This symbol on the product or in the instructions means that your electrical and electronic equipment should be disposed at the end of its life separately from your household waste. There are separate collection systems for recycling in the EU. For more information, please contact the local authority or your retailer where you purchased the product.
Please read these instructions and the safety guidelines on pages 8 and 9 before using your new microwave oven.
BEFORE USE

1 Remove all packaging, including the tape covering the rotating axis. Keep all packaging until you are sure that the product is operating correctly.
2 Thoroughly inspect the microwave to check for visible damage during transit. If there is any visible damage do not use the microwave.
3 Check that the voltage printed on the rating plate on the back of the microwave oven corresponds to the mains voltage in your home.
4 Place the microwave oven on a secure flat surface, away from the surface edge and away from contact with water, steam or high temperatures. Ensure the surface is strong enough to easily take the weight of the microwave.
5 The microwave oven is intended to be used freestanding. It is not intended to be built-in or used in a cabinet.

6 For sufficient ventilation, please ensure that there is a distance of at least 10cm between the back of the microwave and the wall behind, 15cm at both sides and 30cms between the top of the microwave and the nearest surface.
7 Do not place any items on top of the microwave.
8 Make sure the appliance is placed so that a plug socket is easily accessible.
9 Before plugging in, make sure the power supply cable is undamaged.
10 Slot the rotating ring into the recess at the centre of the rotating axis and place the glass turntable on top. It should easily slot into place. Always have the rotating ring and glass turntable in place when operating the oven.

WARNING If the door or door seals are damaged, the oven must not be operated until it has been repaired by an authorised engineer.
Cooking using your microwave oven

Always use containers that are microwave-safe to avoid damaging them or the microwave oven. Do not place metal saucepans or cutlery, or any dishes or cups etc that contain metal into the microwave.

1. Connect the microwave to the power supply.
2. Switch the power supply on.
3. To open the door pull the door handle, place the food in the centre of the turntable.
4. Set the cooking temperature using the bottom dial. Choose from low (17% power), medium low (36% power), medium (55% power), medium high (77% power) and high (100%).
5. Set the top dial to the desired cooking time.
6. When you have moved the time dial past the five minute mark, it will automatically start. If you wish to set a time less than five minutes, you will need to move the dial past five minutes and then back again to the desired time.
7. When the microwave is in operation, it can be stopped at any time by opening the door. The cooking operation will resume if you close the door.
8. At the end of your cooking time a bell will ring. The cooking operation will end and the interior light will go out.

Take care when removing the food from the oven as it will be very hot.
Do not slam the microwave oven door.

**WARNING** If you remove your food before the cooking time has finished, be sure to return the dial to ‘0’. This will avoid the microwave oven continuing to cook without anything inside.
Defrosting using your microwave oven

1. Turn the bottom dial to the defrost option.
2. Set the timer according to the weight of the food you are defrosting, in kilograms. A longer time is required to defrost food than to cook food in the microwave.
3. During defrosting, turn the food several times to check whether it is thoroughly defrosted. It is ready when the food can be cut easily with a knife.

Always ensure food is thoroughly defrosted before cooking.

Follow the manufacturer’s guidelines on pre-packed foods and ready made meals.

HANDY HINTS

- Use containers that are microwave-safe to avoid damaging them or the microwave oven. Microwave utensils should be used only in accordance with manufacturer’s instructions.
- Do not place metal saucepans or cutlery, or any dishes or cups etc that contain metal into the microwave oven.
- Food surrounded by a membrane such as eggs, unpeeled potatoes, sausages and chestnuts should not be heated in the microwave oven as they may explode. Pierce or peel them before cooking.
- It is sometimes possible to super-heat some liquids or foods beyond their natural boiling point. Such superheated liquids may boil suddenly and violently when jolted or stirred after removal from the oven. It is therefore essential to take precautions such as covering the food or liquid or allowing it to cool before removal from the oven.
- Take extra care when handling containers taken from the microwave oven, as they may become hot during the cooking process.
HANDY HINTS

- There are certain foods such as Christmas puddings, jam and mincemeat, which heat up very quickly. When heating or cooking these, or other food or liquid items with a high fat or sugar content, do not use plastic containers.
- It is advisable never to consume food or liquid straight from the microwave oven. Allow it to stand for a few minutes, then stir the food or liquid to distribute heat evenly. The contents of baby bottles and baby food jars must be stirred and shaken after cooking. Check that the temperature is suitable before feeding hot food to a child or baby.
- Food continues to cook for a short period after it is removed from the microwave.
- Do not attempt to override the door open switches. Always use the microwave oven with the door closed.
- Do not use near any magnetically sensitive appliances such as televisions or telephones, etc.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

WARNING  Liquids and other foods must not be heated in sealed containers since they are liable to explode.
MAINTENANCE

To extend the life of your microwave oven, and to ensure your safety we suggest you clean it regularly and remove any food deposits. Do not use hard detergents, abrasive powder or metal brushes to clean any part of the appliance. There are no serviceable parts within the oven.

