

## Maintenance

### Cleaning

Clean the oven regularly to prevent impurities from building up on or inside the oven. Also pay special attention to the door, door sealing, and turntable and roller ring (applicable models only).

If the door won't open or close smoothly, first check if the door seals have built up impurities. Use a soft cloth in soapy water to clean both the inner and outer sides of the oven. Rinse and dry well.

To remove stubborn impurities with bad smells from inside the oven

With an empty oven, put a cup of diluted lemon juice on the centre of the turntable.

Heat the oven for 10 minutes at max power.

When the cycle is complete, wait until the oven cools down.

Then, open the door and clean the cooking chamber.

To clean inside swing-heater models

To clean the upper area of the cooking chamber, lower the top heating element by 45 ° (A) as shown. This will help clean the upper area. When done, reposition the top heating element.

### CAUTION

Keep the door and door sealing clean and ensure the door opens and closes smoothly. Otherwise, the oven's lifecycle may be shortened.

Take caution not to spill water into the oven vents.

Do not use any abrasive or chemical substances for cleaning.

After each use of the oven, use a mild detergent to clean the cooking chamber after waiting for the oven to cool down.

### Replacement (repair)

#### WARNING

This oven has no user-removable parts inside. Do not try to replace or repair the oven yourself.

If you encounter a problem with hinges, sealing, and/or the door, contact a qualified technician or a local Samsung service centre for technical assistance.

If you want to replace the light bulb, contact a local Samsung service centre. Do not replace it yourself.

If you encounter a problem with the outer housing of the oven, first unplug the power cord from the power source, and then contact a local Samsung service centre.

Care against an extended period of disuse

If you don't use the oven for an extended period of time, unplug the power cord and move the oven to a dry, dust-free location. Dust and moisture that builds up inside the oven may affect the performance of the oven.

Before you start

There is some basic information that you should know before going directly to a cooking recipe. Before or during any cooking mode, you can set/change the clock or the kitchen timer to your needs.

Current time

It is important to set the correct clock time to ensure correct automatic operations.

The time can be displayed in either the 24- hour (default) or 12-hour notation. You must set the clock.

To display the time in the 12-hour / 24-hour notation.

Press the Clock button and the 0 button at the same time for 1 second.

Time setting that you want to change

Hr or 24Hr) will be displayed.

If you want to change the notation again, press the number buttons.

For example, press 1 for 12Hr or press for 24 Hr notation.

Press the START button to confirm your setting,

To set the current time,

Press Clock.

Use the number buttons to enter the current time. For example, press 5, 0, and 0 in sequence for 5:00 o'clock.

Press START to confirm your settings.

Then, the colon (:) indicator blinks several times.

Power saving

To reduce power consumption when not using the oven, use the power saving function of the oven.

To activate power saving, press Eco to turn off the display.

To deactivate power saving, open the door or press Eco again. The display turns back on with the current time.

### Auto power saving

After 25 minutes of user inactivity, the oven automatically enters power saving mode. Any previous function will be cancelled, and the current time will be displayed.

After 5 minutes of the door being open, the oven lamp will turn off.

### Child Lock

To prevent accidents, Child Lock disables all controls except for the Eco button.

Press the STOP/CANCEL button for 3 seconds to activate, or press the STOP/CANCEL button for 3 seconds again to deactivate the lock on the feature panel.

### Sound On/Off

You can mute or unmute the beep or melody of the oven.

To mute the sound, press Sound to show

OFF” on the display. Then, press START.

To unmute the sound, press Sound again to show “ON” on the display. Then, press START.

### Kitchen timer

Press Kitchen Timer.

Use the number buttons to set the time for your cooking.

Press START.

### About microwave energy

Microwaves are high-frequency electromagnetic waves. The oven uses the prebuilt magnetron to generate microwaves which are used to cook or reheat food without deforming or discolouring the food.

The microwaves generated by the magnetron are distributed uniformly through the whirling distribution system.

This is why the food is cooked evenly.

The microwaves are absorbed down to the food up to a depth of approx. 2.5 cm.

Then, the microwaves are dissipated inside the food as cooking continues.

The cooking time is affected by the following conditions of the food.

Quantity and density

Moisture content

Initial temperature (especially, when frozen)

## NOTE

The cooked food keeps heat in its core after cooking is complete. This is why you must respect the standing time specified in this manual, which ensures cooking evenly down to the core.

### Cookware for microwave

Cookware used for Microwave Mode must allow microwaves to pass through and penetrate food. Metals such as stainless steel, aluminum and copper reflect microwaves. Therefore, do not use cookware made of metallic materials. Cookware marked microwave - safe is always safe for use. For additional information on appropriate cookware refer to the following guide and place a glass of water or some food on the turntable.

#### Requirements:

Flat bottom and straight sides

Tight-fitting lid

Well-balanced pan with handles that weigh less than the main pan

Simple steps to start

To cook food

Put the food in a microwave-safe container and then in the centre of the turntable.

Use the number buttons to set the cooking time.

Press START.

## NOTE

When cooking is complete, the oven beeps times. Use oven gloves to take out the food.

To defrost frozen food

Put the frozen food in a microwave-safe container and then in the centre of the turntable.

Press Power Defrost.

Use the number buttons to set the serving size.

Press START.

## NOTE

For more information, see the Power Defrost section.

### Operations

#### Manual mode

#### Microwave

This is the basic function of this microwave oven. The power level is set to High by default.

Put food in a microwave-safe container and then on the turntable.

Use the number buttons to set the cooking time (max: 99 min 99 sec). For example, press 1 and 0 for the minutes, and 0 and 0 for the seconds (10:00).

To change the default power level, press

Power Level and select a different level.

See the Power level section for details.

Press START.

When cooking is complete with a beep 4 times, use oven gloves to take out the food.

Common settings

Cooking time

Follow these steps to set or change the cooking time. By default, the power level is set to High.

Use the number buttons to set the cooking time (max: 99 min 99 sec). The time area consists of the minute and second elements.

To set a cooking time of 25 minutes, for example, press 2 and 5 for the minutes, then and 0 for the seconds.

NOTE

To change the cooking time during operation, press STOP/CANCEL, and repeat the steps above.

To stop cooking, simply open the door, or press STOP/CANCEL. To resume operation, close the door and press Start.

To cancel cooking, press STOP/CANCEL twice.

Time increment

You might want to add extra time to the current cooking time while cooking is in process.

Time can be added by 30 seconds.

Before or during cooking, press +30s as many times as needed. For example, to add 2 minutes to the current cooking time, press the button 4 times.

