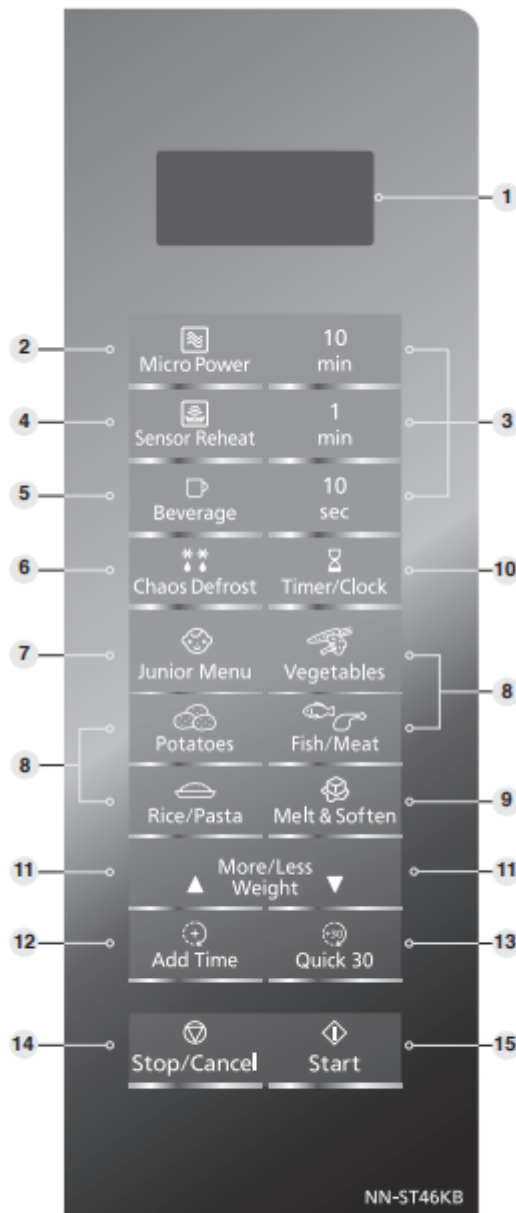


## CONTROL PANEL



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

**Beep sound** When a pad is pressed correctly a beep will be heard. If a pad is pressed and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times.

1. Display window
2. Microwave power levels pad
3. Time pads

4. Auto Sensor Reheat programs pad
5. Auto Weight Beverage programs pad
6. Chaos Defrost pad
7. Auto Weight Junior Menu programs pad
8. Auto Sensor cook programs pads
9. Auto Weight Melt & Soften programs pad
10. Timer/Clock pad
11. More/Less Weight pads
12. Add Time pad
13. Quick 30 pad
14. Stop/Cancel pad:
  - **Before Cooking:** One press clears your instructions
  - **During Cooking:** One press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.
15. Start pad: Press to start operating the oven.

If during cooking the door is opened or Stop/Cancel pad is pressed once, Start has to be pressed again to continue cooking.

### **Note**

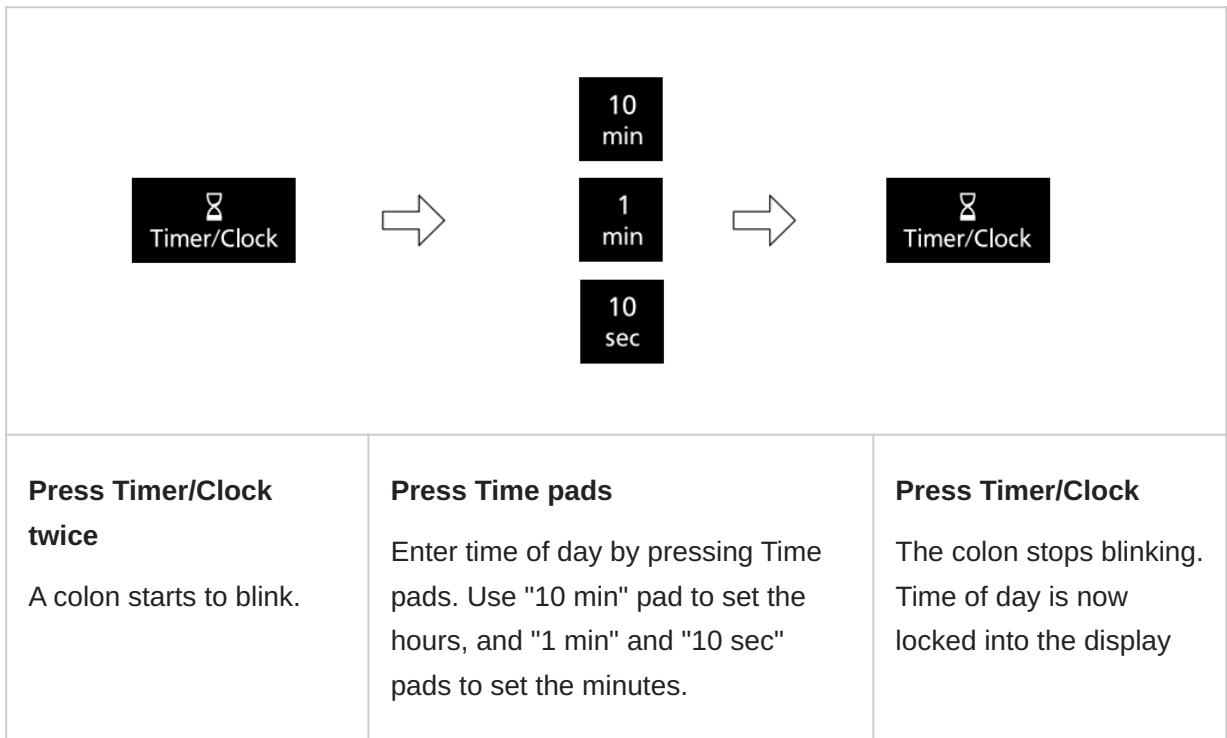
This oven is equipped with an energy saving function. When in stand-by mode the brightness of the display will be reduced. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed.

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

## **SETTINGS**

### **Setting the Clock**

When the oven is first plugged in "88:88" appears in display window.

