COOKING TECHNIQUES

STANDING TIME
Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the center completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meal, vegetables, fish etc require 2-5 minutes standing. After defrosting food, standing time should also be allowed. If food is not cooked after standing time, return to the oven and cook for additional time.

MOISTURE CONTENT
Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season, particularly jacket potatoes. For this reason cooking times may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ.

DENSITY
Porous airy foods heat more quickly than dense heavy foods.

CLING FILM
Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.

SHAPE
Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.

SPACING
Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.

STARTING TEMPERATURE
The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.

LIQUIDS
All liquids must be stirred before and during heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. DO NOT OVERHEAT.

TURNING & STIRRING
Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.

ARRANGING
Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are towards the outside.

QUANTITY
Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.

PIERCING
The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.

COVERING
Cover foods with microwave cling film or a lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes or pastry items.
DEFROSTING GUIDE

- Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Use only containers that are microwave-safe.
- The shape of the package alters the defrosting time. Shallow rectangular shapes defrost more quickly than a deep block.
- After 1/3 of the defrost time has elapsed, check the food. Toy may wish to turn over, break apart, rearrange or remove thawed portions of the food.
- During defrost, the oven will prompt you to turn the oven. At this point, open oven door and check the food. Follow the techniques listed below for optimum defrost results.
- Then, close oven door, touch the START pad to complete defrosting.

When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes. After defrosting, allow food to stand 5-60 minutes if there are any icy areas. Poultry and fish may be placed under running cool water until defrosted.
- **Turn over**: Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
- **Rearrange**: Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
- **Shield**: Use small strips of aluminum foil to protect thin areas or edges of unevenly shaped foods such as chicken wings. To prevent arching, do not allow foil to come within 1-inch of oven walls or door.
- **Remove**: To prevent cooking, thawed portions should be removed from the oven at this point. This may shorten defrost time for food weighing less than 3 lbs. (1350g).

**DEFROSTING CHART (by Time Defrost)**

<table>
<thead>
<tr>
<th>Item &amp; Weight</th>
<th>Defrosting Time</th>
<th>Standing Time</th>
<th>Special Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minced beef 1 lb./450g</td>
<td>9-11 min.</td>
<td>15-20 min.</td>
<td>Break apart and remove thawed portions with fork.</td>
</tr>
<tr>
<td>Stew Meat 1 1/2 lbs./675g</td>
<td>13-17 min.</td>
<td>25-30 min.</td>
<td>Separate and rearrange once.</td>
</tr>
<tr>
<td>Patties 4(oz./110g)</td>
<td>9-11 min.</td>
<td>15-20 min.</td>
<td>Turn over after half the time.</td>
</tr>
<tr>
<td>PORK</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spareribs 1 lb./450g</td>
<td>9-11 min.</td>
<td>25-30 min.</td>
<td>Separate and rearrange once.</td>
</tr>
<tr>
<td>Chops 4(5oz./125g)</td>
<td>10-12 min.</td>
<td>25-30 min.</td>
<td>Separate and turn over once.</td>
</tr>
<tr>
<td>Minced pork 1 lb./450g</td>
<td>10-12 min.</td>
<td>15-20 min.</td>
<td>Break apart and remove thawed portions with fork.</td>
</tr>
<tr>
<td>POULTRY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Chicken 2 1/2 lbs./1125g</td>
<td>21-25 min.</td>
<td>45-90 min.</td>
<td>Break side down. Turn over after half the time. Shield as needed.</td>
</tr>
<tr>
<td>Chicken Breasts 1 lbs./450g</td>
<td>11-14 min.</td>
<td>15-30 min.</td>
<td>Separate and rearrange once.</td>
</tr>
<tr>
<td>Fryer Chicken(cut up) 2 lbs./900g</td>
<td>18-20 min.</td>
<td>25-30 min.</td>
<td>Separate and rearrange once.</td>
</tr>
<tr>
<td>Chicken Thighs 1 1/2 lbs./675g</td>
<td>14-17 min.</td>
<td>15-30 min.</td>
<td>Separate and rearrange once.</td>
</tr>
<tr>
<td>FISH &amp; SEAFOOD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Fish 1 lb./450g</td>
<td>7-10 min.</td>
<td>15-20 min.</td>
<td>Turn over after half the time. Shield as needed.</td>
</tr>
<tr>
<td>Fish Fillets 1 1/2 lb./675g</td>
<td>10-12 min.</td>
<td>15-20 min.</td>
<td>Separate and turn over once.</td>
</tr>
<tr>
<td>Shrimp 1/2 lb./225g</td>
<td>3-5 min.</td>
<td>15-20 min.</td>
<td>Separate and rearrange once.</td>
</tr>
</tbody>
</table>