Press START. The oven continues to operate for the changed time.

NOTE

This button is not enabled with Auto mode.

Power level

You can change the heating intensity according to the cooking recipe or to your preference.

Press Power Level.

Use the number buttons to select a specific power level. Available levels range from No power (0) to High (10).

See the table below.

#### NOTE

To check the current power level while cooking is in process, press Power Level.

#### Sensor cook

A sensor in the microwave oven detects moisture released from food as it heats, and adjusts the cooking time accordingly.

Make sure microwave oven has been plugged in for at least 3 minutes. Use microwave-safe dish with loose-fitting lid, or cover microwave-safe dish with plastic wrap, and vent.

Press the Sensor Cook button corresponding to the food you are cooking.

Press the START button (Potato, For example). The display shows “ ” and your microwave oven will begin cooking.

If you want to check the current time while cooking is in progress, press the Clock button.

#### Sensor cooking guide

Follow the instructions below when sensor cooking different types of food.

#### Auto cook

##### Healthy Cooking & 2. Meat/Poultry

For healthier alternatives, the oven offers a total of 16 Healthy Cook programmes in 2 different categories. Take advantage of this feature to save you time or shorten your learning curve. The cooking time and temperature will be adjusted according to the selected recipe.

Put food in a microwave-safe container and then in the centre of the turntable.

Select a category by pressing either

Healthy Cooking or Meat/Poultry.

Use the selected button again or the number buttons to select a specific programme.

Press START.

When cooking is complete with a beep times, use oven gloves to take out the food.

#### Snack

For inexperienced cooks, the oven offers a total of 14 Auto Cook programmes in Snack button. Take advantage of this feature to save you time or shorten your learning curve. The cooking time and temperature will be adjusted according to the selected recipe.

Put food in a microwave-safe container and then in the centre of the turntable.

Select a category by pressing the Snack button.

Use the selected button again or the number buttons to select a specific programme.

Press START.

When cooking is complete with a beep times, use oven gloves to take out the food.

Convenience

Soften/Melt

This is useful to soften or melt soft food or confection such as butter, chocolate, and sugar.

Put food in the centre of the turntable.

Press Soften/Melt.

Use the Soften/Melt button again or the number buttons to select a specific programme.

Press START.

When the cycle is complete with a beep times, use oven gloves to take out the food.

Soften/Melt guide

The following table presents auto programmes for softening or melting specific kinds of food.

The table contains food quantities, weight ranges, and appropriate recommendations.

Auto Reheat

Use Auto Reheat to warm up food leftovers or precooked food. The operating time and power level will be set according to the selected programme.

Put food in the centre of the turntable and close the door.

Press Auto Reheat.

Use the Auto Reheat button again or the number buttons to select a specific programme.

Press START.

When the cycle is complete with a beep 4 times, use oven gloves to take out the food.

My plate

The My plate features has 4 pre-programmed cooking times. you do not need to set either the cooking times or the power level.

Put food in the centre of the turntable and close the door.

Press My plate.

Use the My plate button again or the number buttons to select a specific programme.

Press START.

When the cycle is complete with a beep 4 times, use oven gloves to take out the food.

#### My plate guide

The following table presents the My plate auto reheat programmes, quantities and appropriate instructions. Those programmes are running with microwave energy only.

#### Power Defrost

This is useful to defrost frozen meat, poultry, fish, or bread/cake. The operating time and power level will be adjusted according to the selected programme.

Put food in the centre of the turntable and close the door.

Press Power Defrost to select category.

Use the number buttons to select a weight.

Press START.

When the cycle is complete with a beep times, use oven gloves to take out the food.

#### NOTE

The oven beeps in the middle of the cycle to remind you to turn the food over. Turn the food over, and press Start again to continue. When the cycle is complete, the oven beeps 4 times.

You can defrost food manually. To do this, use a cooking mode with just 20 % of the default power level of the cooking mode.

For more information, see the Power level section.

#### Keep warm

The Keep warm feature keeps food hot until it's served. Use this function to keep food warm until ready to serve. Keep warm mode operates for 99 minute.

Put food in the centre of the turntable and close the door.

Press Keep warm.

Press the number buttons if you want to set the warming time. (Warming time is set as 99 minute at first)

Press START.

To stop warming the food, open the door or press STOP/CANCEL button.

When the cycle is complete with a beep times, use oven gloves to take out the food.

#### IMPORTANT

Do not cover with lids or plastic wrap.

**IMPORTANT**

Use oven gloves when taking out food.

**IMPORTANT**

Do not use this function to reheat cold foods. This programmes are for keeping food warm that has just been cooked.

**IMPORTANT**

Do not recommend food being kept warm for too long (more than 1 hour), as it will continue to cook. Warm food spoils more quickly.

**Steam clean**

The steam provided by steam clean system will soak the cavity surface.

After using steam clean function, you can easily clean the cavity of oven.

**IMPORTANT**

Use this function only after the oven has completely cooled. (Room temperature)

**NOTE**

Use normal water only, and no distilled water.

Open the Door.

Fill with water following guide line water level) outside the water bowl.

The line is about 50 ml.)

Insert water bowl into upper water bowl holder on the right wall of cooking chamber. At that time close the door.

Press the Steam Clean button, and press the START button. It can be seen MISTY during steam cleaning. but it is not a defect BUT STEAM SHIELDS THE light

INSIDE.

Open the door and please clean cavity of oven with dried dishtowel. Remove the turntable and only under rack with kitchen paper.

**WARNING**

Water Bowl only can be use during “Steam Clean” mode.

When cooking non-liquid items, remove water bowl because It will damage and cause fire to the microwave oven.

**NOTE**



More than 50 ml water may cause a leak at the back through the hole. Ensure that it is not more than 50 ml.

## Cooking Smart

We provide these cooking guides to help you make the most out of this oven. Experience our cooking know-how to add convenience and richness to your life.

### Microwave cooking guide

Cover the food throughout the entire cooking. The vaporised moisture from the food circles through inside and helps cook evenly.

When cooking is complete, let stand for the specified time. This allows the food to even out inside.

Use only microwave-safe cookware.

### Frozen vegetables

Use a suitable glass Pyrex container with a lid.

Stir twice during cooking and once after cooking, and then add seasoning to your preference.

### Fresh vegetables

Use a suitable glass Pyrex container with a lid.

Cut ingredients into as small pieces as possible to reduce the cooking time.

Add 30-45 ml of cold water to every 250 g unless otherwise specified.