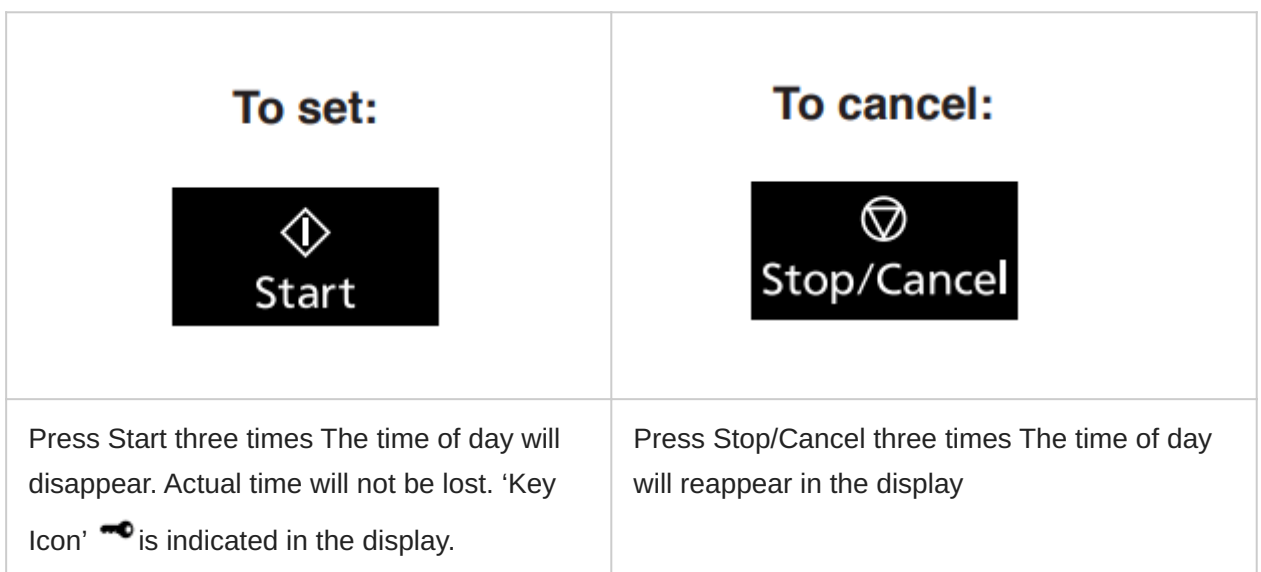


**Note**

1. To reset time of day, repeat step 1 through to step 3, as above.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 24 hour clock, i.e. 2 pm = 14:00 not 2:00

**Child Lock**

Using this system will make the oven controls inoperable; however, the door can be opened. Child lock can be set when the display shows a colon or the time.



**Note** To activate child lock, Start must be pressed 3 times within a 10 second period.



## Microwave Cooking and Defrosting

The glass turntable must always be in position when using the oven.



Press	Power Level	Wattage
Once	High	1000 W
Twice	Medium-High	800 W
3 times	Defrost	270 W
4 times	Medium	600 W
5 times	Low	440 W
6 times	Simmer	300 W
7 times	Warm	100 W

**Select the desired microwave power level**

**Set the cooking time**

Maximum cooking time:  
1000 W power: up to 30 minutes, other powers: up to 99 minutes 50 seconds.

**Press Start**

The cooking program will start and the time in the display will count down.

**Note** The oven will automatically work on 1000 W microwave power if a cooking time is entered without the power level previously being selected.

### Note

1. For manual defrosting times please refer to defrost chart on page 27.
2. For multi-stage cooking refer to page 30.
3. Standing time can be programmed after microwave power and time setting. Refer to using the timer page 28.
4. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
5. Do not use metal containers on microwave mode.

## Defrosting Guidelines

For Best Results:

1. Place foods in a suitable container.
2. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
3. Check food during defrosting, as foods vary in their defrosting speed. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 6).
5. Minced meat, chops and other small items should be broken up or separated as soon as possible and placed in a single layer.
6. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast and fat with smooth pieces of aluminium foil secured with cocktail sticks.
7. Allow standing time so that the centre of the food thaws out minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.



Turn or break up food as soon as possible.

