+30 sec

+30 sec allows you to reheat for 30 seconds at 100% (full power) by simply touching the +30 sec pad. By repeatedly touching the +30 sec pad, you can also extend reheating time to 5 minutes by 30 second increments.

1. Touch the +30 sec pad.

When you touch the +30 sec pad, "-30" is displayed, and the oven starts reheating.

---

ONE TOUCH COOKING

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.

**BEVERAGE**

1. Touch the BEVERAGE pad once for 1 cup, twice for 2 cups or three times for 3 cups.

When you touch the BEVERAGE pad once, "1" is displayed. After 1.5 seconds, the display is changed into cooking time and the oven starts cooking.

*BEVERAGE* (200 ml/cup)
- 1 cup (mug): Touch the BEVERAGE pad once.
- 2 cups (mugs): Touch the BEVERAGE pad twice within 1.5 seconds.
- 3 cups (mugs): Touch the BEVERAGE pad three times within 1.5 seconds.

**FROZEN PIZZA**

1. Touch the FROZEN PIZZA pad once for 200g pizza or twice for 400g pizza.

When you touch the FROZEN PIZZA pad once, "200" is displayed. After 1.5 seconds, the display is changed into the cooking time and the oven start cooking.

*FROZEN PIZZA*
- 200g: Touch the FROZEN PIZZA pad once.
- 400g: Touch the FROZEN PIZZA pad twice within 1.5 seconds.

**NOTE:**
1. Use only one frozen pizza at a time
2. Use only frozen pizza made for microwave ovens.
3. If the cheese of frozen pizza does not melt sufficiently, cook a few seconds longer.
4. Some brands of frozen pizza may require more or less cooking time.
1. Touch the PASTA pad once for 1 serving of pasta or twice for 2 servings of pasta. When you touch the PASTA once, “1” is displayed. After 1.5 seconds, the display is changed into cooking time and the oven starts cooking.

* PASTA *
• 1 serving: Touch the PASTA pad once.
• 2 serving: Touch the PASTA pad twice within 1.5 seconds.

AUTO COOK
AUTO COOK allows you to cook or reheat many of your favorite foods by repeatedly touching the AUTO COOK pad.
When you touch the AUTO COOK pad once, “AC-1” will be displayed. By repeatedly touching this pad, you can select other food category as shown in below.

1. Touch the AUTO COOK pad once for 4PCS of BREAD. AC-1 will be displayed.

2. Touch the AUTO COOK pad twice for 350g of SOUP. AC-2 will be displayed.

3. Touch the AUTO COOK pad three times for 3ea of POTATO. AC-3 will be displayed.

4. Touch the AUTO COOK pad four times for 200g of FRESH VEGETABLE. AC-4 will be displayed.

5. Touch the AUTO COOK pad five times for 200g of FROZEN VEGETABLE. AC-5 will be displayed. Then touch the START pad. The display will be changed into cooking time of quantity and the oven starts cooking.
CHILD SAFETY LOCK

The safety lock prevents unwanted oven operation such as by small children. To set, touch and hold the STOP/CLEAR pad for 3 seconds. To cancel, touch and hold the STOP/CLEAR pad for 3 seconds.

HOW TO STOP THE OVEN WHILE THE OVEN IS OPERATING

1. Touch the STOP/CLEAR pad.
   - You can restart the oven by touching the START pad.
   - Touch the STOP/CLEAR once more to erase all instructions.
   - You must enter in new instructions.

2. Open the door.
   - You can restart the oven by closing the door and touching the START pad.

   NOTE: Oven stops operating when door is opened.

TO SET POWER SAVE MODE

1. Touch the STOP/CLEAR pad.
   " :0" or clock appears in the display.

2. Touch and then hold the Clock pad for 3 seconds.
   The display will turn off and a beep sounds.
   To operate the oven in power save mode, touch any key.
   Then " :0" or clock will be shown and the operation of all function key will be same as in the normal mode. But if there is no operation within 10 seconds in clear mode, all the contents of display will disappear.

3. To cancel power save simply repeat setting procedure. When the display is on.
   The power save mode will be canceled and a beep sounds.
   The oven is again available for normal use.
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.

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**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.

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**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)
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 not 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 overcooking... 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.
BEFORE YOU CALL FOR SERVICE

Refer to following checklist, you may prevent an unnecessary service call.

* 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.

If there is still a problem, contact the service station. A list of these stations is included in the oven.

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.

