



OWNER'S MANUAL

MICROWAVE OVEN

Please read this owner's manual thoroughly before operating.

MS404 ***
(optional, please check model specification)



MFL40257836

www.lg.com

How the Microwave Function Works

Microwaves are a form of energy similar to radio, television waves, and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect.

This oven, however, has a magnetron that is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

These microwaves enter the cooking area through openings inside the oven. A tray is located inside the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

Your Microwave oven, is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

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IMPORTANT SAFETY INSTRUCTIONS

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

WARNING

This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others. All safety messages will follow the safety alert symbol and either the word "WARNING" or "CAUTION". These words mean:

WARNING

This symbol will alert you to hazards or unsafe practices which could cause serious bodily harm or death.

CAUTION

This symbol will alert you to hazards or unsafe practices which could cause bodily injury or property damage.

WARNING

- 1 **Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven which would involve the removal of any cover protecting against exposure to of service technician.the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.**
 - Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
- 2 **Do not use the oven for the purpose of dehumidification.(ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)**
 - It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.
- 3 **This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.**
 - Improper use may cause damage such as a fire, electric shock or burn.
- 4 **Accessible parts may become hot during use. Young children should be kept away.**
 - They may get a burn.
- 5 **Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.**
 - They could burst.
- 6 **Be certain to use proper accessories on each operation mode.**
 - Improper use could result in damage to your oven and accessories, or could make spark and a fire.
- 7 **The children should not allow to play with accessories or hang down from the door handle.**
 - They may get hurt.
- 8 **If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**

- 9 It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- 10 When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.



CAUTION

- 1 You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.
 - It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened.)
- 2 Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.
 - It could result in harmful exposure to excessive microwave energy.
- 3 Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
 - It could result in harmful exposure to excessive microwave energy.
- 4 Please ensure cooking times are correctly set, Small amounts of food require shorter cooking or heating time.
 - Over cooking may result in the food catching on fire and subsequent damage to your oven.
- 5 When heating liquids, e.g. soups, sauces and beverages in your microwave oven,
 - * Avoid using straight sided containers with narrow necks.
 - * Do not overheat.
 - * Stir the liquid before placing the container in the oven and again halfway through the heating time.
 - * After heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).
 - * Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
- 6 An exhaust outlet is located on the top, bottom or side of the oven.
Don't block the outlet.
 - It could result in damage to your oven and poor cooking results.
- 7 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
 - Improper use could result in damage to your oven.
- 8 Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.
 - Improper use can cause an explosion or a fire.
- 9 Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.
Metallic containers for food and beverages are not allowed during microwave cooking.
 - They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.

10 Do not use recycled paper products.

- They may contain impurities which may cause sparks and/or fires when used in cooking.

11 Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.

- Improper use could result in damage to your oven.

12 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.

- Improper use could result in bodily injury and oven damage.

13 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.

- They could burst.

14 Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

- Pressure will build up inside the egg which will burst.

15 Do not attempt deep fat frying in your oven.

- This could result in a sudden boil over of the hot liquid.

16 If smoke is observed (or emitted), switch off or unplug the appliance and keep the door closed in order to stifle any flame.

- It can cause serious damage such as a fire or electric shock.

17 When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.

- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.

18 The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before clearing make sure they are not hot.

- As they will become hot, there is the danger of a burn unless wearing thick culinary gloves .

19 The oven should be cleaned regularly and any food deposits should be 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.

20 Only use the temperature probe recommended for this oven.

- You can not ascertain that the temperature is accurate with an unsuitable temperature probe.

21 Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.

- Overcooking could result in the corn catching a fire.

22 This appliance must be earthed.

The wires in the mains lead are colored in accordance with the following codes

BLUE ~ Neutral

BROWN ~ Live

GREEN & YELLOW ~ Earth

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 colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK. The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED. The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or \perp .

If the supply cord is damaged, it must be replaced by the manufacturer, a service agent or a similarly qualified person in order to avoid potential hazards.

- Improper use may cause serious electric damage.

23 This oven should not be used for commercial catering purposes.

- Improper use could result in damage to your oven.