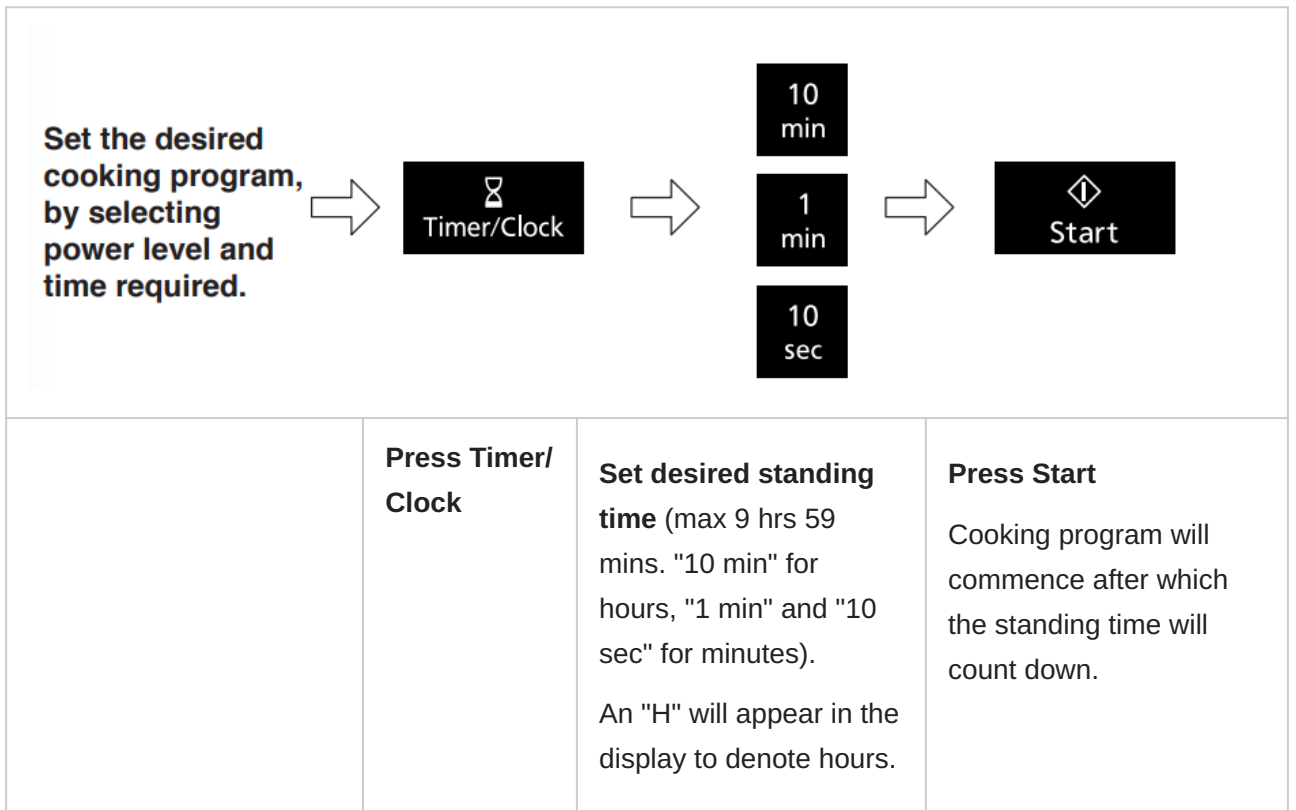


Shield chickens and joints of meat.

## Using the Timer

The Timer can be used either before, during or after a cooking program. This feature can be used to set a standing time after cooking or to delay the start of your cooking.

### 1. To Set a Standing Time:

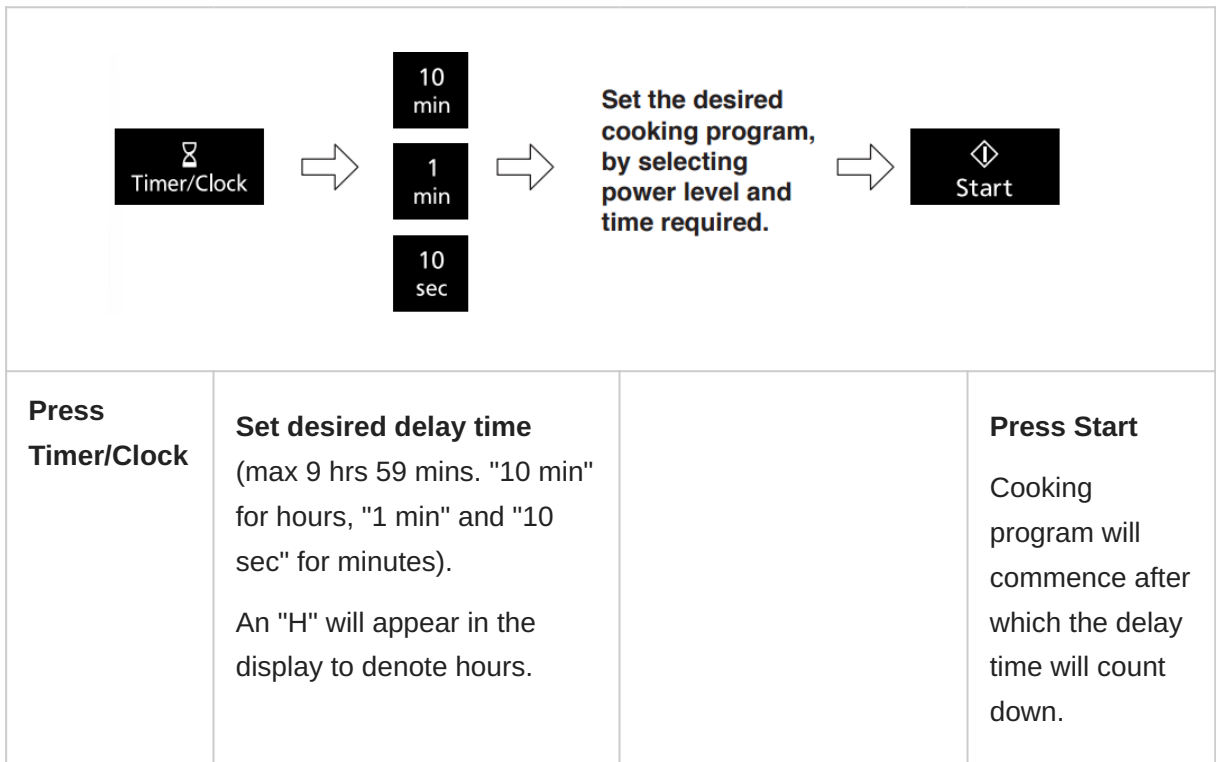


**Note**

1. 3 stage cooking can be programmed including standing time.
2. If the oven door is opened during the standing time or minute timer, the time in the display window will continue to count down.
3. This feature may also be used as a minute timer. In this case press the Timer/Clock, set time and press Start.
4. Standing time cannot be programmed after an auto program.

