will show "0:000 " when the oven is plugged in

9 Time clock returns to the present time when the cooking time ends.

10 When the STOP/CANCEL pad is touched during the oven operation, the oven stops cooking and all information retained. To erase all information(except the present time), touch the STOP/CANCEL pad once more. If the oven door is opened during the oven operation, all information is retained.

11 If the START pad is touched and the oven does not operate, check the area between the door and door seal for obstructions and make sure the door is closed securely. The oven will not start cooking until the door is completely closed or the program has been reset.

Make sure the oven is properly installed and plugged into the electrical outlet.

Wattage output chart

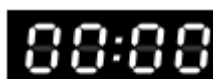
- The power-level is set by touching the Power pad. The chart shows the display, the power level and the percentage of power.

TOUCH THE POWER PAD	POWER LEVEL (DISPLAY)	APPROXIMATE PERCENTAGE OF POWER
once	PL10	100%
twice	PL9	90%
3 times	PL8	80%
4 times	PL7	70%
5 times	PL6	60%
6 times	PL5	50%
7 times	PL4	40%
8 times	PL3	30%
9 times	PL2	20%
10 times	PL1	10%
11 times	PL0	0%

Controls

SETTING THE CLOCK

When the oven is first plugged in, the display will show "0:00" and a tone will sound. If the AC power ever goes off, the display show " 0:00" when the power comes back on.



- (1) Press " CLOCK . "00:00" will display.
- (2) Press the number keys to program current time. For example. to set the clock to 10:12. press "11,0,1,2" or to set the clock at 5:12. press "00,5,1,2".
- (3) Press " CLOCK " to finish clock setting. ":" will flash and the clock will be lit.
- (4) If the numbers are not within the range of 1:00-12:59. the setting will be invalid until valid numbers are input.

Note:

1. In the process of clock setting. if the "STOP/CANCEL" button is pressed or if there is no operation selected within 1 minute. the oven will go back to the previous setting automatically.
2. If the clock needs to be reset. repeat steps 1- 3.

KITCHEN TIMER MODE

Timer operates as a minute timer, can be set to delay cooking and used to set a holding time after cooking. However delay cooking cannot be programmed for defrost. Timer operates without microwave energy.



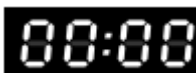
- (1) Press "KITCHEN TIMER. display will show "00:00". the first hour figure flashes.
- (2) Press the number keys and enter the timer time. (The maximum cooking time is 99 minutes and 99 seconds) .
- (3) Press " START/+30SEC. " to confirm setting. (4) When the timer time arrives. the buzzer will beep 5 times. If the clock is set. the LED will display the current time.

Note:

1. The kitchen timer is a timer and will not display the "Clock."
2. When using the kitchen timer. no other program can be set.

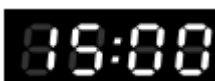
The TIMER indicator starts blinking and the display counts down the time remaining in KITCHEN TIMER mode. When KITCHEN TIMER mode ends, you will hear 5 beeps.

MICROWAVE COOK MODE



- (1) Press "TIME COOK" once. the display will show "00:00".
- (2) Press number keys to input the cooking time; the maximum cooking time is 99 minutes and 99 seconds.
- (3) Press " POWER " once. the display will show "PL10". The default power is 100% power. Now you can press number keys to adjust the power level.
- (4) Press " START/+30SEC.." to start cooking.

Example: to cook the food with 50% microwave power for 15 minutes.



- a. Press "TIME COOK" once. "00:00" displays.
- b. Press "1", "5", "0", "0" in order.
- c. Press "POWER" once. then press "5" to select 50% microwave power.
- d. Press "START/+30SEC." to start cooking.

Note:

1. In the process of setting. if the " STOP/CANCEL" or " START/+30 SEC" operation button is pressed within 1 minute. the oven will go back to the previous setting automatically.
2. If "PLO" is selected. the oven will work with fan only and no power.

3. During microwave cooking. "POWER" can be pressed to change the power you need. After pressing "POWER". the current power will light for 3 seconds. now you can press number button to change the power. The oven will work with the selected power for the rest of the cooking time.