Cleaning

The microwave oven should be cleaned regularly and any foods deposits removed:

1. Disconnect the power supply and wait until the oven is completely cool before cleaning.
2. Remove the turntable and ring and wash them separately in warm soapy water.
3. Use a soft wet cloth to wipe the oven, including the inner and outer door and control panel. Special care should be taken in wiping down the door seals, cavities and adjacent parts.
4. Food substances that have splashed onto the cavity walls may smoke when the appliance is working. Take special care when cleaning these parts.
5. To remove unpleasant smells from your oven combine a cup of water with the juice and skin of one lemon in a deep microwaveable bowl. Microwave for 5 minutes, then wipe the inside of the oven thoroughly and dry with a soft cloth.
6. Dry all parts thoroughly and replace them carefully, ready for your next use.

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.
SAFETY

- Do not use the glass turntable plate in an oven or freezer or any other microwave oven.
- In common with other electrical appliances, this microwave oven must never be put in water, used in a bathroom or near any source of water.
- Do not use outdoors.
- Do not use with an extension lead.
- This microwave oven is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised by a person responsible for their safety. Children should be supervised to ensure that they do not use or play with the microwave oven.
- Position the mains lead so that it does not overhang a work surface or touch hot or sharp objects.
- Do not touch hot surfaces.
- Do not place metal saucepans or cutlery, or any dishes or cups etc that contain metal into the microwave.

- Only use suitable microwave-proof crockery and kitchenware in the microwave.
- Do not disconnect the microwave from the mains supply by pulling on the mains lead. Always switch off at the mains socket and remove the plug.
- This microwave oven is intended for domestic use only. Do not use this appliance for anything other than its intended use.
- Never operate the microwave when empty.
- Never attempt to use the microwave with the door open.
- Do not force or tamper with the door safety latches.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the microwave oven and cause electric shock.
- Do not use the microwave oven if water or food drops into the air vents. Switch off the microwave oven immediately and unplug from the mains supply.
The microwave oven should not be used near or below curtains or other materials that could catch fire.

Do not leave the microwave oven unattended when in use.

Do not use the oven for any reason other than food preparation, such as for drying clothes, paper, or any other non-food items, or for sterilizing purposes.

Do not use the oven cavity for any type of storage, such as for papers or cookbooks.

Do not cook food directly on the glass tray. Always place food in or on a proper cooking utensil before placing it in the oven.

Do not heat paper covered wire twist-ties on plastic bags in the oven.

Do not use conventional meat or candy thermometers. There are thermometers available specifically for microwave cooking, which may be used.

Do not attempt to deep-fry foods in this oven.

Keep an eye on the oven and take special care when heating food in plastic or paper containers due to the possibility of fire.

Should smoke be observed from the microwave oven, switch off and unplug from the mains socket. Keep the oven door closed in order to stifle any flames.

If the supply cord is damaged it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid a hazard.
GUARANTEE

This appliance has been manufactured to exacting standards and the Company guarantees that should any defect in materials or workmanship occur within 12 months of the date of purchase (but not damage caused by misuse, negligence, or damage in transit), we will repair, or at our option, replace free of charge - always provided that the appliance has been used for normal domestic purposes in the U.K. and has been operated on an electric supply which matches that shown on the rating plate.

Please keep your receipt as proof of purchase.
This guarantee in no way diminishes the buyer's legal rights.

The policy of Frigidaire Consolidated Ltd is one of continuously seeking new ways of improving its products. Therefore the Company reserves the right to change the specification of items illustrated and described, at any time. If a fault occurs with this product you should consult the supplier or shop where it was purchased.
ELECTRICAL CONNECTIONS

THIS APPLIANCE MUST BE EARTHED.
This appliance is fitted with a fused three pin plug to BS 1363 which will be suitable for use in all houses fitted with sockets to current specifications.
If the fitted plug is not suitable for your socket outlets, it should be cut off and carefully disposed of. To avoid a possible shock hazard, do not insert the discarded plug into a socket.

Fitting a new plug
If for any reason you need to fit a new plug, the flexible mains lead must be connected as shown here.
The wires in the mains lead fitted to this appliance are coloured in accordance with the following code:
If the colours of the wires in the mains lead of this appliance do 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 which is marked with the letter E (Earth) or symbol or coloured Green. 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.

Before refitting the plug cover, check that there are no cut or stray strands of wire inside the plug. Use a 13 Amp BS1362 fuse, only BSI or ASTA approved fuses should be used. If you are in any way unsure which plug or fuse to use, always refer to a qualified electrician.

Note: After replacing or changing a fuse on a moulded plug which has a fuse cover, the cover must be refitted to the plug, the appliance must not be used without a fuse cover. If lost, replacement fuse covers can be obtained from an electrical shop.

This appliance complies with the following EEC Directives: