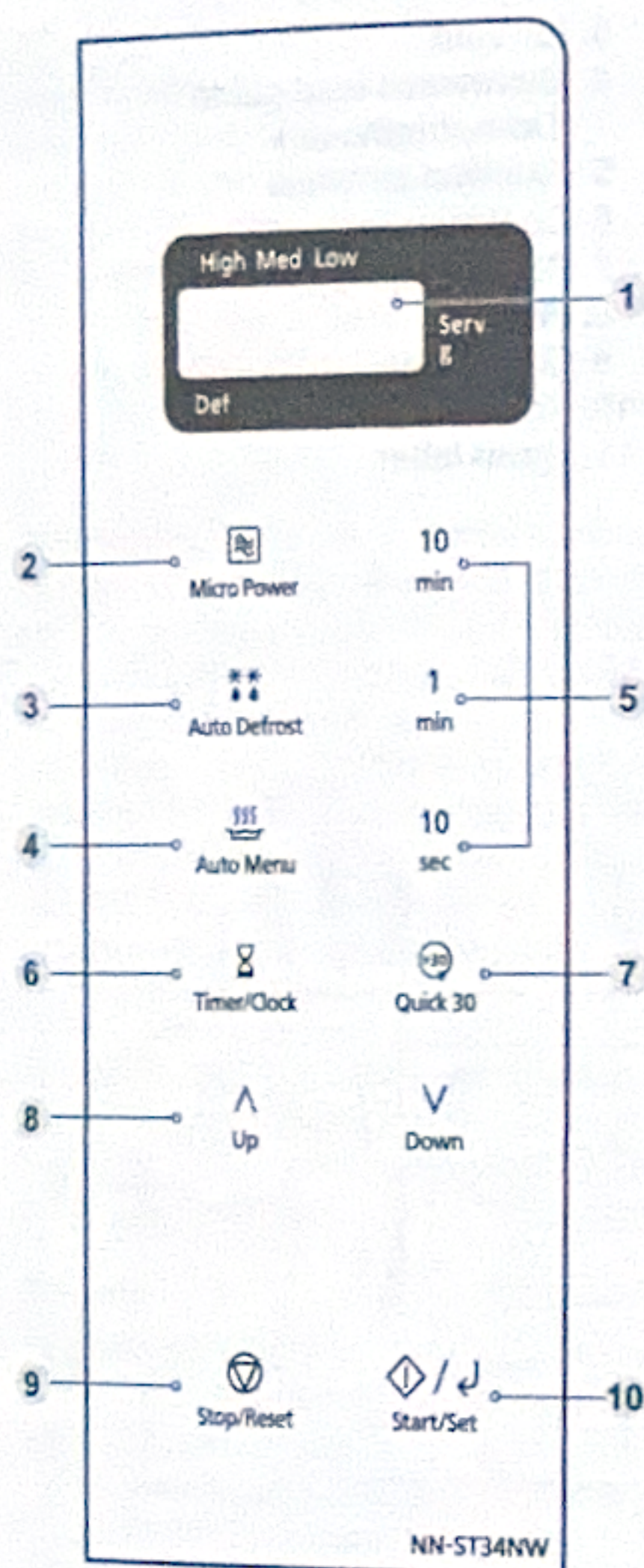


Control panel



• Your control panel may have differences in appearance, but the words on the pads and functionality 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. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep 5 times.