**2. To Set a Delay Start:**



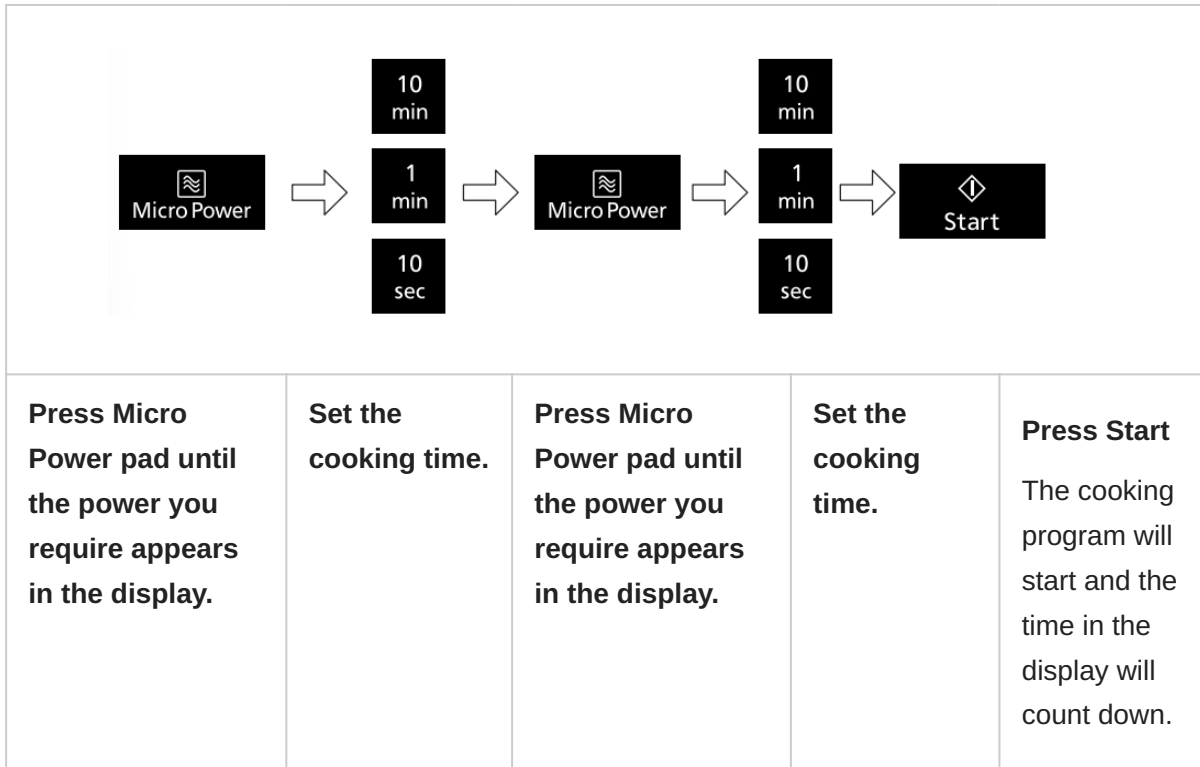


**Note**

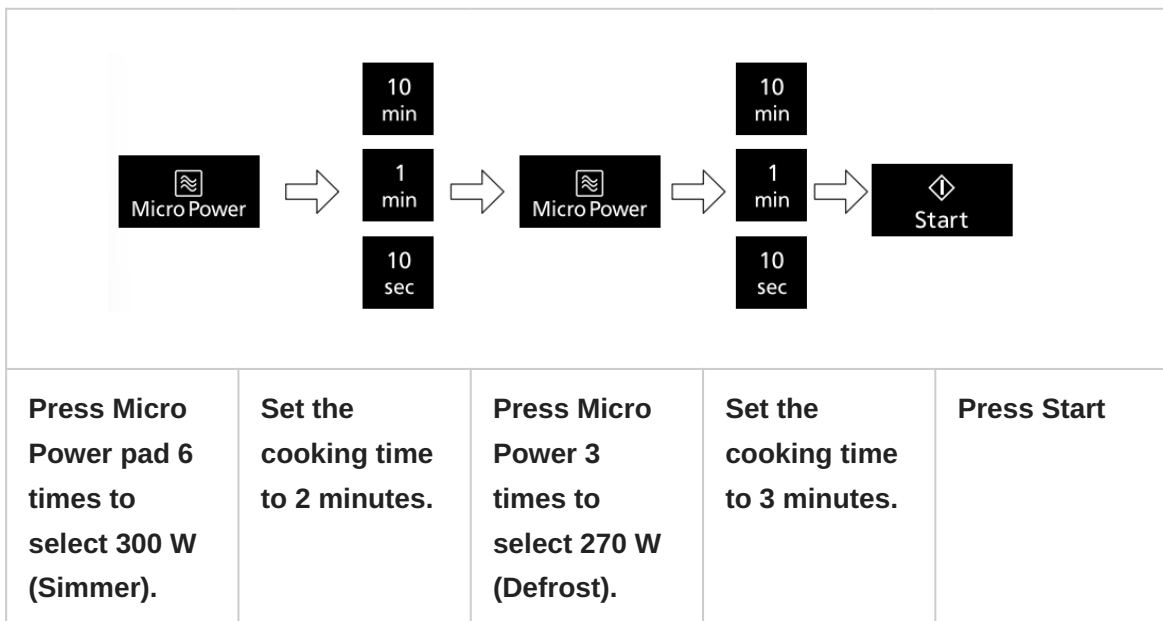
1. 3 stage cooking can be programmed including delay Start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program



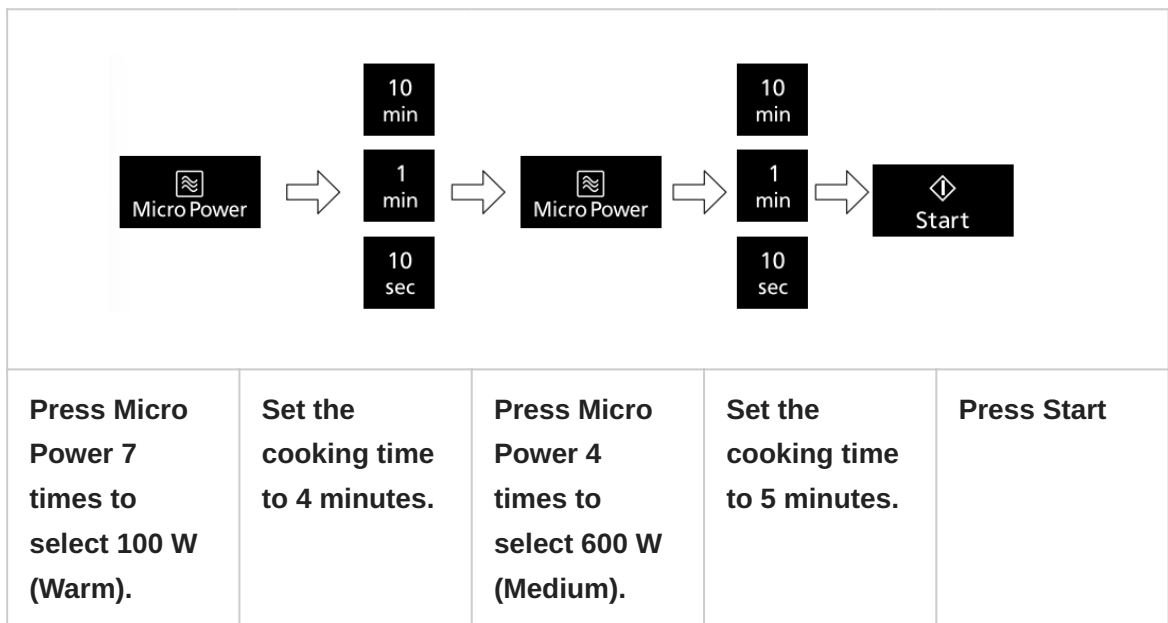
## Multistage Cooking



Example: To cook on 300 W (Simmer) for 2 minutes and 270 W (Defrost) for 3 minutes.