*The times are approximate because freezer temperatures vary.*
# COOKING & REHEATING CHART

## Cooking chart

<table>
<thead>
<tr>
<th>Item</th>
<th>Power Level</th>
<th>Cooking Time Per lb./450g</th>
<th>Special Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEAT</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef joint</td>
<td>P-80</td>
<td>8-10 min.</td>
<td>- Chilled meat and poultry should be removed from the refrigerator at least 30 minutes before cooking.</td>
</tr>
<tr>
<td>- Rare</td>
<td></td>
<td></td>
<td>- Always let the meat and poultry stand, covered after cooking.</td>
</tr>
<tr>
<td>- Medium</td>
<td>P-80</td>
<td>9-11 min.</td>
<td></td>
</tr>
<tr>
<td>- well done</td>
<td>P-80</td>
<td>11-13 min.</td>
<td></td>
</tr>
<tr>
<td>Pork Joint</td>
<td>P-HI</td>
<td>12-14 min.</td>
<td></td>
</tr>
<tr>
<td>Bacon joint</td>
<td>P-HI</td>
<td>8-10 min.</td>
<td></td>
</tr>
<tr>
<td><strong>POULTRY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole chicken</td>
<td>P-HI</td>
<td>6-8 min.</td>
<td></td>
</tr>
<tr>
<td>Portions chicken</td>
<td>P-80</td>
<td>5-7 min.</td>
<td></td>
</tr>
<tr>
<td>Breast (boned)</td>
<td>P-80</td>
<td>6-8 min.</td>
<td></td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Fillets</td>
<td>P-HI</td>
<td>4-6 min.</td>
<td>- Brush a little oil or melted butter over the fish, or add 15~30ml(1-2 tbsp) lemon juice, wine, stock, milk or water.</td>
</tr>
<tr>
<td>Whole Mackerel,</td>
<td>P-HI</td>
<td>4-6 min.</td>
<td>- Always let the fish stand, covered, after cooking</td>
</tr>
<tr>
<td>Cleaned and prepared</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Trout, Cleaned</td>
<td>P-HI</td>
<td>5-7 min.</td>
<td></td>
</tr>
<tr>
<td>&amp; Prepared</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon steaks</td>
<td>P-HI</td>
<td>4-6 min.</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

Use a suitable glass pyrex bowl with lid. Add 30-45ml cold water (2-3 tbsp.) for every 250g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint: cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All vegetables should be cooked using full microwave power.