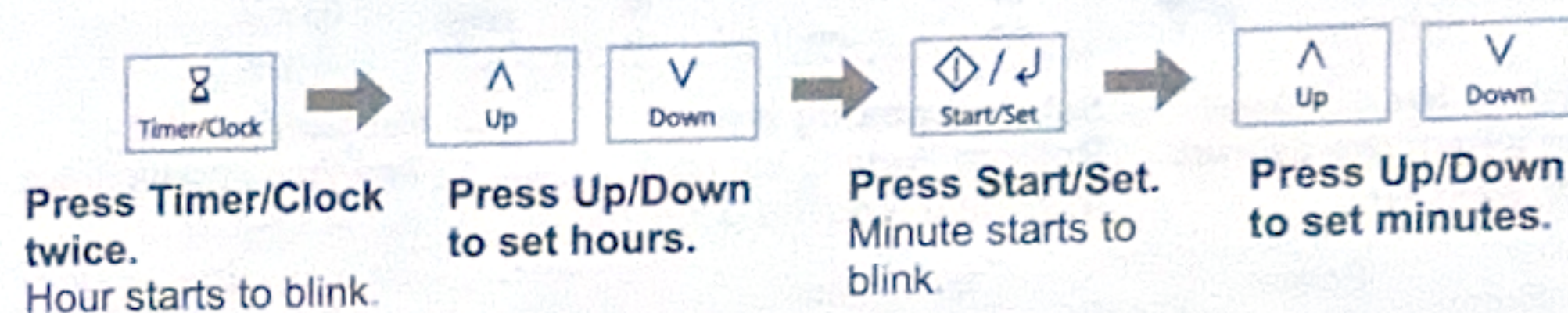
- 1 Display window
 - 2 Micro Power pad
 - 3 Auto Defrost pad
 - 4 Auto Menu pad
 - 5 Time pads
 - 6 Timer/Clock pad
 - 7 Quick 30 pad
 - 8 Up/Down pads
 - 9 Stop/Reset pad
 - 10 Start/Set pad
- Before Cooking**
One press clears your instructions.
- During Cooking**
One press temporarily stops the cooking process. Another press cancels all your instructions and a dot or the time of day will appear in the display.
- 10 Start/Set pad**
One press allows oven to begin operation. If door is opened or Stop/Reset is pressed once during oven operation, Start/Set must be pressed again to restart oven.

■ Note

If Start/Set is not pressed for 6 minutes after cooking programme setting, the oven will automatically cancel the cooking programme. The display will revert back to clock or dot.

Setting the clock

When the oven is plugged in for the first time, "88.88" appears in display.



■ Notes

1. To reset the clock, repeat the whole step 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 12 hour clock.

Child safety lock

This feature will make the oven controls inoperable; however, the door can be opened. Child safety lock can be set when the display shows a dot or the time.

To Set:



Press Start/Set 3 times within 10 seconds.

The clock will disappear. Actual time will not be lost. "Child" is indicated in the display.

To Cancel:

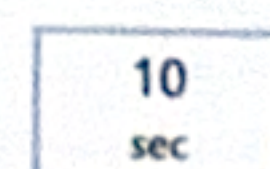
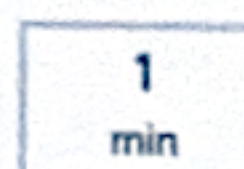
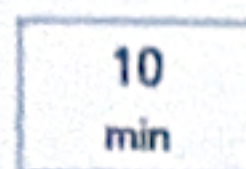


Press Stop/Reset 3 times within 10 seconds.

The clock will reappear in the display.

Microwave cooking and defrosting

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



Press Micro Power to select the desired power level.

Set the cooking time. Refer to "Setting the cook time/timer time" on page 15.

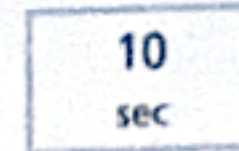
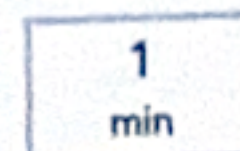
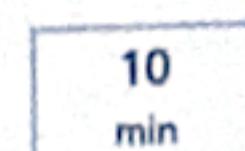
Press Start/Set. The time counts down in the display.

Press	Power Level	Wattage	Max. time available	Example of Use
once	High	900 W	30 minutes	Boil water. Cook fresh fruit, vegetables, rice, pasta and noodles.
twice	Med-high	500 W	99 minutes 50 seconds	Cook poultry, meat, cakes and desserts. Heat milk.
3 times	Medium	400 W	99 minutes 50 seconds	Cook eggs, cheeses, fish, pot roasts, casseroles and meat loaves. Melt chocolate.
4 times	Defrost	200 W	99 minutes 50 seconds	Thaw foods.
5 times	Low	100 W	99 minutes 50 seconds	Keep cooked foods warm, simmer slowly.