DISPOSAL OF USED ELECTRICAL & ELECTRONIC EQUIPMENT

The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this equipment at your applicable collection point for the recycling of electrical & electronic equipments waste. In the European Union and Other European countries which there are separate collection systems for used electrical and electronic product. By ensuring the correct disposal of this product, you will help prevent potentially hazardous to the environment and to human health, which could otherwise be caused by unsuitable waste handling of this product. The recycling of materials will help conserve natural resources. Please do not therefore dispose of your old electrical and electronic equipment with your household waste. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.
## SPECIFICATIONS

<table>
<thead>
<tr>
<th>POWER SUPPLY</th>
<th>230 VAC, 50Hz SINGLE PHASE WITH EARTHING</th>
</tr>
</thead>
<tbody>
<tr>
<td>MICROWAVE</td>
<td></td>
</tr>
<tr>
<td>INPUT POWER</td>
<td>1000 W</td>
</tr>
<tr>
<td>ENERGY OUTPUT</td>
<td>700 W</td>
</tr>
<tr>
<td>FREQUENCY</td>
<td>2,450MHz</td>
</tr>
<tr>
<td>OUTSIDE DIMENSIONS (W x H x D)</td>
<td>446 x 270 x 331mm</td>
</tr>
<tr>
<td>CAVITY DIMENSIONS (W x H x D)</td>
<td>295 x 219 x 303mm</td>
</tr>
<tr>
<td>CAVITY VOLUME</td>
<td>20 L</td>
</tr>
<tr>
<td>NET WEIGHT</td>
<td>APPROX. 10.2Kg</td>
</tr>
<tr>
<td>TIMER</td>
<td>59 min. 90 sec.</td>
</tr>
<tr>
<td>POWER SELECTIONS</td>
<td>10 Levels</td>
</tr>
</tbody>
</table>

*Specifications are subject to change without notice.*

---

## IMPORTANT

The wires in this mains lead fitted to this appliance are coloured in accordance with the following code:

- Green-and-yellow: Earth
- Blue: Neutral
- Brown: Live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows: the wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter ‘E’, the earth symbol or coloured green-and-yellow. The wire which is coloured blue must be connected to the terminal which is marked with the letter ‘N’ or coloured black. The wire which is coloured brown must be connected to the terminal which is marked with the letter ‘L’ or coloured red.

**WARNING:** This appliance must be earthed.
# 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 of utensils and indicates whether and how they should be used in a microwave oven.

<table>
<thead>
<tr>
<th>Utensil</th>
<th>Safe</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aluminium foil</td>
<td>▲</td>
<td>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.</td>
</tr>
<tr>
<td>Crust plate</td>
<td>●</td>
<td>Do not preheat for more than 8 minutes.</td>
</tr>
<tr>
<td>China and earthenware</td>
<td>●</td>
<td>Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless deco-rated with a metal trim.</td>
</tr>
<tr>
<td>Disposable polyester cardboard dishes</td>
<td>●</td>
<td>Some frozen foods are packaged in these dishes.</td>
</tr>
<tr>
<td>Fast-food packaging</td>
<td>●</td>
<td>Can be used to warm food. Overheating may cause the polystyrene to melt. May catch fire. May cause arcing.</td>
</tr>
<tr>
<td>• Polystyrene cups containers</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>• Paper bags or newspaper</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>• Recycled paper or metal trims</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Glassware</td>
<td>●</td>
<td>Can be used, unless decorated with a metal trim. Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only.</td>
</tr>
<tr>
<td>• Oven-to-table ware</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>• Fine glassware</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>• Glass jars</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Metal</td>
<td>●</td>
<td>May cause arcing or fire.</td>
</tr>
<tr>
<td>• Dishes</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>• Freezer bag twist ties</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Paper</td>
<td>●</td>
<td>For short cooking times and warming. Also to absorb excess moisture. May cause arcing.</td>
</tr>
<tr>
<td>• Plates, cups, napkins and kitchen paper</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>• Recycled paper</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Plastic</td>
<td>●</td>
<td>Particularly if heat-resistant thermoplastic. Some other plastics may warp or discoulour 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.</td>
</tr>
<tr>
<td>• Containers</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>• Cling film</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>• Freezer bags</td>
<td>▲</td>
<td></td>
</tr>
<tr>
<td>Wax or grease-proof paper</td>
<td>●</td>
<td>Can be used to retain moisture and prevent spattering.</td>
</tr>
</tbody>
</table>

●: Recommended use  
▲: Limited Use  
X: Not Recommended
USE YOUR MICROWAVE OVEN SAFELY

General Use
Do not attempt to defeat or tamper with safety interlocks.
Do not place any object between the oven front frame and the door or allow residue to build up on sealing surfaces. Wipe with a mild detergent, rinse and dry. Never use abrasive powders or pads.
Do not subject the oven door to strain or weight such as a child hanging on an open door.
This could cause the oven to fall forward resulting in injury to you and damage to the oven.