Stir once during cooking and once after cooking, and then add seasoning to your preference.

### Rice and pasta

#### Rice

Use a large-sized glass Pyrex container with a lid. Note that rice doubles in volume during cooking.

#### Pasta

Use a large-sized glass Pyrex container.

Cook uncovered.

Add boiling water and a little salt, and stir well. Stir several times during and after cooking.

Cover with a lid while letting stand, and then drain well.

### Reheating guide

#### General

This reheating guide is based on the condition that the room temperature is between 18 °C and 20 °C for liquid, and between 5 °C and 7 °C for chilled food. Follow the operating time, power level, and standing time specified in this table.

#### Quick & Easy

##### Melting crystallized honey

Put 20 g crystallized honey into a small deep glass dish.

Heat for 20-30 seconds using 30 %, until honey is melted.

##### Melting gelatine

Lay dry gelatine sheets (10 g) for 5 minutes into cold water.

Put drained gelatine into a small glass pyrex bowl.

Heat for 1 minute using 30 %.

Stir after melting.

##### Cooking glaze/icing (for cake and gateaux)

Mix instant glaze (approximately 14 g) with g sugar and 250 ml cold water.

Cook uncovered in a glass pyrex bowl for to 4 1/2 minutes using 90 %, until glaze/ icing is transparent. Stir twice during cooking.

##### Cooking jam

Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid.

Add 300 g preserving sugar and stir well.

Cook covered for 10-12 minutes using 90 %.

Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

##### Cooking pudding/ custard

Mix pudding powder with sugar and milk ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6 1/2 to 7 1/2 minutes using 90 %.

Stir several times well during cooking.

##### Browning almond slices

Spread 30 g sliced almonds evenly on a medium sized ceramic plate.

Stir several times during browning for 3 1/2 to 4 1/2 minutes using 60 %.

Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

## Troubleshooting

You may encounter a problem using the oven. In that case, first check the table below and try the suggestions. If a problem persists, or if any information code keeps appearing on the display, contact a local Samsung service centre.

### Checkpoints

If you encounter a problem with the oven, first check the table below and try the suggestions.

#### General

##### **The buttons cannot be pressed properly.**

- Foreign matter may be caught between the buttons.
  - Remove the foreign matter and try again.
- For touch models: Moisture is on the exterior.
  - Wipe the moisture from the exterior.
- Child lock is activated.
  - Deactivate Child lock.

##### **The time is not displayed.**

- Power is not supplied.
  - Make sure power is supplied.
- The Eco (power-saving) function is set.
- Turn off the Eco function.

##### **The oven does not work.**

- Power is not supplied.
  - Make sure power is supplied.
- The door is open.
  - Close the door and try again.
- The door open safety mechanisms are covered in foreign matter.
  - Remove the foreign matter and try again.

##### **The oven stops while in operation.**

- The user has opened the door to turn food over.
  - After turning over the food, press the Start button again to start operation.

**The power turns off during operation.**

- The oven has been cooking for an extended period of time.
  - After cooking for an extended period of time, let the oven cool.
- The cooling fan is not working.
  - Listen for the sound of the cooling fan.
- Trying to operate the oven without food inside.
  - Put food in the oven.
- There is not sufficient ventilation space for the oven.
  - There are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
- Several power plugs are being used in the same socket.
  - Designate only one socket to be used for the oven.

**There is no power to the oven.**

- Power is not supplied.
  - Make sure power is supplied.

**There is a popping sound during operation, and the oven doesn't work.**

- Cooking sealed food or using a container with a lid may causes popping sounds.
  - Do not use sealed containers as they may burst during cooking due to expansion of the contents.

**The oven exterior is too hot during operation.**

- There is not sufficient ventilation space for the oven.
  - There are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
- Objects are on top of the oven.
  - Remove all objects on the top of the oven.

**The door cannot be opened properly.**

- Food residue is stuck between the door and oven interior.
  - Clean the oven and then open the door.

**The oven does not heat.**

- The oven may not work, too much food is being cooked, or improper cookware is being used.
  - Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.

**Heating is weak or slow.**

- The oven may not work, too much food is being cooked, or improper cookware is being used.
  - Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.

**The warm function does not work.**

- The oven may not work, too much food is being cooked, or improper cookware is being used.
  - Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.

**The thaw function does not work.**

- The oven may not work, too much food is being cooked, or improper cookware is being used.
  - Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.

**The interior light is dim or does not turn on.**

- The door has been left open for a long time.
  - The interior light may automatically turn off when the Eco function operates. Close and reopen the door or press the "Cancel" button.
- The interior light is covered by foreign matter.
  - Clean the inside of the oven and check again.

**A beeping sound occurs during cooking.**

- If the Auto Cook function is being used, this beeping sound means it's time to turn over the food during thawing.
  - After turning over the food, press the Start button again to restart operation.

**The oven is not level.**

- The oven is installed on an uneven surface.
  - Make sure the oven is installed on flat, stable surface.

**There are sparks during cooking.**

- Metal containers are used during the oven/thawing functions.
  - Do not use metal containers.

**When power is connected, the oven immediately starts to work.**

- The door is not properly closed.
  - Close the door and check again.

**There is electricity coming from the oven.**

- The power or power socket is not properly grounded.
  - Make sure the power and power socket are properly grounded.

**There is water dripping.**

- There may be water or steam in some cases depending on the food. This is not an oven malfunction.
  - Let the oven cool and then wipe with a dry dish towel.

**Steam leaks from the door.**

- There may be water or steam in some cases depending on the food. This is not an oven malfunction.
  - Let the oven cool and then wipe with a dry dish towel.

**There is water left in the oven.**

- There may be water or steam in some cases depending on the food. This is not an oven malfunction.
  - Let the oven cool and then wipe with a dry dish towel.

**The brightness inside the oven varies.**

- Brightness changes depending on power output changes according to function.
  - Power output changes during cooking are not malfunctions. This is not an oven malfunction.

**Cooking is finished, but the cooling fan is still running.**

- To ventilate the oven, the cooling fan continues to run for about 5 minutes after cooking is complete.
  - This is not an oven malfunction.

### **Pressing the +30sec button operates the oven.**

- This happens when the oven was not operating.
  - The microwave oven is designed to operate by pressing the +30 sec button when it was not operating.

### **Turntable**

#### **While turning, the turntable comes out of place or stops turning.**

- There is no roller ring, or the roller ring is not properly in place.
  - Install the roller ring and then try again.

#### **The turn table drags while turning.**

- The roller ring is not properly in place, there is too much food, or the container is too large and touches the inside of the microwave.
  - Adjust the amount of food and do not use containers that are too large.