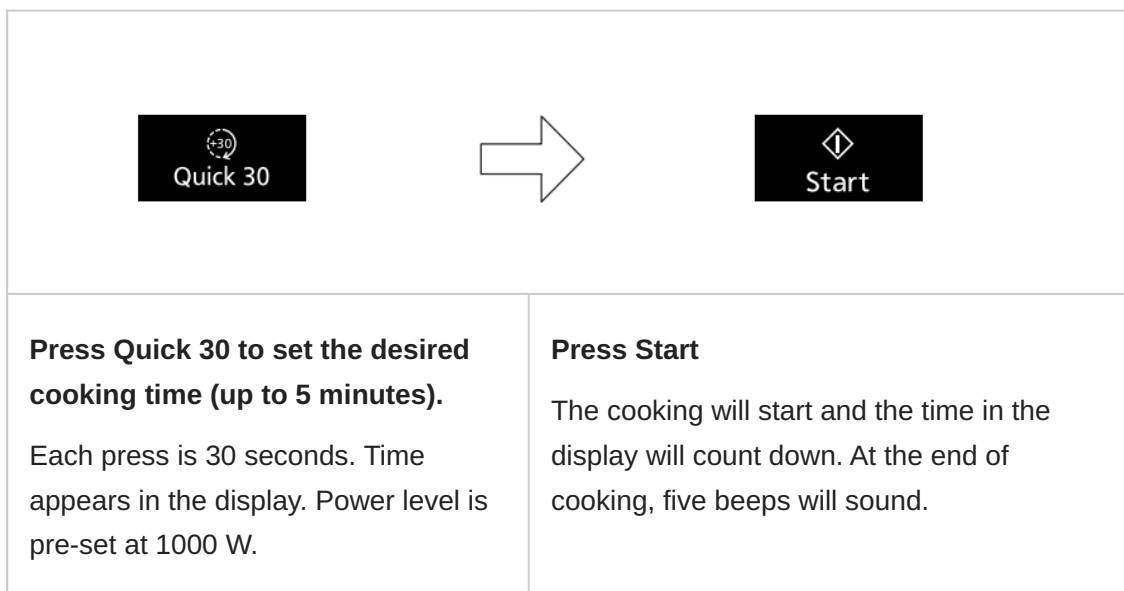
Example: To cook on 100 W (Warm) for 4 minutes and 600 W (Medium) for 5 minutes.



**Note**

1. For 3 stage cooking, enter another cooking program before pressing Start.
2. During operation, pressing Stop/Cancel stops the operation. Pressing Start will resume operation. A second press of Stop/Cancel will cancel the selected program.
3. Whilst not operating, one press of Stop/Cancel cancels the selected program.
4. Auto programs cannot be used with multi-stage cooking.

**Using the Quick 30 Function**



**Note**

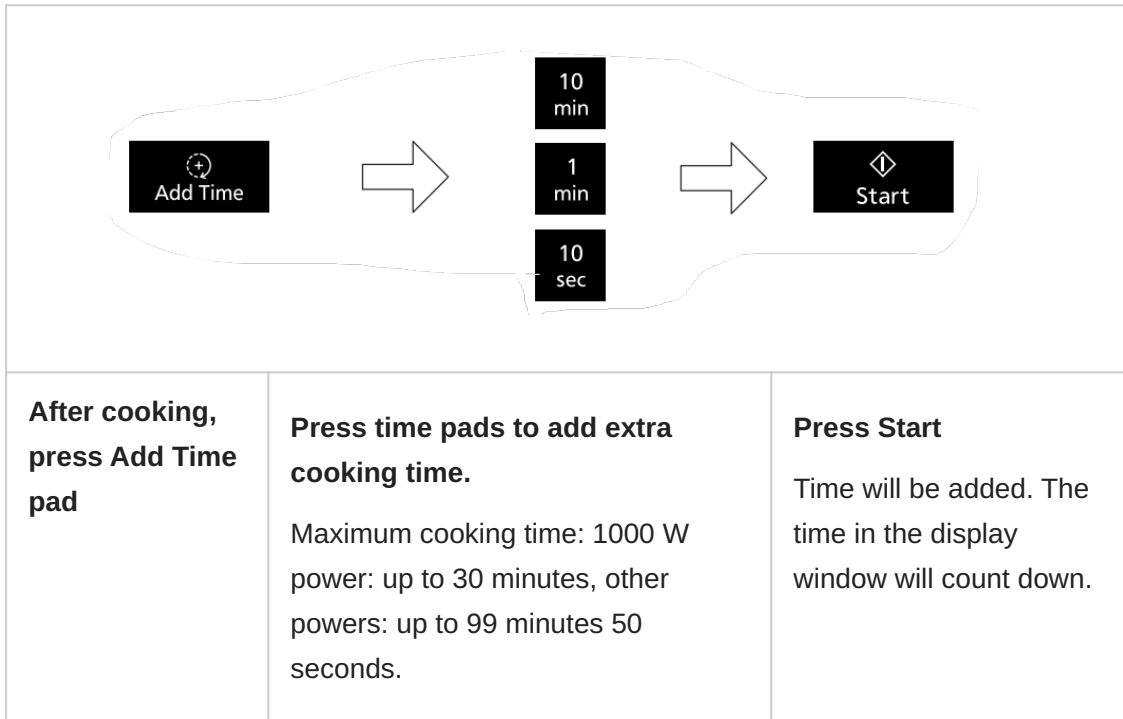
1. If desired, you can use other power levels. Select desired power level before pressing Quick 30.



2. After setting the time by Quick 30, you can not use the time pads.

## Using the Add Time Function

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



### Note

1. This function is only available for Micro Power function and Standing Time and it is not available for Auto programs.
2. The Add Time function will be cancelled if you do not perform any operation for 1 minute after cooking.
3. The Add Time function can be used after multi-stage cooking.
4. The power level is the same as the last stage.




## Chaos Defrost

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. Press Chaos defrost to select the correct defrost category and then enter in the weight of the food in grams.

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a microwave safe plate. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The chaos theory principle is used in auto weight defrost programs to give you a quick and more even defrost. The chaos system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check


the food. It is essential that you turn and stir the food frequently and shield if necessary. On hearing the first beep you should turn and shield (if possible). On the second beep you should turn the food or break it up.

1st Beep Turn or Shield	1st Beep Turn or Shield	2nd Beep Turn or break up
		

**Note**

1. Check foods during defrosting. Foods vary in their defrosting speed.
2. It is not necessary to cover the food.
3. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 5).
4. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
5. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/ fat with smooth pieces of aluminium foil secured with cocktail sticks.
6. Allow standing time so that the centre of the food thaws out (minimum hours for joints of meat and whole chickens).