Cooking Guide for fresh vegetables

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Weight</th>
<th>Time</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Prepare even sized florets.</td>
</tr>
<tr>
<td></td>
<td>1 lb./500g</td>
<td>5-7 min</td>
<td>Arrange the stems to the centre.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>1/2 lb./250g</td>
<td>4-5 min</td>
<td>Add 60-75ml(5-6tbsp.) water.</td>
</tr>
<tr>
<td>Carrots</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Cut carrots into even sized slices.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Prepare even sized florets. Cut big florets into halves.</td>
</tr>
<tr>
<td></td>
<td>1 lb./500g</td>
<td>5-7 min</td>
<td>Arrange stems to the centre.</td>
</tr>
<tr>
<td>Courgettes</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Cut courgettes into slices. Add 30ml(2tbsp.) water or a knob of butter. Cook until just tender.</td>
</tr>
<tr>
<td>Egg plants</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.</td>
</tr>
<tr>
<td>Leeks</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Cut leeks into thick slices.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>0.3 lb./125g</td>
<td>2-3 min</td>
<td>Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.</td>
</tr>
<tr>
<td></td>
<td>1/2 lb./250g</td>
<td>3-5 min</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Cut onions into slices or halves. Add only 15ml(1tbsp.) water.</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/2 lb./250g</td>
<td>3-5 min</td>
<td>Cut pepper into small slices.</td>
</tr>
<tr>
<td>Potatoes</td>
<td>1/2 lb./250g</td>
<td>3-5 min</td>
<td>Weigh the peeled potatoes and cut them into similar sized halves or quarters.</td>
</tr>
<tr>
<td></td>
<td>1 lb./500g</td>
<td>8-10 min</td>
<td></td>
</tr>
<tr>
<td>Turnip cabbage</td>
<td>1/2 lb./250g</td>
<td>5-7 min</td>
<td>Cut turnip cabbage into small cubes.</td>
</tr>
</tbody>
</table>

Cooking Guide for frozen vegetables

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Weight</th>
<th>Time</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>0.3 lb./125g</td>
<td>2-3 min</td>
<td>Add 15ml(1tbsp.) cold water.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Add 30ml(2tbsp.) cold water.</td>
</tr>
<tr>
<td>Peas</td>
<td>1/2 lb./250g</td>
<td>3-4 min</td>
<td>Add 15ml(1 tbsp.) cold water.</td>
</tr>
<tr>
<td>Green beans</td>
<td>1/2 lb./250g</td>
<td>4-5 min</td>
<td>Add 30ml(2 tbsp.) cold water.</td>
</tr>
<tr>
<td>Mixed vegetables (carrots/peas/corn)</td>
<td>1/2 lb./250g</td>
<td>3-5 min</td>
<td>Add 15ml(1 tbsp.) cold water.</td>
</tr>
<tr>
<td>Mixed vegetables (Chinese style)</td>
<td>1/2 lb./250g</td>
<td>4-6 min</td>
<td>Add 15ml(1 tbsp.) cold water.</td>
</tr>
</tbody>
</table>
RECIPIES

TOMATO & ORANGE SOUP
1 oz.(25g) butter
1 medium onion, chopped
1 large carrot & 1 large potato, chopped
1 1/2 lb(800g) canned, chopped tomatoes
juice and grated rind of 1 small orange
1 1/2 pints(900ml) hot vegetable stock
salt and pepper to taste

1. Melt the in a large bowl at P-HI for 1 minute.
2. Add the onion, carrot and potato and cook at
   P-HI for 6 minutes. stir halfway through cooking.
3. Add the tomatoes, orange juice, orange rind
   and stock. Mix thoroughly. Season with salt and
   pepper to taste. Cover the bowl and cook at P-
   HI for 15 minutes. stir 2-3 times during cooking,
   until the vegetables are tender.
4. Blend and serve immediately.

FRENCH ONION SOUP
1 large onions, sliced
1 tbsp (15ml) corn oil
2 oz.(50g) plain flour
2 pints(1.2 liters) hot meat
or vegetable stock
salt and pepper to taste
2 tbsp (30ml) parsley, chopped
4 thick slices French bread
2 oz.(50g) cheese, grated

1. Place the onion and oil a bowl, mix well and
   cook at P-HI for 2 minutes.
2. Stir in the flour to make a paste and gradually
   add stock. Season and add the parsley.
3. Cover the bowl and cook at P-80 for 16
   minutes.
4. Pour the soup into serving bowls, submerge
   bread and sprinkle generously with cheese.
5. Cook at P-80 for 2 minutes, until the cheese
   has melted.