#### **The turn table rattles while turning and is noisy.**

- Food residue is stuck to the bottom of the oven.
  - Remove any food residue stuck to the bottom of the oven.

**NOTE:** If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.

Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

### **Information codes**

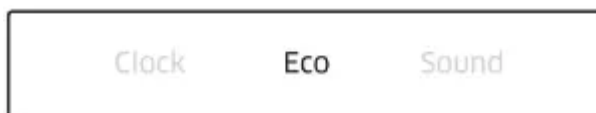
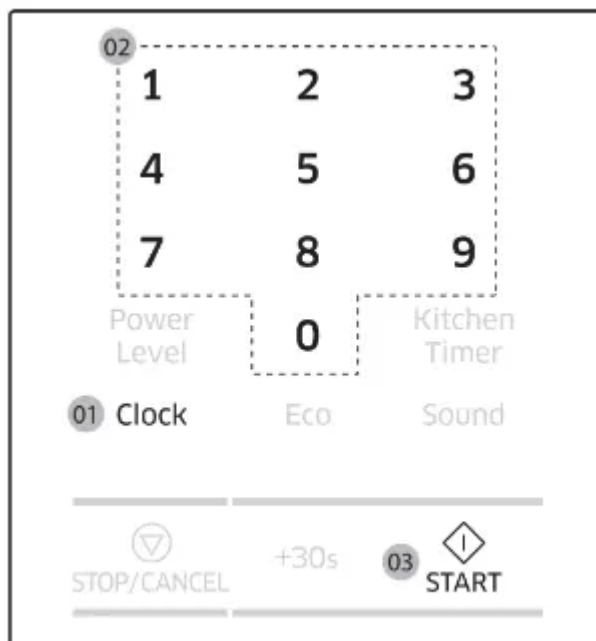
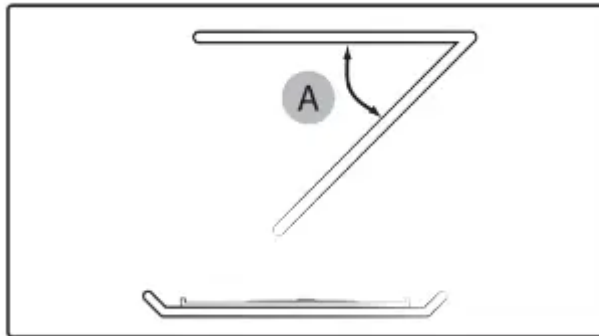
#### **Code - C-d0**

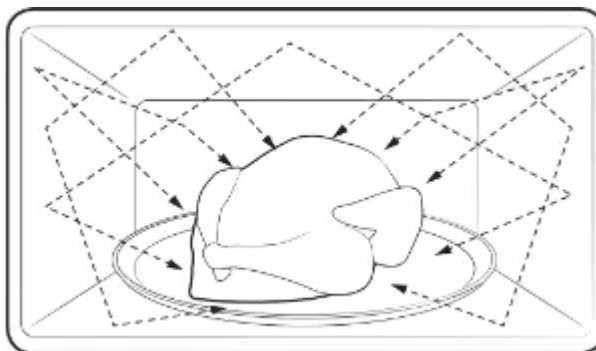
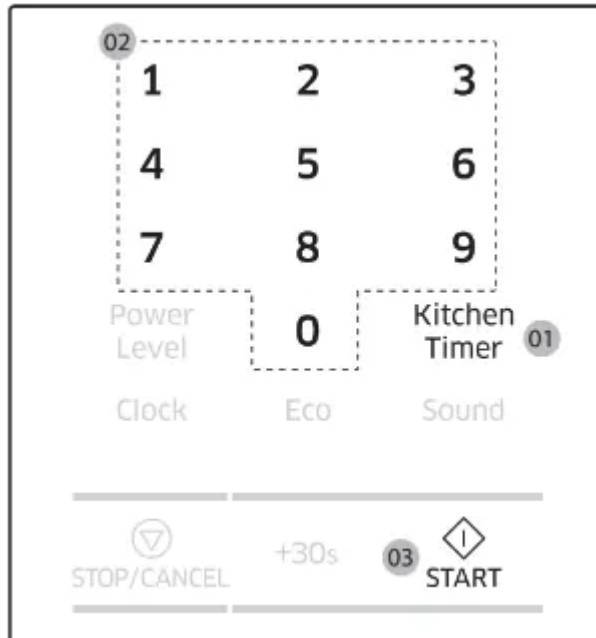
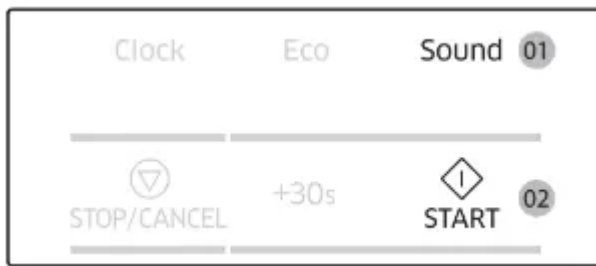
- Control buttons are pressed over 10 seconds.
  - Clean the keys and check if there is water on the surface around key. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.

## Code - C-10

- Cooking sensor is needed to check.
  - Press the Stop/Cancel button and operate again. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.

**NOTE:** If the suggested solution does not solve the problem, contact your local SAMSUNG Customer Care Centre.





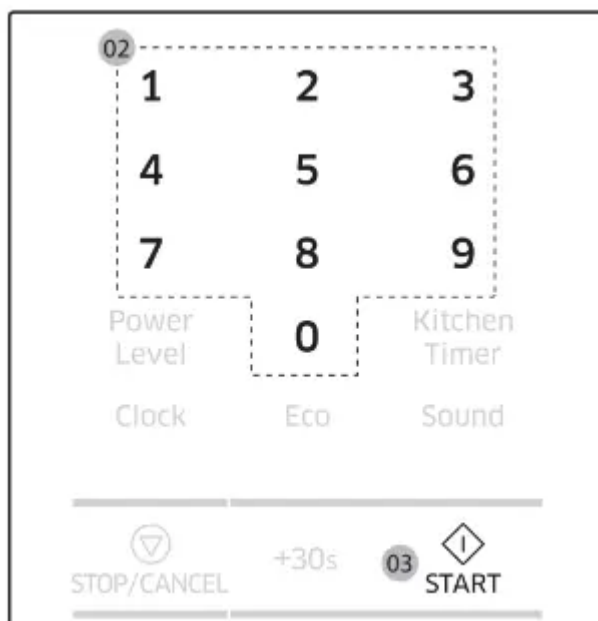
Material		Microwave-safe	Description
Aluminium foil		△	Use for a small serving size to protect against overcooking. Arcing can occur if the foil is near the oven wall or if using an excessive amount of foil.
Crusty plate		○	Do not use for preheating for more than 8 minutes.
Bone china or earthenware		○	Porcelain, pottery, glazed earthenware and bone china are usually microwave-safe, unless decorated with a metal trim.
Disposable polyester cardboard dishes		○	Some frozen foods are packaged in these dishes.
Fast-food packaging	Polystyrene cups or containers	○	Overheating may cause these to melt.
	Paper bags or newspaper	×	These may catch fire.
	Recycled paper or metal trims	×	These may cause arcing