Notes

- The oven will automatically work on High microwave power if a cooking time is entered without the power level previously being selected.
- While cooking, the glass tray may vibrate. This will not affect cooking performance.
- For MULTI-STAGE COOKING, refer to page 16.
- STANDING TIME can be programmed after microwave power and time setting. Refer to page 18.
- DO NOT cook with any metal accessory in the oven.
- Always check the food during defrosting by opening the door then restarting. It is not necessary to cover food during defrosting. To ensure an even result, stir, turn or separate several times during defrosting. For large joints and poultry, turn halfway through defrosting and protect ends and tips with aluminium foil. Refer to Defrosting guidelines on page 21 for details.
- When the microwave oven is operated at High microwave power for long time, the microwave oven automatically adjust the power to protect the components of the microwave oven.

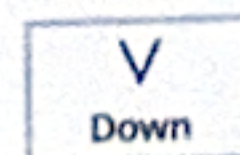
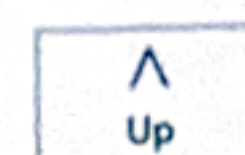
■ Setting the cook time/timer time
When you set the cook time or the timer time, use following keys according to your needs.



Press each Time pad repeatedly according to the time value you want to set.



Press Quick 30 to set cooking time in 30 seconds increments.

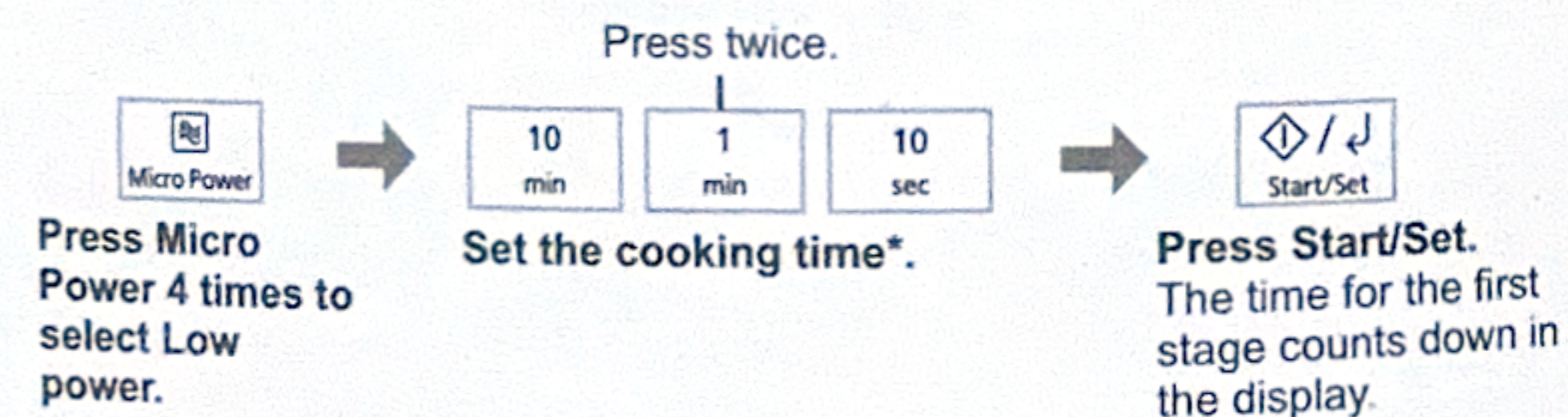
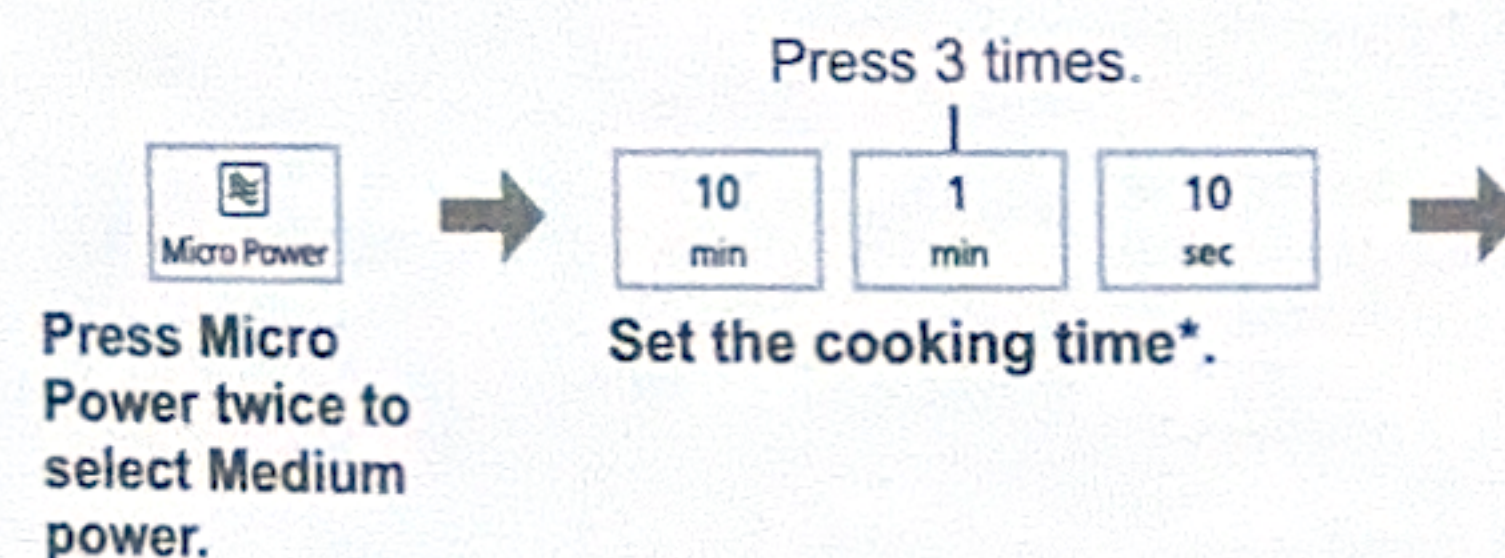
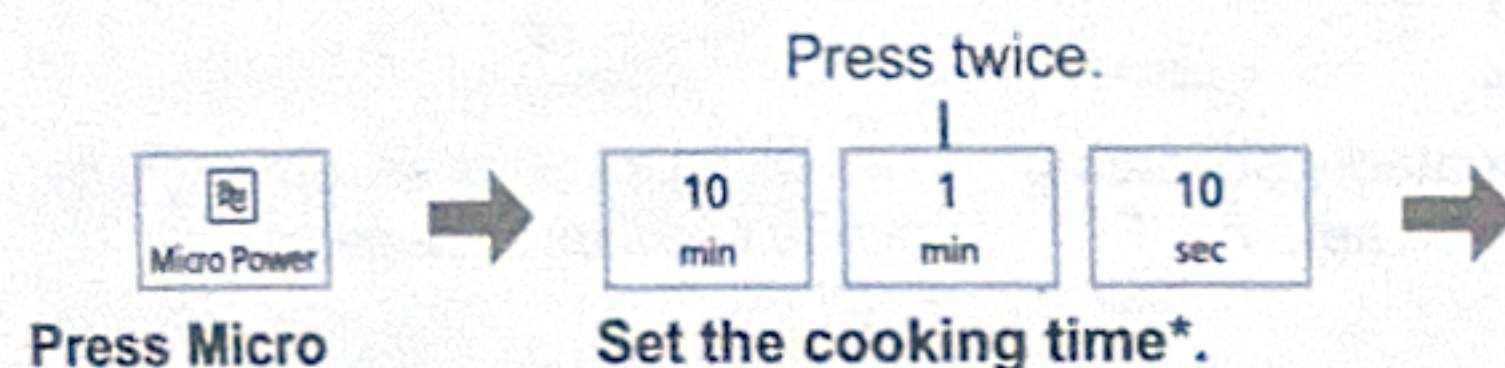


After you enter a time value with each Time pad or Quick 30, you can adjust the time values with the Up/Down pads.

Multi-stage cooking

This feature allows you to programme up to 3 stages of cooking continuously.

Example: To continually set High power for 2 minutes, Medium power for 3 minutes and Low power for 2 minutes.