STIR FRIED VEGETABLES
1 tbsp(15ml) sunflower oil
2 tbsp (30ml) soy sauce
1 tbsp (15ml) sherry
1"(2.5cm) root ginger,
peeled and finely grated
2 medium carrots, cut into fine strips
4 oz.(100g) button mushrooms,
chopped
2 oz.(50g) beansprouts
4 oz.(100g) mange-tout
1 red pepper, seeded and thinly sliced
4 spring onions, chopped
4 oz.(100g) canned water chestnuts,
sliced
1/4 head of chinese leaves, thinly sliced

1. Place the oil, soy sauce, sherry, ginger, garlic
   and carrots in a large bowl, mix thoroughly
2. Cover and cook at P-HI for 4-5 minutes, stirring
   once.
3. Add the button mushrooms, beansprouts,
mange-tout, red pepper, spring onions, water
   chestnuts and chinese leaves. Mix thoroughly.
4. Cook at P-HI for 4-5 minutes, until the
   vegetables are tender. Stir 2-3 times during
   cooking.

Stir fried vegetables are ideally served with
meat or fish.

HONEYED CHICKEN
4 boneless chicken breasts
2 tbsp(30ml) clear honey
1 tbsp(15ml) whole grain mustard
1/2 tsp(2.5ml) dried tarragon
1 tbsp(15ml) tomato puree
1/4 pint(150ml) chicken stock

1. Place the chicken breasts in a casserole dish.
2. Mix all remaining ingredients together and pour
   over the chicken. Salt and pepper to taste.
3. Cook at P-HI for 11-12 minutes. Rearrange and
   coat the chicken with the sauce twice during
   cooking.
BLUE CHEESE & CHIVE JACKETS
2 baking potatoes, (approx.9 oz.(250g) each)
2 oz.(50g) butter
4 oz.(100g) blue cheese, chopped
1 tbsp(15ml) fresh chives, chopped
2 oz.(50g) mushrooms, sliced
salt and pepper to taste

1. Prick each potato in several places. Cook at P-HI for 10-11 minutes. Halve and scoop the flesh into a bowl, add the butter, cheese, chives, mushrooms, salt and pepper, mix thoroughly.
2. Pile mixture into the potato skins and place in a flan dish, on the rack.
3. Cook at P-80 for 10 minutes.

WHITE SAUCE
1 oz.(25g) butter
1 oz.(25g) plain flour
1/2 pint(300ml) milk
salt and pepper to taste

1. Place the butter in a bowl and cook at P-HI for 1 minute, until melted.
2. Stir in the flour and whisk in the milk.
   Cook at P-HI for 3-4 minutes, stirring every 2 minutes until thick and smooth. Season with salt and pepper to taste.

STRAWBERRY JAM
11/2 lb.(675g) strawberries, hulled
3 tbsp(45ml) lemon juice
11/2 lb.(675g) caster sugar

1. Place strawberries and lemon juice in a very large bowl, heat at P-HI for 5 minutes, or until the fruit has softened. Add sugar, mix well.
2. Cook at P-80 for 25-30 minutes, until setting point is reached, stir every 4-5 minutes.
3. Pour into hot, clean jars. Cover, seal and label.

*setting point: To determine setting point, place 1 tsp(5ml) jam onto chilled saucer. Allow to stand for 1 minute. Move surface of jam gently with your finger, if the surface wrinkles setting point has been reached.

PLAIN MICROWAVE CAKE
4 oz.(100g) margarine
4 oz.(100g) sugar
1 eggs
4 oz.(100g) self raising flour, sifted
2-3 tbsp(30-45ml) milk

1. line the base of 8" (20.4cm) cake dish with grease-proof paper.
2. Cream the margarine and sugar together until light and fluffy. Beat in the eggs and fold in the sifted flour alternately with the milk.
3. Pour into prepared container. Cook at P-HI for 3-4 minutes, until a skewer comes out cleanly.
4. Leave the cake to stand for 5 minutes before turning out.