EXPRESS COOK

(1) If not already cooking. press number pads 1-6 to quickly cook from 1-6 minutes at 100% power. Press " START/+30SEC." to increase the cooking time; the maximum cooking time is 99 minutes and 99 seconds.

(2) To cook for 30 seconds at 100% power press "START/+30SEC". Each press on the the same button will increase cooking time by 30 seconds. The maximum cooking cooking time is 99 minutes and 99 seconds.

Note: During microwave cooking and time defrost. time can be added by pressing "START/+30SEC." button.

AUTO DEFROSTING

AUTO DEFROST lets you easily defrost food by eliminating guesswork in determining defrosting time. Follow the steps below for easy defrosting



(1) Press " AUTO DEFROST. LED will display "dEF1". EEE

(2) Press number buttons to input weight to be defrosted. The weight must be Ee between 4 oz and 100 oz.

(3) Press " START/+30SEC. " to start defrosting and the cooking tme remaining will be displayed.

The defrosting time is automatically determined by the weight selected.

The minimum weight for Auto Weight Defrost is 4 Oz. and maximum weight is 100 oz.

When the defrosting time ends. you will hear 5 beeps.

TIME DEFROSTING

When TIME DEFROST is selected, the automatic cycle divides the defrosting time into periods of alternating defrost and stand times by cycling on and off.



(1) Press " TIME DEFROST. " the display will show "dEF2". Er

(2) Press number pads to input defrosting time. The effective time range is 0:01~99:99.

(3) The default microwave power is power level 3. If you want to change the power level. press "POWER" once. and the display will show "PL 3". then press the number pad of the power level you wanted.

(4) Press " START/+30SEC. " to start defrosting. The remaining cooking time will be displayed.

When you touch START pad. the display counts down the time to show you how much defrosting time is left in the

TIME DEFROST mode.

When the defrosting time ends. you will hear 5 beeps.

MULTI-STAGE COOKING

At most, 2 stages can be set for cooking. In multi-stage cooking, if one stage is defrosting, then defrosting shall be placed at the first stage automatically.

Note: Auto cooking cannot work in the multi-stage cooking.

Example: if you want to cook with 80% microwave power for 5 minutes + 60% microwave power for 10 minutes. The cooking steps are as following: (

- 1) Press "TIME COOK" once, then press "5","0","0" to set the cooking time;
- (2) Press "POWER" once, then press "8" to select 80% microwave power.
- (3) Press "TIME COOK" once, then press "1","0","0","0" to set the cooking time;
- (4) Press "POWER" once, then press "6" to select 60% microwave power.
- (5) Press "START/ +30 SEC." to start cooking.

MEMORY FUNCTION

(1) Press "0/MEMORY" repeatedly to choose memory setting 1-3. The display will show 1,2,3.

(2) If the setting has been programmed. press " START/ +30 SEC." to use it. If not. create the memory setting with your favorite program. Please note: only one or two stages can be set.

(3) After finishing the setting. press "START/ +30 SEC." once to save the setting. Press " START/ +30 SEC." again. it will start cooking.

Example: to program the following setting as the second memory to cook food with 80% microwave power for 3 minutes and 20 seconds.

The steps are as follows:

- a. In waiting state. press "0/MEMORY" twice. the screen displays "2".
- b. Press "TIME COOK" once. then press "3". "2". "0" in order.
- c. Press "POWER" once. "PL10" displays. then press "8" and "PL8" displays.

d. Press "START/ +30 SEC." to save the setting. Buzzer sounds once and the LED will display "2". If you press "START/+30SEC." again. the setting will be saved as memory 2 and it will start cooking.

e. If power is lost. the "/MEMORY" setting will need to be reprogrammed.

f. If you want to run the saved setting. in waiting state. press "0/ MEMORY" twice. screen displays "2". then press "START/+30SEC." to run.

ONE TOUCH COOK

One touch cooking allows you to cook or reheat many of your favorite foods by touching just one pad. To increase quantity, touch the chosen pad until the number in the display is same as desired quantity to cook.

POPCORN



(1) Press "POPCORN" repeatedly until the package size of your popcorn appears in the display. "1.75". "3.0". "3.5" will display in order.

For example. press "POPCORN" once. "1.75" appears.

(2) Press "START/+30 SEC." to cook. buzzer sounds once. When cooking finished. buzzer will sound five times.