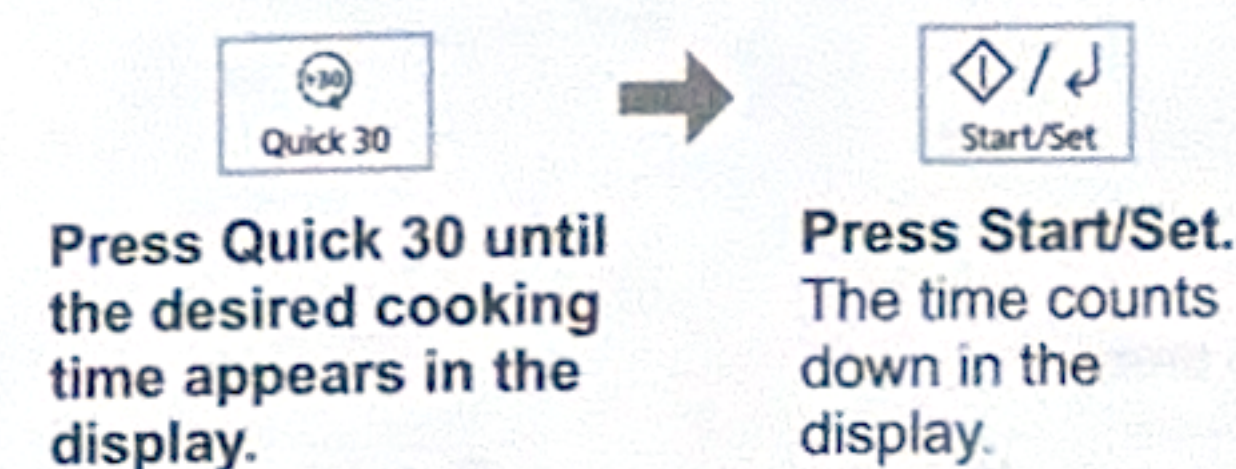
* Refer to "Setting the cook time/timer time" on page 15.

■ Notes

1. AUTO PROGRAMMES cannot be used with MULTI-STAGE COOKING.
2. When operating, 2 beeps will sound between each stage, and 5 beeps will sound after all stages have finished.
3. High MICROWAVE power can be set only once in MULTI-STAGE COOKING.

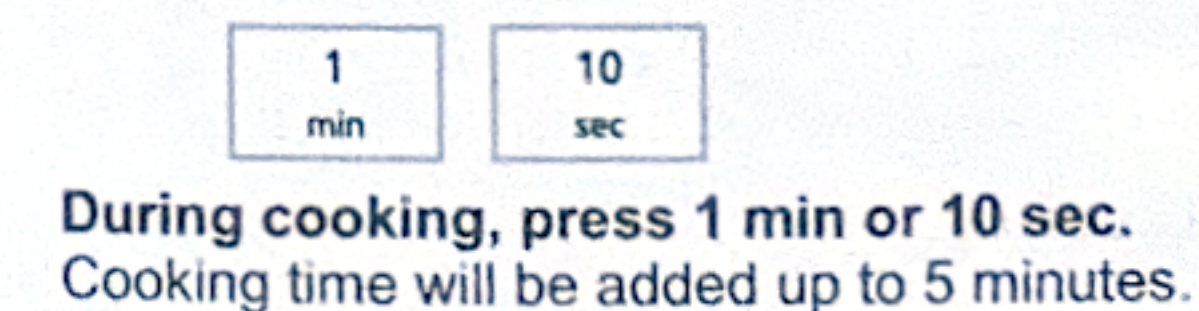
Quick 30 feature

This feature allows you to set cooking time in 30 seconds increments up to 5 minutes at High power.



Add time feature

This feature allows you to add cooking time during cooking.