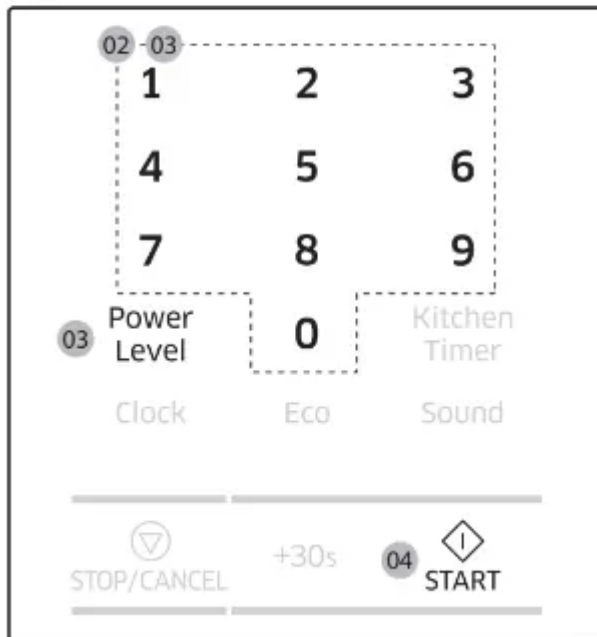
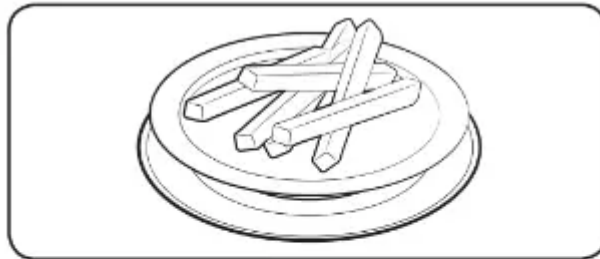
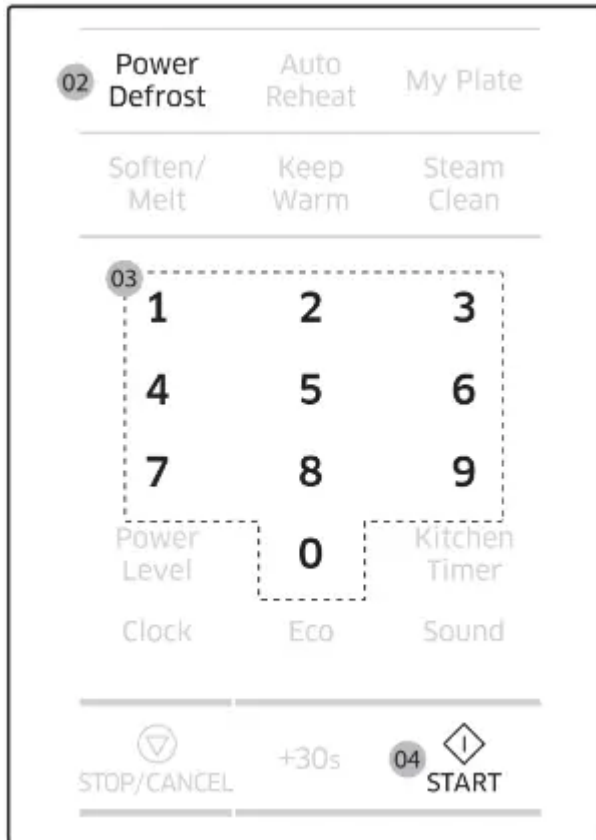
Material		Microwave-safe	Description
Glassware	Oven-to-table ware	○	Microwave-safe unless decorated with metal trims.
	Fine glassware	○	Delicate glassware may break or crack by rapid heating.
	Glass jars	○	Appropriate for warming only. Remove the lid before cooking.
Metal	Dishes	✗	These may cause arcing or fire.
	Freezer bag with twist-ties	✗	
Paper	Plates, cups, napkins, and kitchen paper	○	Use to cook for a short time. These absorb excess moisture.
	Recycled paper	✗	Causes arcing.
Plastic	Containers	○	Use thermoplastic containers only. Some plastics may warp or discolour at high temperatures.
	Cling film	○	Use to maintain moisture after cooking.
	Freezer bags	△	Use boilable or ovenproof bags only.
Wax or grease-proof paper		○	Use to maintain moisture and prevent spattering.

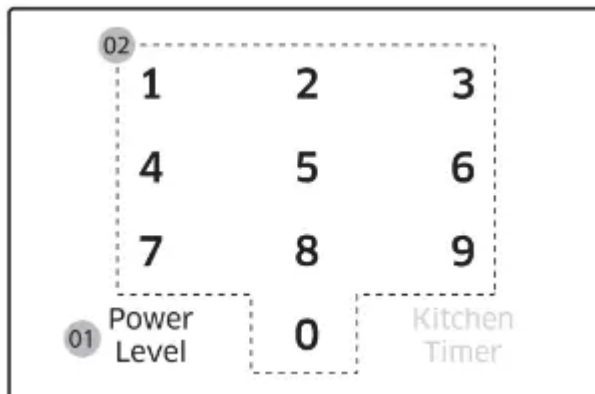
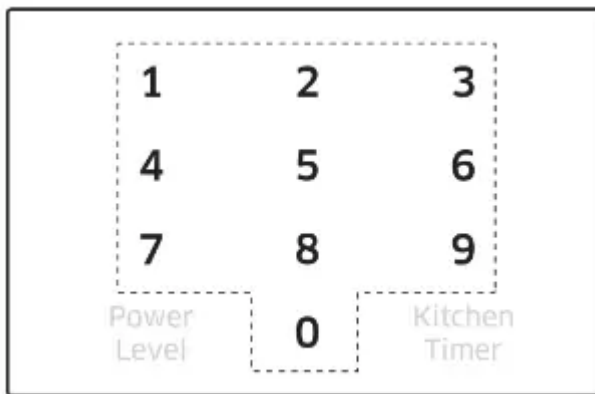
○ : Microwave safe