POTATO



1) Press "POTATO" repeatedly until the number you wish appears in the display. "1". "2". "3" will display in order.

"1": 1 potato (approximate 8 oz)

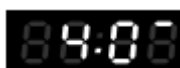
"2": 2 potatoes (approximate 16 oz)

"3": 3 potatoes (approximate 24 oz)

For example. press "POTATO" once. "1" appears.

(2) Press "START/+30 SEC." to cook. buzzer sounds once. When cooking is finished. a buzzer sounds five times.

FROZEN VEGETABLE



(1) Press " FROZEN VEGETABLE " repeatedly until the package size of your vegetables appears in the display. "4.0". "8.0". "16.0" oz will display in order.

For example. press "FROZEN VEGETABLE" once. "4.0" appears.

(2) Press "START/+30 SEC." to cook. buzzer sounds once. When cooking is finished. a buzzer sounds five times.

BEVERAGE



(1) Press " BEVERAGE " repeatedly until the number you wish appears in the display. "1". will display in order.

For example. press "BEVERAGE" once. "1" appears.

(2) Press "START/+30 SEC." to cook. buzzer sounds once. When cooking is finished. a buzzer sounds five times.

REHEAT



(1) Press " REHEAT " repeatedly until the number you wish appears in the display. "9.0". "12.0". "18.0" oz will display in order.

For example. press "REHEAT" once. "9.0" appears.

(2) Press "START/+30 SEC." to cook. buzzer sounds once. When cooking is finished. a buzzer sounds five times.

PIZZA



(1) Press " PIZZA " repeatedly until the weight of your pizza appears in the display. "4.0". "8.0". "14.0" oz will display in order.

For example. press "PIZZA" once. "4.0" appears.

(2) Press "START/+30 SEC." to cook. buzzer sounds once. When cooking is finished. a buzzer sounds five times.

CHILD SAFETY LOCK

Lock: In waiting state. press " STOP/CANCEL " for 3 seconds. there will be a long "beep" denoting the entering into the children-lock state; meanwhile. the display will show "



Lock Cancel: In locked state. press " STOP/CANCEL " for 3 seconds. there will be a long "beep"denoting that lock is released.

INQUIRING FUNCTION

(1) In microwave or multi-stage cooking state. press " CLOCK ". the display will show the clock for three seconds.

(2) In the microwave or multi-stage cooking. press " POWER "to inquire microwave power level. and the current microwave power will be displayed. After three seconds. the oven will turn back to the previous state.

Care of Your Microwave Oven

The oven should be cleaned regularly and any food deposits removed. 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.

1 Turn the oven off before cleaning.

2 Keep the inside of the oven clean. When food spatters 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.

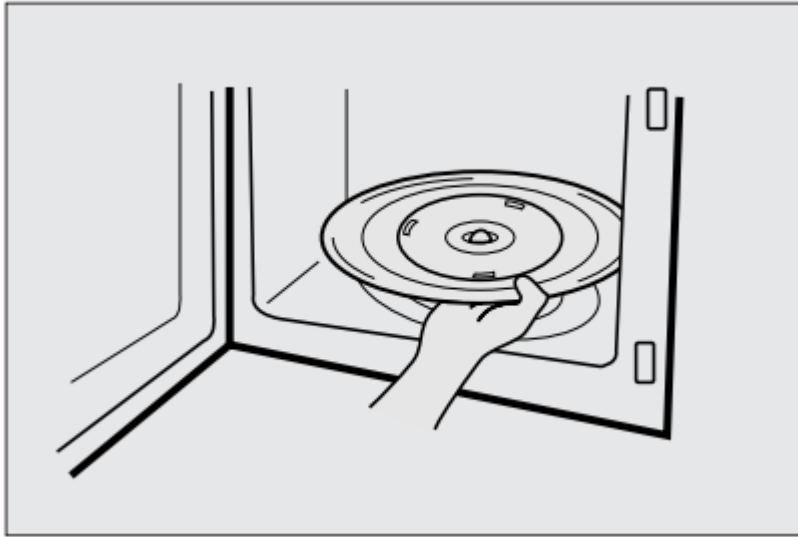
3 The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

4 If the Control Panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.

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

6 It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.

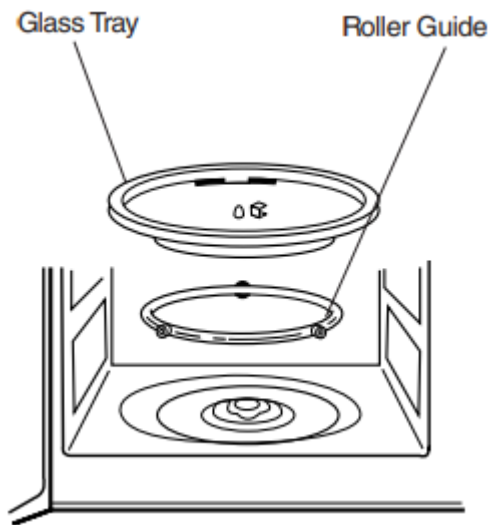
7 The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild sudsy water.



ROLLER GUIDE

- 1 The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
- 2 The ROLLER GUIDE MUST ALWAYS be used for cooking together with the Glass Tray

GLASS TRAY



- 1 DO NOT operate the oven without the Glass Tray in place.
- 2 DO NOT use any other Glass Tray with this oven.
- 3 If Glass Tray is hot, ALLOW TO COOL before cleaning or placing it in water.
- 4 DO NOT cook directly on the Glass Tray. (Except for popcorn)

CARE AND CLEANING

Although your oven is provided with safety features, it is important to observe the following:

1. It is important not to defeat or tamper with safety interlocks.

2. Do not place any object between the oven front face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and dry. Never use abrasive powders or pads.

3. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damage to the door. Do not operate the oven if it is damaged, until it has been repaired by a competent service technician. It is particularly important that the oven closes properly and that there is no damage to the:

i) Door(bent)

ii) Hinges and Hookes(broken or loosened)

iii) Door seals and sealing surfaces.

4. The oven should not be adjusted or repaired by anyone except a properly competent service technician.

5. The oven should be cleaned regularly and any food deposits removed;

6. 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

Questions and Answers

BEFORE YOU CALL FOR SERVICE

The oven doesn't work :

1. Check that the power cord is securely plugged in.
2. Check that the door is firmly closed.
3. Check that the cooking time is set.
4. Check for a blown circuit fuse or tripped main circuit breaker in your house.

* **Sparking in the cavity;**

1. Check utensils. Metal containers or dishes with metal trim should not be used.
2. Check that metal skewers or foil does not touch the interior walls.

QUESTIONS AND ANSWERS

* **Q : I accidentally ran my microwave oven without any food in it. Is it damaged?**

* A : Running the oven empty for a short time will not damage the oven . However, it is nnot recommended.

* **Q : Can the oven be used with the glass tray or roller guide removed?**

* A : No. Both the glass tray and roller guide must always be used in the oven before cooking.

*** Q : Can I open the door when the oven is operating?**

* A : The door can be opened anytime during the cooking operation. Then microwave energy will be instantly switched off and the time setting will maintain until the door is closed.

*** Q : Why do I have moisture in my microwave oven after cooking?**

* A : The moisture on the side of your microwave oven is normal. It is caused by steam from cooking food hitting the cool oven surface.

*** Q : Does microwave energy pass through the viewing screen in the door?**

* A : No. The metal screen bounces back the energy to the oven cavity. The holes are made to allow light to pass through. They do not let microwave energy pass through.

*** Q : Why do eggs sometimes pop?**

* A : When baking or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking. Never cook eggs without piercing their shells.

*** Q : Why is this standing time recommended after the cooking operation has been completed?**

* A : Standing time is very important.

With microwave cooking, the heat is in the food, not in the oven. Many foods build up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.

*** Q : What does “standing time” mean?**

* A : “Standing time” means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking.

*** Q : Why does my oven not always cook as fast as the microwave cooking guide says?**

* A : Check your cooking guide again, to make sure you've followed directions exactly ; and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, to help prevent over-cooking... the most common problem in getting used to a microwave oven.

Variations in the size, shape and weights and dimensions could require longer cooking time. Use your own judgement along with the cooking guide suggestions to check whether the food has been properly cooked just as you would do with a conventional cooker.