OMELETTES
1/2 oz.(15g) butter
4 eggs
6 tbsp(90ml) milk
salt & pepper

1. Whisk together eggs and milk. Season.
2. Place butter in 10"(26cm) flan dish.
   Cook at P-HI for 1 minute, until melted.
   Coat the dish with the melted butter.
3. Pour omelette mixture into flan dish.
   Cook at P-HI for 2 minutes. Whisk mixture and cook again at P-HI for 1 minutes.
SCRAMBLED EDD

½ oz. (15g) butter
2 eggs
2 tbsp (30ml) milk
salt & pepper

1. Melt the butter in a bowl at P-HI for 1 minute.
2. Add the eggs, milk and seasoning and mix well.
3. Cook at P-HI for 2 minutes, stirring every 30 seconds.

SAVORY MINCE

1 small onion, diced
1 clove garlic, crushed
1 tsp (5ml) oil
7 oz. (200g) can chopped tomatoes
1 tbsp (15ml) tomato puree
1 tsp (5ml) mixed herbs
8 oz. (225g) minced beef
salt and pepper

1. Place onion, garlic and oil in casserole, and cook at P-HI for 2 minutes or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook at P-HI for 4 minutes then P-80 for 8-12 minutes or until the meat is cooked.
Dear Customer,

Thank you for buying this Daewoo product. In the unlikely event of a failure all repair work will be carried out by your retailer or Daewoo approved service centre, for a period of 12 months from date of sale.

Daewoo Electronics Sales UK Ltd., will provide the following services in order to expedite this guarantee.

During this period should a fault occur due to improper materials or workmanship, the retailer, authorised service centre, or authorised service dealer will carry out repairs at no cost to yourself. Replacement products will be offered at the discretion of your supplying dealer.

This guarantee will be honoured by Daewoo service networks in other E.C. members states, in accordance with the terms and conditions which prevail in the member state at the time service is requested.

CONDITIONS

Any claims made under the terms of the guarantee must be supported by the original invoice/bill of sale issued at the time of sale. Daewoo reserve the right to refuse guarantee should any of the information on the bill of sale be removed or changed in any way after the original purchase of the product by the consumer from the retailer.

Modifications or adjustments made to the product which enable it to conform to local technical or safety standards in force in any country other than the one for which the product was originally designed and manufactured, are not included in this guarantee. Failures arising from such modifications, whether performed properly or not, will not be covered by this guarantee.

THIS GUARANTEE DOES NOT COVER ANY OF THE FOLLOWING:-

1) Periodic maintenance, the repair or replacement of parts due to normal wear and tear.
2) Normal service transport cost, and other costs and risks of transport relating directly or indirectly to the guarantee of the product.
3) Damage to this product resulting from: the above and misuse, including but not limited to the failure to use this product for its normal purpose or in accordance with the instructions on the proper use and maintenance of this product, and the installation or the use of this product in a manner inconsistent with the technical or safety standards in force in the country where the product is used.
4) Repairs carried out by non-authorised service centres.
5) Accidents, acts of God, or any cause beyond the control of Daewoo including but not limited to lightning, water, fire and improper ventilation.
6) Aerial alignment and consumer control adjustments
7) Batteries whether supplied by Daewoo or not which become worn or exhausted in use.
8) Loss or damage caused to any item or article used with this product. This includes (but not limited to) discs, tapes, records, and films.

This guarantee does not affect your statutory rights as a consumer, nor your rights against the retailer, arising from their sales or purchase contract.

In the absence of applicable legislation, this guarantee will be the consumers sole and exclusive remedy, and neither Daewoo nor its subsidiary, or distributor shall be liable for any incidental or consequential damages for breach of any express or implied guarantee of this product.

For further information regarding this or any other query you may have about Daewoo products or its services please write to:-

Daewoo Electronics Sales UK Limited
Daewoo Building
Wharfside Road
Winnersh Triangle
Workingham
Berkshire RG11 5TP

IN ALL CASES OF DIFFICULTY-CONSULT YOUR DAEWOO DEALER FROM WHOM THE PRODUCT WAS PURCHASED