With this feature you can defrost frozen food according to the weight.

		
<p><b>Select the desired Chaos Defrost program</b></p> <p>Auto program number appears in the display. The microwave, auto and defrost indicators light.</p>	<p><b>Enter the weight by pressing the More/Less Weight pads.</b></p> <p>The more pad will start with the minimum weight for each food.</p>	<p><b>Press Start</b></p> <p>Remember to stir or turn the food during defrosting.</p>



Program	Weight Range	Suitable Foods
<b>6. Bread</b>	100 g - 800 g	Rolls, buns, slices of bread and loaves.
<b>7. Meat Items</b>	200 g - 1200 g	Chicken portions, chops, mince.
<b>8. Meat Joints</b>	400 g - 2000 g	Whole chicken, meat joints.

## 6. Bread

This program is suitable for small items which are required for immediate use, they may feel warm straight after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned at beeps. This program is not suitable for cream cakes or desserts e.g. cheesecake. Standing time 5-30 minutes.

## 7. Meat Items (mince/chops/chicken portions)

Chops and chicken portions should be arranged in a single layer and turned at beeps. It is necessary for mince to be broken up at beeps and this is best carried out in a large shallow dish. Standing time 15- minutes. Not suitable for sausages, these can be defrosted manually.

## 8. Meat Joints (big joints/whole chickens)

Whole chickens and meat joints will require shielding at beeps especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks.

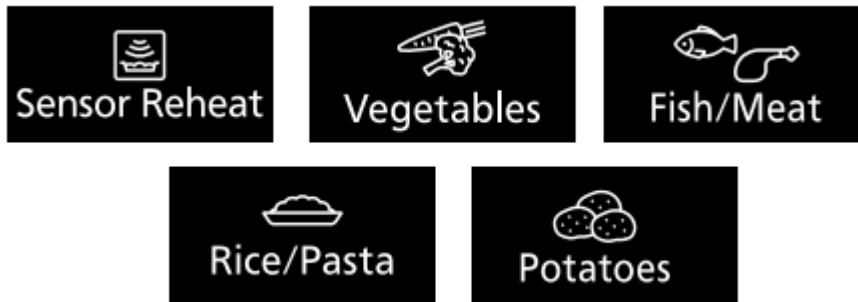
Do not allow the foil to touch the walls of the oven. Standing time of at least 1 hour should be allowed for joints after defrosting.

### NOTE

1. The shape and size of the food will determine the maximum weight the oven can accommodate.
2. Allow standing time to ensure the food is completely defrosted.

## Auto Sensor Reheat /Cook Programs

This feature allows you to cook or reheat foods without entering the weight. The built-in sensor measures the humidity of the food and calculates the recommended microwave power level together with a suggested cooking time.



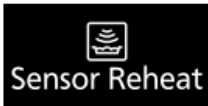


### How it works

Once the food has been selected and the start pad pressed the food is heated up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to cook. The remaining cooking time will appear in the display window after two beeps. Whilst the Sensor program is still in the display window the oven door should not be opened. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

### Adjust to Taste

<p>The Sensor programs cook foods for average tastes. You are able to adjust the cooking programs to your own taste by pressing the More/Less Weight pad. Press more or less pad before pressing Start.</p>	
---	--

Example:

		
<p><b>Select desired program</b> by pressing the pad once, twice or three times.</p>	<p><b>Press Start.</b></p> <p>The food category will be repeated in the display window until the oven calculates the cooking time after detecting a burst of steam. Do not open the oven door until the remaining cooking time appears in the display window.</p>	

**Note** For best results the Sensor programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the sensor programs, if one or more programs are being used. If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Auto Programs consecutively.

## **Auto Sensor Reheat /Cook Programs**




### **NOTE**

1. For the Auto Sensor Programs it is not necessary to enter the weight of the food. They must only be used for foods described.
2. Only cook foods within the weight ranges described (See table below).
3. Only use the accessories as indicated on pages 36-38.
4. It is essential when using the auto sensor programs to cover the food. For auto sensor programs soup, fresh vegetables, frozen vegetables, fresh fish, frozen fish cover with cling film. Pierce the cling film with a sharp knife once in the centre and four times around the edge. For programs chilled meal and frozen meal reheat in container as purchased. Pierce covering film. It transferring meals into a dish, cover with pierced cling film. For auto sensor programs rice and pasta cover with a lid. The exceptions to this rule are jacket potatoes (see page 37).
5. For foods covered with cling film, pierce the film with a sharp knife, once in the centre and four times around the edge. If the cling film is not pierced, steam can not escape and this could result in over cooking.
6. Always choose a container size that is suitable for the quantity of food, ie. do not allow a large headspace or food may not be cooked correctly.
7. For best results ensure that the oven is cold before using any Sensor program.
8. Most foods benefit from a standing time, after cooking an Auto
9. Program, to allow heat to continue conducting to the centre.
10. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Program	Minimum Weight	Maximum Weight
Soup	150 g	800 g
Chilled Meal	200 g	1000 g
Frozen Meal	200 g	1000 g
Fresh Vegetables	200 g	1000 g
Frozen Vegetables	200 g	1000 g
Jacket Potatoes	200 g	1500 g
Boiled Potatoes	200 g	1000 g
Fresh Fish	200 g	800 g
Frozen Fish	250 g	800 g
Meat Sauce	450 g	2000 g
Casserole	800 g	2000 g
Rice	100 g	300 g
Pasta	100 g	450 g













## Auto Sensor Reheat Programs

Program	Weight	Instructions
<b>1. Soup</b>  <b>1 press</b>	150 g - 800 g	For reheating chilled and ambient soup. Place soup into a suitable sized container. Foods should be at refrigerator temperature approx +5 °C or room temperature. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Sensor Reheat pad once then press Start. Stir at beeps and at end of program and allow a few minutes standing time.
<b>2. Chilled Meal</b>  <b>2 presses</b>	200 g - 1000 g	<p>To reheat a fresh pre-cooked meal or casserole.</p> <p>All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Press Sensor Reheat pad twice then press Start. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes.</p>
<b>3. Frozen Meal</b>  <b>3 presses</b>	200 g - 1000 g	<p>To reheat a frozen pre-cooked meal or casserole; All foods must be pre-cooked and frozen (-18 °C); Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Press Sensor Reheat pad 3 times then press Start. Stir at beeps and cut the blocks into pieces.</p> <p>Stir again at end of program and allow a few minutes standing time. Check temperature and cook further minutes if necessary before eating. This program is not suitable for portionable frozen foods.</p>

## Auto Sensor Cook Programs



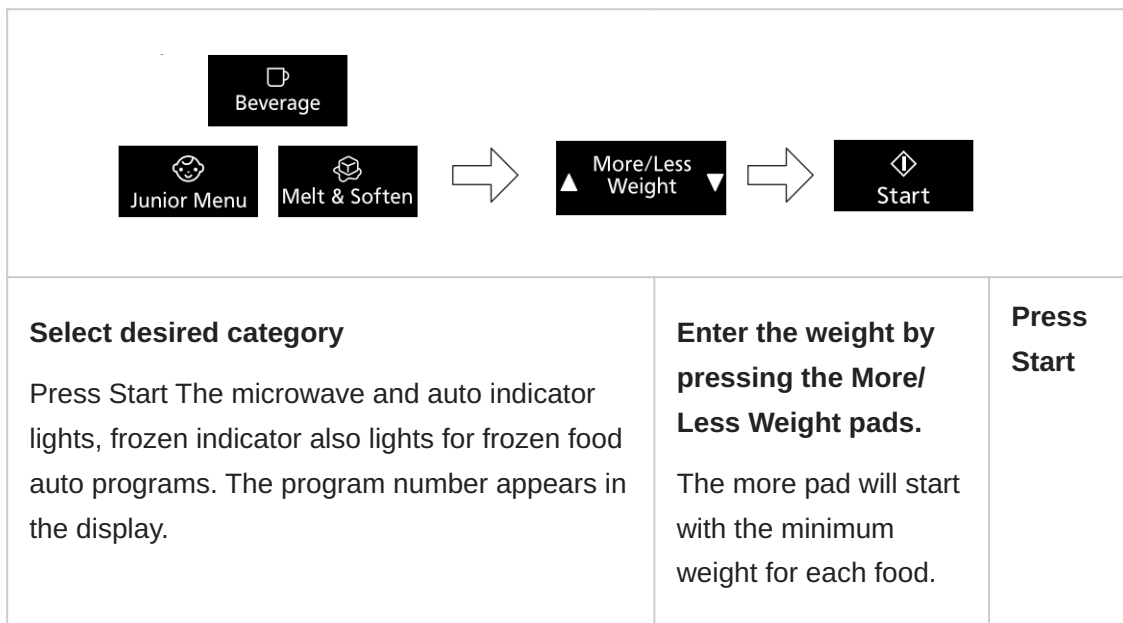
Program	Weight	Instructions
12. Fresh Vegetables  1 press	200 g - 1000 g	<p>To cook fresh vegetables. Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp water per 100 g vegetables.</p> <p>Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Vegetables pad once. Press Start. For larger weights stir at beeps. Drain after cooking and season to taste.</p>
13. Frozen Vegetables  2 presses	200 g - 1000 g	<p>To cook frozen vegetables. Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp water. If cooking vegetables with high water content, such as spinach or tomatoes, do not add water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Vegetables pad twice. Press Start. Stir at beeps. Drain after cooking.</p>
14. Jacket Potatoes  1 Press	200 g - 1500 g	<p>To cook jacket potatoes. Choose medium sized potatoes 200-250 g (7-9 oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press auto sensor cook Potatoes pad once, then press Start. Wrap in aluminium foil and allow to stand for 5 minutes after cooking.</p>
15. Boiled Potatoes  2 Presses	200 g - 1000 g	<p>Cut into even size pieces. Add 15ml (1 tbsp) water per 100 g potatoes. Cover with cling film. Pierce cling film with a sharp knife once in centre and four times around edge. Press the sensor cook potatoes pad twice. Press Start. Stir at beeps.</p>
16. Fresh Fish  1 Press	200 g - 800 g	<p>To cook fresh fillets or steaks of fish. Place in a suitable sized container, add 2 tbsp (30 ml) water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Fish/ Meat pad once. Press Start.</p>
17. Frozen Fish  2 Presses	250 g - 800 g	<p>To cook frozen fillets or steaks of fish. Place in a suitable sized container, add 1 tbsp (15 ml) water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Fish/ Meat pad twice. Press Start.</p>

Program	Weight	Instructions
18. Meat Sauce  3 Presses	450 g - 2000 g	To cook raw mince beef based sauce i.e. Bolognese sauce and also very finely diced chicken or pork fillet to be cooked in a sauce.  Ensure a minimum quantity of 300 ml of liquid or sauce. If using a cook-in sauce add equal quantity of water to cook-in sauce. Cover with a lid. Place on base of oven. Press auto sensor cook Fish/Meat 3 times. Press Start. Stir at beeps.
19. Casserole  4 Presses	800 g - 2000 g	For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 400 ml of stock. If you use a cook-in sauce, also add the same quantity of water. Cover with lid. Press auto sensor cook Fish/Meat 4 times. Press Start. Stir at beeps.
20. Rice  1 Press	100 g - 300 g	For cooking rice for savoury dishes not rice puddings. (Thai, Basmati, Jasmine, Suriname, Arborio or Mediterranean rice). Rinse the rice thoroughly before cooking. Use a large bowl. Add 2 times boiling water to rice. Cover with a lid. Press auto sensor cook Rice/Pasta pad once. Press Start. Allow to stand for 5 minutes after cooking. Drain after cooking.
21. Pasta  2 Presses	100 g - 450 g	For cooking dried pasta. Use a large bowl. Add 1 tsp salt, 1 tbsp oil and boiling water. For 100 g -290 g pasta add 1 litre of boiling water. For 300 g  - 450 g pasta add 1% litre of boiling water. Cover with a lid. Press auto sensor cook Rice/ Pasta pad twice. Press Start. Drain after cooking.

## Auto Weight Programs

With this feature food can be cooked or reheated according to the weight. The weight has to be entered in grams.