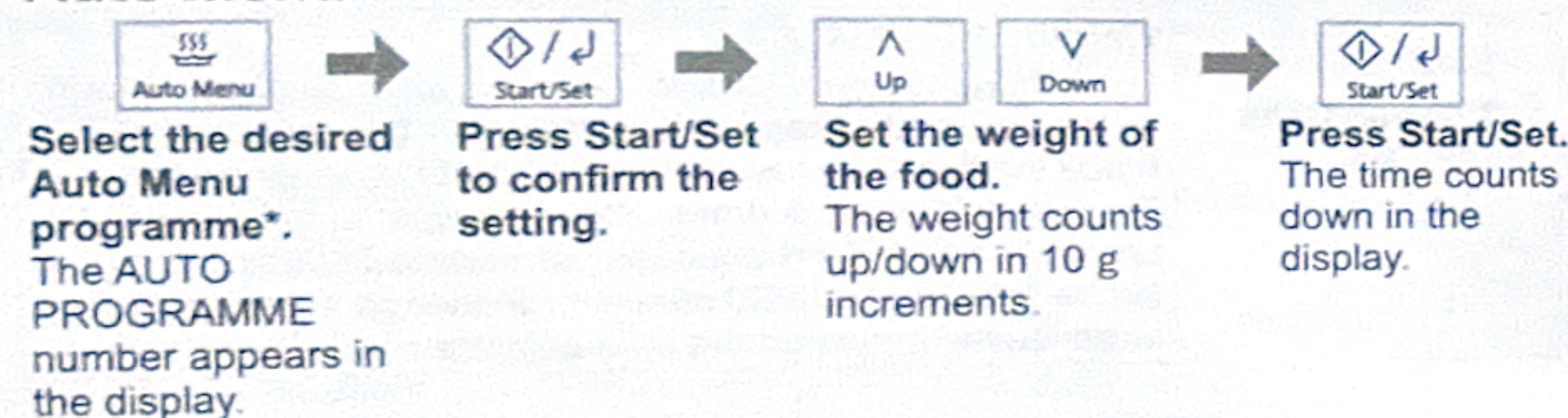


■ Note

ADD TIME feature is not available for AUTO PROGRAMMES.

Auto programmes

Auto menu



* After press the Auto Menu pad, you can also use the Up/Down pads to select the Auto Menu programme.

Note

As some variations may occur in food, check that food is thoroughly cooked and piping hot before serving.

Programme	Instructions
1. Chilled Meal   1 press	Weight: 200 - 800 g For reheating a pre-cooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. +5 °C. Reheat in container as purchased. Follow manufacture's directions for preparation. If transferring food to a dish, cover with pierced cling film. Place container on glass tray. Press Auto Menu once and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps. Stir again at end of programme and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This programme is not suitable for starchy foods such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.
2. Frozen Meal   2 presses	Weight: 300 - 600 g For reheating a frozen pre-cooked meal. All foods must be pre-cooked and frozen (-18 °C). Reheat in container as purchased. Follow manufacture's directions for preparation. If transferring food to a dish, cover with pierced cling film. Place container on glass tray. Press Auto Menu twice and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps and cut the blocks into pieces. Stir again at end of programme and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This programme is not suitable for starchy foods such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.

Programme	Instructions
3. Fresh Vegetables   3 presses	Weight: 100 - 800 g For cooking fresh vegetables like carrots, broccoli, cauliflower and green beans. Place prepared vegetables in a suitable sized container. Sprinkle with 1 tbsp water per 100 g vegetables. Cover with cling film. Pierce cling film with a knife once in the centre and 4 times around the edge. Press Auto Menu 3 times and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps.
4. Frozen Vegetables   4 presses	Weight: 100 - 800 g For all types of frozen vegetables, like frozen peas, sweetcorn or mixed vegetables. Place prepared vegetables into a suitable size microwave safe casserole and add 2-6 tbsp of water if desired. Cover with a well fitting lid. Place the casserole on glass tray. Press Auto Menu 4 times and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps. At the end of cooking, let it covered and stand for 3 to 5 minutes.
5. Fresh Fish   5 presses	Weight: 200 - 700 g For cooking fresh fish filets and steaks. Place in a suitable sized container. Add 1-3 tbsp liquid. Cover with cling film. Pierce cling film once in the centre and 4 times around the edge. Press Auto Menu 5 times and press Start/Set. Set the weight of the food and press Start/Set. Allow a few minutes standing time.
6. Potatoes   6 presses	Weight: 200 - 600 g For cooking potatoes. Pare potatoes well and cut into even size pieces. Place in a suitable size microwave safe casserole and add 1-3 tbsp of water. Cover with lid or cling film. Place the casserole on glass tray. Press Auto Menu 6 times and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps.
7. Chicken   7 presses	Weight: 200 - 800 g For cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc. Pierce the chicken pieces well with fork before cooking. Place prepared chicken pieces in a suitable size microwave safe dish. Add 1-5 tbsp oil if desired. Cover with cling film pierced twice. Place the dish on glass tray. Press Auto Menu 7 times and press Start/Set. Set the weight of the food and press Start/Set. Turn at beeps.