*** Q : Will the microwave oven be damaged if it operates while empty?**

* A : Yes. Never run it empty.

*** Q : Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish?**

* A : No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.

*** Q : Is it normal for the turntable to turn in either direction?**

* A : Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins.

*** Q : Can I pop popcorn in my microwave oven? How do I get the best results?**

* A : Yes. Pop packaged microwave popcorn following manufacture’s guidelines. Do not use regular paper bags. Use the “listening test” by stopping the oven as soon as the popping slows to a “pop” every 1 or 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.

Cooking Instructions

Utensil Guide

Only use utensils that are suitable for use in microwave ovens. To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken choosing the utensil. If the utensil is marked microwave-safe, you do not need to worry. The following table lists various utensil and indicates whether and how they should be used in a microwave oven.

UTENSIL	SAFE	COMMENTS
Aluminium foil	▲	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	●	Do not preheat for more than 8minutes.
China and earthenware	●	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless deco-rated with a metal trim.
Disposable polyester cardboard dishes	●	Some frozen foods are packaged in these dishes.
Fast-food packaging	●	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Polystyrene cups containers	●	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	×	May catch fire.
• Recycled paper or metal trims	×	May cause arcing.
Glassware	●	Can be used, unless decorated with a metal trim.
• Oven-to-table ware	●	Can be used to warm foods or liquids.
• Fine glassware	●	Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only.
• Glass jars	●	Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only.
Metal	×	May cause arcing or fire.
• Dishes	×	May cause arcing or fire.
• Freezer bag twist ties	×	May cause arcing or fire.



Paper • Plates, cups, napkins and Kitchen paper • Recycled paper	● ×	For short cooking times and warming. Also to absorb excess moisture. May cause arcing.
Plastic • Containers • Cling film • Freezer bags	● ● ▲	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic. Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape. Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	●	Can be used to retain moisture and prevent spattering.

● : Recommended use

▲ : Limited Use

× : Not Recommended

CONVERSION CHARTS

WEIGHT MEASURES		VOLUME MEASURES		SPOON MEASURES	
15 g	1/2 oz.	30 ml	1 fl.oz.	1.25 ml	1/4 tsp
25 g	1 oz.	100 ml	3 fl.oz.	2.5 ml	1/2 tsp
50 g	2 oz.	150 ml	5 fl.oz. (1/4 pt)	5 ml	1 tsp
100 g	4 oz.	300 ml	10 fl.oz. (1/2 pt)	15 ml	1 tbsp
175 g	6 oz.	600 ml	20 fl.oz. (1pt)		
225 g	8 oz.				
450 g	1 lb.				

FLUID MEASUREMENTS		
1 Cup	= 8 fl.oz	= 240 ml
1 Pint	= 16 fl.oz. (UK 20 fl.oz.)	= 480 ml (UK 560 ml)
1 Quart	= 32 fl.oz. (UK 40 fl.oz.)	= 960 ml (UK 1120 ml)
1 Gallon	= 128 fl.oz. (UK 160 fl.oz.)	= 3840 ml (UK 4500 ml)

Cooking chart

ITEM	POWER LEVEL	COOKING TIME PER LB./450G	SPECIAL INSTRUCTION
MEAT			
Beef joint - Rare	P-80	6-8 min.	- Chilled meat and poultry should be removed from the refrigerator at least 30 minutes before cooking. - Always let the meat and poultry stand, covered after cooking.
- Medium	P-80	7-9 min.	
- well done	P-80	9-11 min.	
Pork Joint	P-HI	10-13 min.	
Bacon joint	P-HI	8-10 min.	
POULTRY			
Whole chicken	P-HI	4-9 min.	
Portions chicken	P-80	5-7 min.	
Breast (boned)	P-80	6-8 min.	
FISH			
Fish Fillets	P-HI	3-5 min.	- Brush a little oil or melted butter over the fish, or add 15-30ml(1-2 tbsp) lemon juice, wine, stock, milk or water.
Whole Mackerel, Cleaned and prepared	P-HI	3-5 min.	
Whole Trout, Cleaned & Prepared	P-HI	4-6 min.	- Always let the fish stand, covered, after cooking
Salmon steaks	P-HI	4-6 min.	