Example



## Notes

1. The Auto weight programs must be used for foods described.
2. Only cook foods within the weight ranges described
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a standing time, after cooking with an Auto program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

## Auto Weight Beverage Programs

Program	Weight	Instructions
4. Beverage  1 press	200 ml or 400 ml	For reheating one beverage with a fixed weight of 200 ml or two beverages of 200 ml each from room temperature eg. coffee, tea or hot chocolate. Press Beverage pad once, select 200 ml for 1 beverage or 400 ml for two beverages and press Start. Stir before and after heating.
5. Milk  2 presses	200 ml or 600 ml	For reheating one mug of milk with a fixed weight of 200 ml or one jug of milk with a fixed weight of 600 ml from fridge temperature. This program is suitable for full fat, semi-skimmed and skimmed milk. The hot milk can be used for making milky coffee or hot chocolate. Press Beverage pad twice, select 200 ml for 1 mug or 600 ml for one jug and press Start. Stir before and after heating for one mug of milk. Stir at beeps during heating and after heating for one jug of milk.

## Auto Weight Junior Menu Programs

The fruit and vegetable purées are ideal first foods for weaning babies. Homemade purées taste like real food and cost less than jars or packets. Extra portions can be frozen in ice cube trays, then defrosted and reheated.

Program	Weight	Instructions
9. Purée Vegetables - 1 press	100 g - 400 g	<p>This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g - 150 g vegetables 75 ml water.            155 g - 300 g vegetables 100 ml water.            305 g - 400 g vegetables 150 ml water.</p> <p>Cover with lid. Press the Junior Menu pad once. Enter the weight of the vegetables. Press Start. Stir halfway during cooking. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>
10. Purée Fruits - 2 presses	100 g - 400 g	<p>This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g -150 g fruit 75 ml water.            155 g - 300 g fruit 100 ml water.            305 g - 400 g fruit 150 ml water.</p> <p>Cover with lid. Press the Junior Menu pad twice. Enter the weight of the fruit. Press Start. Stir halfway during cooking. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>
11. Porridge -	50 g - 200 g	<p>This program is suitable for cooking porridge using plain oats. Use back of pack instructions for quantity of oats to milk. Use whole, semi skimmed or skimmed milk. This program is not suitable for making porridge with water</p>

3 presses		only. Do not cover. Press the Junior Menu pad 3 times. Enter the weight of the oats only. Press Start. Stir at beeps. Allow to stand for 2 minutes. Stir before serving.
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## Auto Weight Melt & Soften Programs

Program	Weight	Instructions
22. Cream Cheese - 1 press	50 g - 300 g	For softening cream cheese. Place in a Pyrex® dish. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Melt & Soften pad once. Enter the weight, then press Start. After softening beat with a wooden spoon.
23. Chocolate - 2 presses	50 g - 300 g	For melting milk or dark chocolate with cocoa solids up to 50%. This program is not suitable for white chocolate or chocolate with cocoa solids over 50%. Place in a Pyrex® dish. Press Melt & Soften pad twice. Enter the weight, then press Start. Stir halfway during melting and again at end of melting.
24. Butter - 3 presses	50 g - 300 g	For melting butter. Place in a Pyrex® dish. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Melt & Soften pad 3 times. Enter the weight, then press Start. Stir two thirds during melting and again at end of <u>melting.</u>
25. Ice Cream - 4 presses	300 g - 1100 g	For softening ice cream. Keep in container purchased and remove lid. Press Melt & Soften pad 4 times. Enter the weight, then press Start.

## Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by 1000 W. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked.

Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls, jacket potatoes, etc.

The charts on pages 44-53 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

Remember to stir or turn food wherever possible during cooking or reheating.

This ensures even cooking or reheating on the outside and in the centre.

### **When is food reheated?**

Food that has been reheated or cooked should be served “piping hot” i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer’s instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

### **Plated meals**

Everyone’s appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate.

An average plated meal will take 4-7 minutes on 1000 W to reheat. Do not stack meals.

### **Canned foods**

Remove foods from can and place in a suitable dish before heating. Stir food halfway through cooking and again at the end of heating.

### **Soups**

Place soup in a bowl and stir before heating and at least once through reheat time and again at the end.

### **Casseroles**

Stir halfway through and again at the end of heating.

### **Caution! Mince pies**

Remember even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through.

Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

### **Caution! Christmas puddings and liquids**

Take great care when reheating these items. Do not leave unattended.

Do not add extra alcohol.

### **Caution! Babies bottles**

Milk or formula must be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby. For 7-8 fl oz of milk from fridge temperature, remove top and teat. Heat on 1000 W for 30- seconds check carefully. For fl oz of milk from fridge temperature, remove top and teat. Heat on 1000 W power for 10 or 20 seconds check carefully.

### **Note**

Liquid at the top of the bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use.

We do not recommend that you use your microwave to sterilise babies' bottles. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly

## **CARE AND CLEANING**

### **Important**

It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of a surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Switch the oven off before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended. Take care when cleaning around the waveguide cover.
3. Your oven cavity is constructed of zinc coated steel, painted with an extremely durable coating. After use, the oven interior should be wiped out to remove any remaining water in order to reduce the risk of corrosion to the cavity and door. The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door become damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended.
4. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

5. If the control panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on control panel. When cleaning the control panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning press Stop/Cancel pad to clear display window.
6. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
7. Keep air vents clear at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
8. 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 a malfunction of the unit or microwave leakage.
9. It is occasionally necessary to remove the glass turntable for cleaning. Wash the glass turntable in warm soapy water.
10. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.

## MAINTENANCE

### Service

When your oven requires a service call your local Panasonic engineer (Customer Communications Centre on 0344 844 3899 can recommend an engineer).

### Door Seals

Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.

### Oven Light

The oven lamp must be replaced by a service technician trained by Panasonic. Do not attempt to remove the outer casing from the oven.

**Warning!** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

## **Selected Spares and Accessories**

These may be ordered direct; on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Communications Centre on 0344 844 3899. Most major credit and debit cards accepted. Ensure you quote the correct model number.

## **FAQS**

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:

Is the oven plugged in securely?

Remove the plug from the outlet, wait 10 seconds and reinsert.

Check the circuit breaker and the fuse. Reset the circuit breaker or replace the fuse if it is tripped or blown.

If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.

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

Q: My microwave oven causes interference with my TV. Is this normal?

A: Some radio and TV 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.

Q: The oven won't accept my program. Why?

A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage, and will not accept an Auto Weight Program after Delay Start.

Q: Sometimes warm air comes from the oven vents. Why?

A: The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: The oven stops cooking and 'H00', 'H97' or 'H98' appears in the display. Why?

A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.

**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.

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