△ : Use caution

✗ : Microwave unsafe

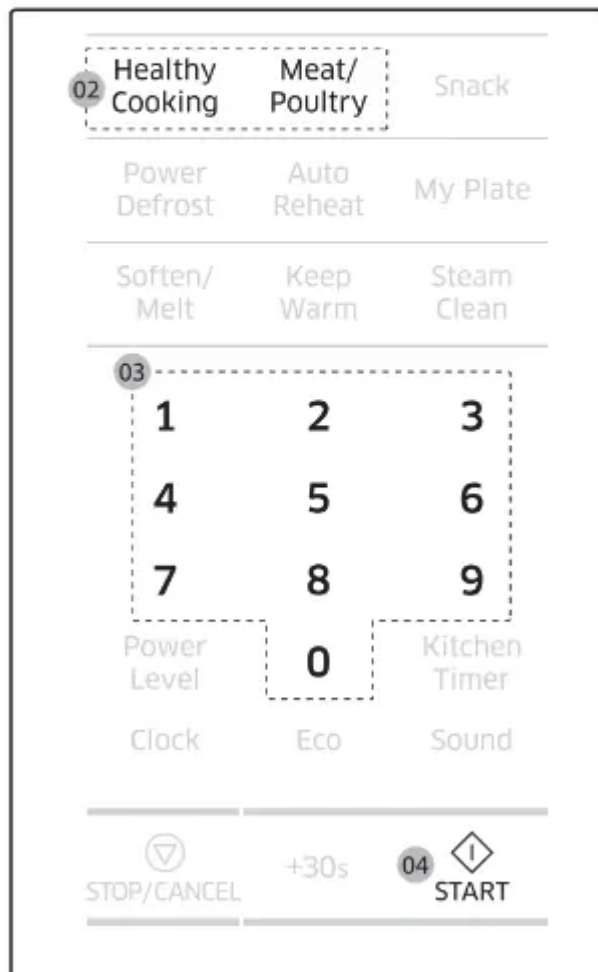
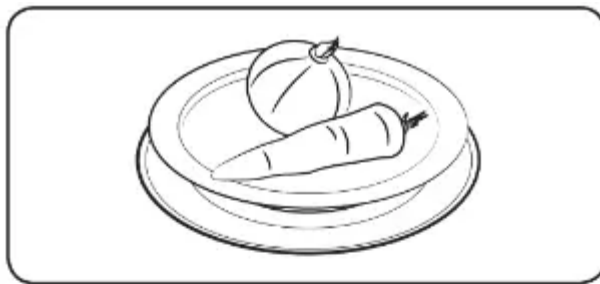


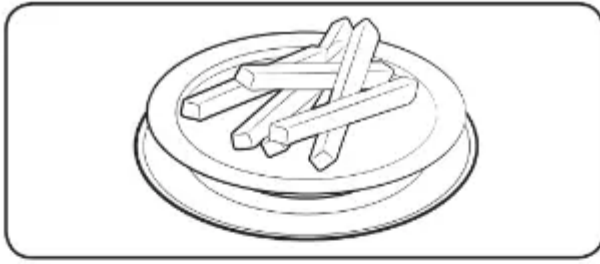




0	PL:0	No power
1	PL:10	Warm
2	PL:20	Defrost
3	PL:30	Low
4	PL:40	Medium low
5	PL:50	Medium
6	PL:60	Simmer
7	PL:70	Medium high
8	PL:80	Reheat
9	PL:90	Sauté
10	PL:Hi	High

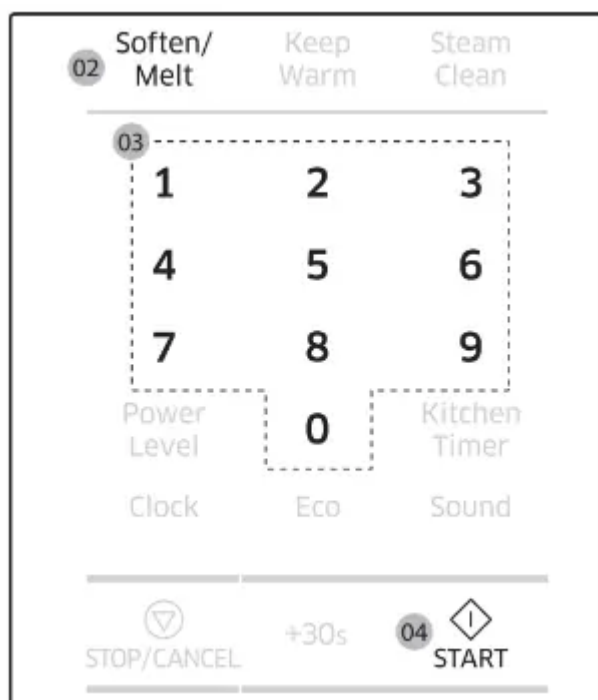
Food	Amount
Popcorn	85-100 g 1 package
	<b>Procedure</b>
	Use only one microwave-only bag of popcorn at a time. Use caution when removing and opening hot bag from oven. Let oven cool for at least 5 minutes before using again.
Potato	1 to 6 ea.
	<b>Procedure</b>
	Prick each potato several times with fork. Place on turntable in spoke-like fashion. Let stand 3-5 min. Let oven cool for at least 5 minutes before using again.
Single Entress	220-400 g
	<b>Procedure</b>
	Remove food from outer wrapping and follow box instructions for covering and standing. Let oven cool for at least 5 minutes before using again.



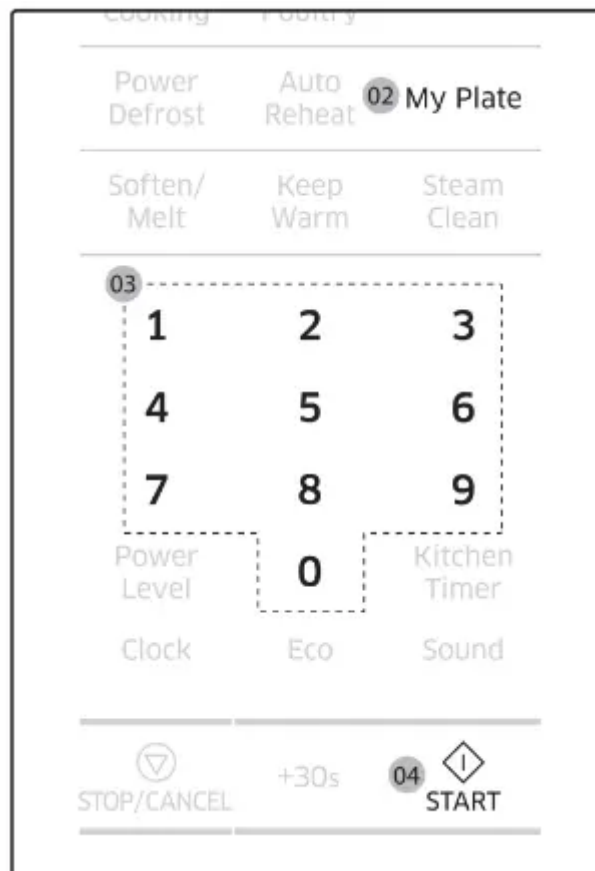
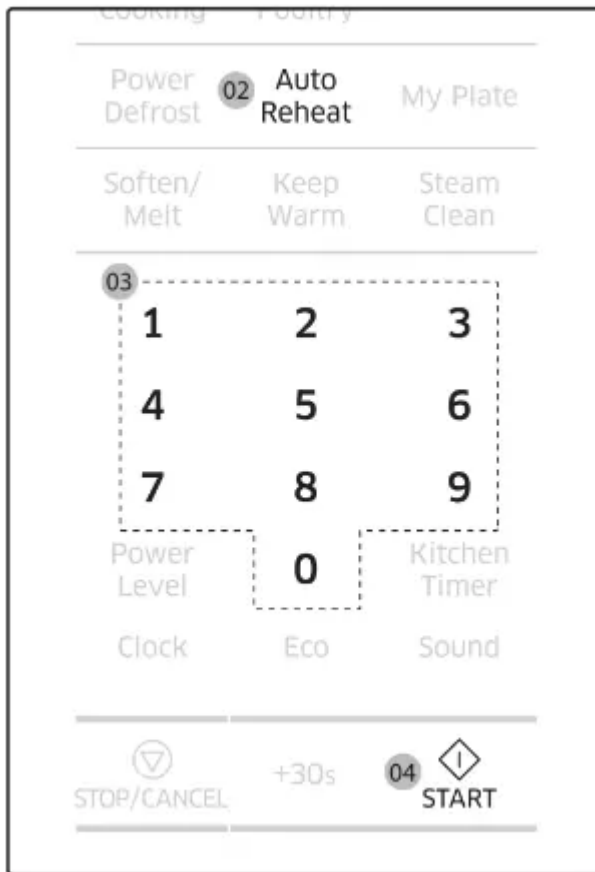


Healthy Cooking	Meat/Poultry	<b>02</b> Snack
Power Defrost	Auto Reheat	My Plate
Soften/Melt	Keep Warm	Steam Clean
<b>03</b> 1	2	3
4	5	6
7	8	9
Power Level	<b>0</b>	Kitchen Timer
Clock	Eco	Sound
STOP/CANCEL	+30s	<b>04</b> START

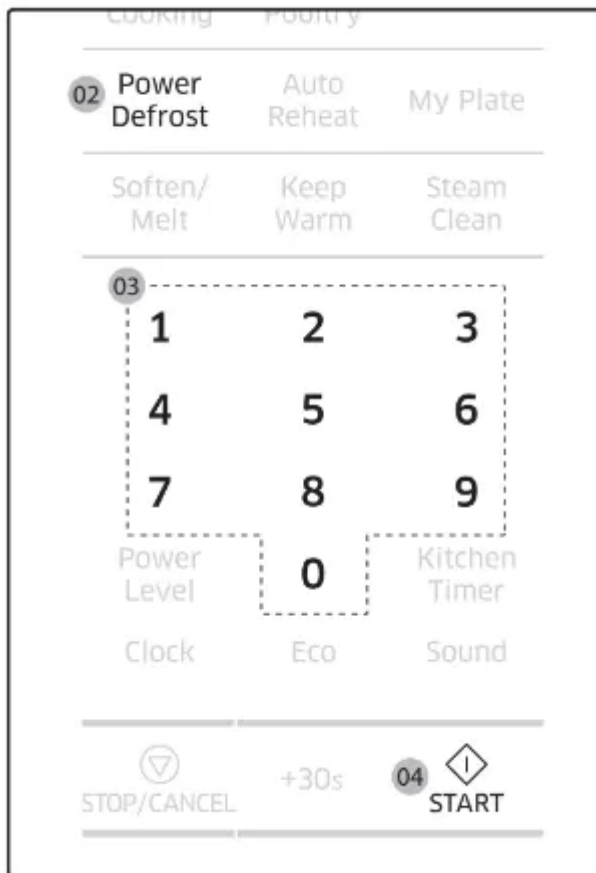




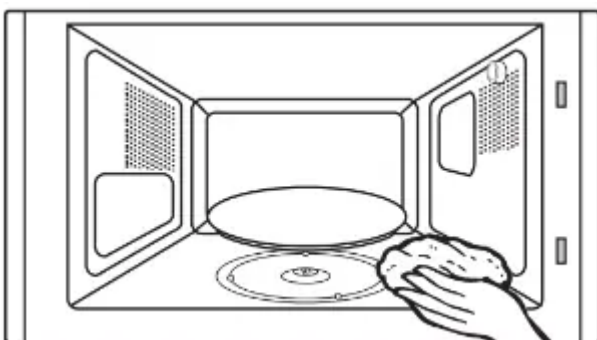
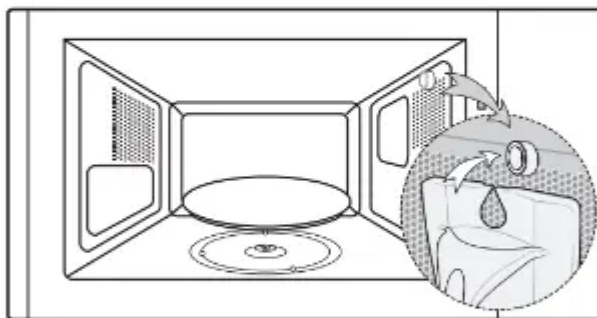
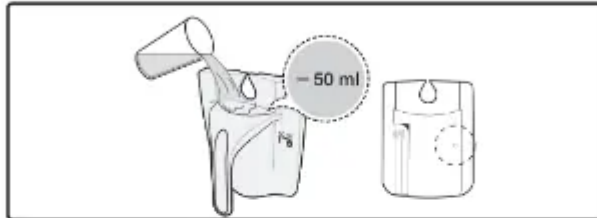
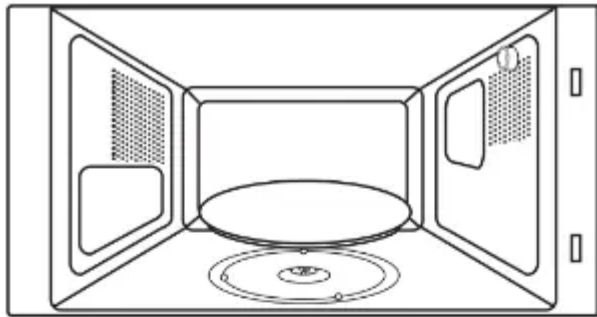
Code	Food	Serving Size (g)	Instructions
1	Melt Butter	50	Cut butter into 3 or 4 pieces and Put them on small glass bowl. Melt uncovered. Stir after cooking. Stand for 1-2 minutes.
2	Melt Butter	100	
3	Melt Dark Chocolate	50	Grate dark chocolate and put in small glass bowl. Melt uncovered. Stir after melting. Stand for 1-2 minutes.
4	Melt Dark Chocolate	100	
5	Melt Sugar	25	Put sugar on small glass bowl. Add 10 ml water for 25 g and add 20 ml water for 50 g. Melt uncovered. Take out carefully, use oven gloves! Use spoon or fork and pour caramel decorations on baking paper. Let stand for 10 minutes until dry and remove from paper.
6	Melt Sugar	50	
7	Soften Butter	50	Cut butter into 3 or 4 pieces and Put them in small glass bowl. Soften uncovered. Stand for 1-2 minutes.
8	Soften Butter	100	



Code	Food	Serving Size (g)	Instructions
1	Chilled Ready Meal	300-350	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dishes like potatoes, rice or pasta). Stand for 2-3 minutes.
2	Chilled Ready Meal	400-450	
3	Chilled Vegetarian Meal	300-350	Put meal on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 2 components (e.g. spaghetti with sauce or rice with vegetables). Stand for 2-3 minutes.
4	Chilled Vegetarian Meal	400-450	







Food	Serving Size (g)	Power	Time (min.)
Spinach	150	60 %	5-6
	Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Broccoli	300	60 %	8-9
	Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes.		
Peas	300	60 %	7-8
	Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Green Beans	300	60 %	7½-8½
	Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes.		
Mixed Vegetables (Carrots/Peas/Corn)	300	60 %	7-8
	Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Mixed Vegetables (Chinese style)	300	60 %	7½-8½
	Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		

Food	Serving Size (g)	Power	Time (min.)
Broccoli	250	90 %	4½-5
	500		7-8
Prepare even sized florets. Arrange the stems to the centre. Stand for 3 minutes.			
Brussels Sprouts	250	90 %	6-6½
	Add 60-75 ml (4-5 tbsp) water. Stand for 3 minutes.		
Carrots	250	90 %	4½-5
	Cut carrots into even sized slices. Stand for 3 minutes.		
Cauliflower	250	90 %	5-5½
	500		7½-8½
Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre. Stand for 3 minutes.			
Courgettes	250	90 %	4-4½
	Cut courgettes into slices. Add 30 ml (2 tbsp) water or a knob of butter. Cook until just tender. Stand for 3 minutes.		
Egg plants	250	90 %	3½-4
	Cut egg plants into small slices and sprinkle with 1 tbsp lemon juice. Stand for 3 minutes.		
Leeks	250	90 %	4-4½
	Cut leeks into thick slices. Stand for 3 minutes.		
Mushrooms	125	90 %	1½-2
	250		2½-3
Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving. Stand for 3 minutes.			

Food	Serving Size (g)	Power	Time (min.)
Onions	250	90 %	5-5½
	Cut onions into slices or halves. Add only 15 ml (1 tbsp) water. Stand for 3 minutes.		
Pepper	250	90 %	4½-5
	Cut pepper into small slices. Stand for 3 minutes.		
Potatoes	250	90 %	4-5
	500		7-8
Weigh the peeled potatoes and cut them into similar sized halves or quarters. Stand for 3 minutes.			
Turnip Cabbage	250	90 %	5½-6
	Cut turnip cabbage into small cubes. Stand for 3 minutes.		

Food	Serving Size	Power	Time (min.)
White Rice (Parboiled)	250 g	90 %	15-16
	375 g		17½-18½
Add 500 ml cold water.(250 g), Add 750 ml cold water.(375 g) Stand for 5 minutes.			
Brown Rice (Parboiled)	250 g	90 %	20-21
	375 g		22-23
Add 500 ml cold water.(250 g), Add 750 ml cold water.(375 g) Stand for 5 minutes.			
Mixed Rice (Rice + Wild Rice)	250 g	90 %	16-17
	Add 500 ml cold water. Stand for 5 minutes.		

Food	Serving Size	Power	Time (min.)
Mixed Corn (Rice + Grain)	250 g	90 %	17-18
	Add 400 ml cold water. Stand for 5 minutes.		
Pasta	250 g	90 %	10-11
	Add 1000 ml hot water. Stand for 5 minutes.		

Food	Serving Size (g)	Power	Time (min.)
Drinks (Coffee, Tea and Water)	150 ml (1 cup)	90 %	1-1½
	300 ml (2 cups)		2-2½
	450 ml (3 cups)		3-3½
	600 ml (4 cups)		3½-4
Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well. Stand for 1-2 minutes.			
Soup (Chilled)	250 g	90 %	2½-3
	350 g		3-3½
	450 g		3½-4
	550 g		4½-5
Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving. Stand for 2-3 minutes.			
Stew (Chilled)	350	60 %	4½-5½
	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Stand for 2-3 minutes.		

Food	Serving Size (g)	Power	Time (min.)
Pasta with Sauce (Chilled)	350	60 %	3½-4½
	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving. Stand for 3 minutes.		
Filled Pasta with Sauce (Chilled)	350	60 %	4-5
	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Stand for 3 minutes.		
Plated Meal (Chilled)	350	60 %	4½-5
	450		5½-6½
Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film. Stand for 3 minutes.			
Cheese Fondue Ready-to- Serve (Chilled)	400	60 %	6-7
	Put the ready-to-serve cheese fondue in a suitable sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving. Stand for 1-2 minutes.		

### 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.