NOTE : The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the food. Frozen meat, poultry and fish must be thoroughly thawed before cooking.

Reheating chart

- Baby food particularly needs to be checked carefully before serving to prevent burns.
- When heating pre-packaged ready-cooked foods, always follow the pack instructions carefully.
- If you freeze foods which were bought from the fresh or chilled counters, remember that they should be thoroughly thawed before following the heating instructions on the packed. It's worth putting a note on them so that other members of the household will remember too.
- Remember metal ties and transfer food from foil containers before reheating.
- Chilled(refrigerated) food takes longer to reheat than food at room temperature (such as just-cooled food or food from the store cupboard).
- All foods should be reheated using full microwave power.

ITEM	COOKING TIME	SPECIAL INSTRUCTIONS
Baby food 128g jar	20 sec.	Empty into a small serving bowl. Stir well once or twice during heating. Before serving, check the temperature carefully.
Baby milk 100ml / 4fl.oz. 225ml / 8fl.oz.	20-30 sec. 40-50 sec.	Stir or shake well and pour into a sterilized bottle. Before serving, shake well and check the temperature carefully.
Sandwich roll or bun 1 roll	20-30 sec.	Wrap in paper towel and place on glass microwaveable rack. *Note : Do not use recycled paper towels.
Lasagna 1 serving (10 ½ oz./300g)	4-6 min.	Place lasagna on microwaveable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1 ½-3 min. 5-7 min.	Cook covered, in microwaveable casserole. Stir once halfway through cooking.
Mashed potatoes 1 cup 4 cups	2-3 min. 6-8 min.	Cook covered, in microwaveable casserole. Stir once halfway through cooking.
Baked beans 1 cup	2-3 min.	Cook covered, in microwaveable casserole. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2-3 min. 6-9 min.	Cook covered, in microwaveable casserole. Stir once halfway through cooking.

VEGETABLE CHART

Use a suitable glass pyrex bowl with lid. Add 30-45ml cold water(2-3 tbsp.) for every 250g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table.

Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint : cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook. All vegetables should be cooked using full microwave power.

Cooking Guide for fresh vegetables

VEGETABLES	WEIGHT	TIME	COMMENTS
Broccoli	½ lb./250g 1 lb./500g	2-3 min 4-6 min	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	½ lb./250g	3-4 min	Add 60-75ml(4-5 tbsp.) water.
Carrots	½ lb./250g	2-3 min	Cut carrots into even sized slices.
Cauliflower	½ lb./250g 1 lb./500g	2-3 min 4-6 min	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	½ lb./250g	2-3 min	Cut courgettes into slices. Add 30ml(2tbsp.) water or a knob of butter. Cook until just tender.
Aubergine (eggplant)	½ lb./250g	2-3 min	Cut aubergine into small slices and sprinkle with 1 table-spoon lemon juice.
Leeks	½ lb./250g	2-3 min	Cut leeks into thick slices.
Mushrooms	0.3 lb./125g ½ lb./250g	1-2 min 2-4 min	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.

Onions	½ lb./250g	2-3 min	Cut onions into slices or halves. Add only 15ml(1tbsp.) water.
Pepper	½ lb./250g	2-4 min	Cut pepper into small slices.
Potatoes	½ lb./250g 1 lb./500g	3-5 min 5-7 min	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	½ lb./250g	4-6 min	Cut turnip cabbage into small cubes.

Cooking Guide for frozen vegetables

VEGETABLES	WEIGHT	TIME	INSTRUCTIONS
spinach	0.3 lb./125g	1-2 min	Add 15ml(1tbsp.) cold water.
broccoli	½ lb./250g	2½-4 min	Add 30ml(2 tbsp.) cold water.
Peas	½ lb./250g	2½-4 min	Add 15ml(1 tbsp.) cold water.
Green beans	½ lb./250g	3-5 min	Add 30ml(2 tbsp.) cold water.
Mixed vegetables (carrots/peas/corn)	½ lb./250g	2½-4 min	Add 15ml(1 tbsp.) cold water.
Mixed vegetables (Chinese style)	½ lb./250g	3-5 min	Add 15ml(1 tbsp.) cold water.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.