Food
Never use your microwave oven for home canning.
The oven is not designed for proper home canning. Improperly canned food may spoil and be dangerous to consume.
Always use the minimum recipe cooking time. It is better to undercook rather than overcook foods.
Undercooked foods can be returned to the oven for more cooking. If food is overcooked, nothing can be done.
Heat small quantities of food or foods with low moisture carefully. These can quickly dry out, burn or catch on fire.
Do not heat eggs in the shell. Pressure may build up and eggs can explode.
Potatoes, apples, egg yolks and sausages are examples of food with non-porous skins.
These must be pierced before cooking to prevent bursting.
Do not attempt to deep fat fry in your microwave oven.
Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the

temperature to even out, stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.
Do not leave the oven unattended while popping corn.
Do not pop corn in a paper bag unless it is the commercially prepared Microwave Popcorn product. The kernels can overheat and ignite a brown paper bag.
Do not put packaged Microwave Popcorn bags directly on the oven tray. Place the package on a microwave safe glass or ceramic plate to avoid overheating and cracking the oven tray.
Do not exceed the Microwave Popcorn manufacturers suggested popping time.
Longer popping does not yield more popcorn but it can result in scorch, burn of fire. Remember, the Popcorn bag and tray can be too hot to handle. Remove with caution and use potholders.

ARCING

If you see arcing, touch the STOP/CLEAR pad and correct the problem.
Arcing is the microwave term for sparks in the oven.
Arcing is caused by:

• Metal or foil touching the side of the oven.
• Foil not molded to food (upturned edges act like antennas).
• Metal, such as twist-ties, poultry pins, or gold rimmed dishes, in the microwave.
• Recycled paper towels containing small metal pieces being used in the microwave.
MICROWAVING PRINCIPLES

Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and manmade sources. Manmade sources include radar, radio, television, telecommunication links and car phones.

HOW MICROWAVES COOK FOOD

Microwave oven is a Group 2 ISM equipment in which radio frequency energy is intentionally generated and used in the form of electromagnetic radiation for the treatment of material. This oven is a Class B equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

In a microwave oven, electricity is converted into microwave by the MAGNETRON.

TRANSMISSION

Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.

REFLECTION

The microwaves bounce off the metal walls and the metal door screen.

ABSORPTION

The microwaves cause the water molecules to vibrate which causes FRICTION, i.e. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 4-5cm and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

CONVERSION CHARTS

<table>
<thead>
<tr>
<th>WEIGHT MEASURES</th>
<th>VOLUME MEASURES</th>
<th>SPOON MEASURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 g</td>
<td>30 ml</td>
<td>1.25 ml</td>
</tr>
<tr>
<td>25 g</td>
<td>100 ml</td>
<td>2.5 ml</td>
</tr>
<tr>
<td>50 g</td>
<td>150 ml</td>
<td>5 ml</td>
</tr>
<tr>
<td>100 g</td>
<td>300 ml</td>
<td>15 ml</td>
</tr>
<tr>
<td>175 g</td>
<td>600 ml</td>
<td>1 tsp</td>
</tr>
<tr>
<td>225 g</td>
<td></td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>450 g</td>
<td></td>
<td>1/4 tsp</td>
</tr>
</tbody>
</table>

FLUID MEASUREMENTS

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Cup</td>
<td>= 8 fl.oz.</td>
<td>= 240 ml</td>
</tr>
<tr>
<td>1 Pint</td>
<td>= 16 fl.oz. (UK 20 fl.oz.)</td>
<td>= 480 ml (UK 560 ml)</td>
</tr>
<tr>
<td>1 Quart</td>
<td>= 32 fl.oz. (UK 40 fl.oz.)</td>
<td>= 960 ml (UK 1120 ml)</td>
</tr>
<tr>
<td>1 Gallon</td>
<td>= 128 fl.oz. (UK 160 fl.oz.)</td>
<td>= 3840 ml (UK 4500 ml)</td>
</tr>
</tbody>
</table>