24 The connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules.

- Using improper plug or switch can cause an electric shock or a fire.

25 Children should be supervised to ensure that they do not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

26 The appliance is not intended to be operated by means of an external timer or separate remote-control system.

27 Only use utensils that are suitable for use in microwave ovens.

28 This microwave oven must not be placed in a cabinet.

29 This microwave oven is intended to be used freestanding.

30 Keep the appliance and its cord out of reach of children less than 8 years.

31 The door or the outer surface may get hot when the appliance is operating.

32 This appliance is intended to be used in household and similar applications such as

- staff kitchen areas in shops, offices and other working environments
- farm houses
- by clients in hotels, motels and other residential environments
- bed and breakfast type environments

33 The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

34 The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

35 According to the installation requirements set, otherwise the impact of heat, prone to danger.

36 This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

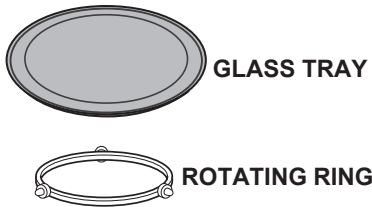
37 Steam cleaner is not to be used.

BEFORE USE

Unpacking & Installing

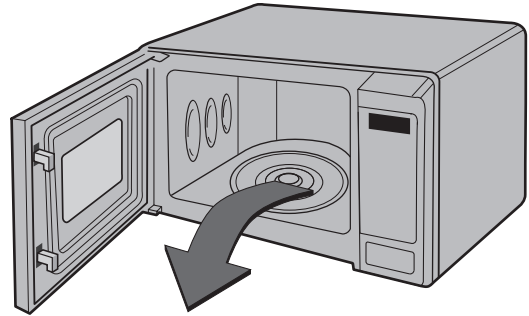
By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidelines on where to install your oven. When unpacking your oven make sure you remove all accessories and packing materials. Check to make sure that your oven has not been damaged during shipping.

- 1 Unpack your oven and place it on a flat level surface.



GLASS TRAY

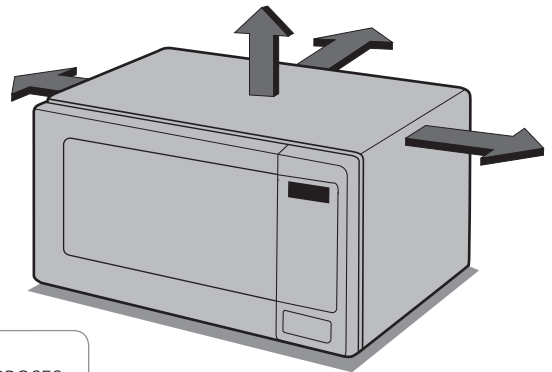
ROTATING RING



- 2 Place the oven on the level location of your choice with more than 85cm height but make sure there is at least 20cm of space on the top and 10cm at the rear for proper ventilation.

The front of the oven should be at least 8cm from the edge of the surface to prevent tipping.

An exhaust outlet is located on bottom or side of the oven. Blocking the outlet can damage the oven.



! NOTE

• THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.

- 3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket.
If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.
- 4 Open your oven door by pressing the door open button. Place the rotating ring inside the oven and place the glass tray on top.
- 5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the glass tray and close the oven door.
If you have any doubts about what type of container to use please refer to Page 9.



- 6 Press the **STOP/CLEAR** button, and press the **START/QUICK START** button one time to set 30 seconds of cooking time.



- 7 The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm.
Be careful when removing the container it may be hot.



YOUR OVEN IS NOW INSTALLED

- 8 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption in order to avoid burns.

Microwave-Safe Utensils

Never use metal or metal trimmed utensils in using microwave function

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in the microwave. Place the utensil in question next to a glass bowl filled with water in using microwave function. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in the microwave. Just read through the following checklist.

Dinner plates

Many kinds of dinnerware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

Glassware

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

Plastic storage containers

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

Paper

Paper plates and containers are convenient and safe to use in using microwave function, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.

Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in using microwave function, as they will melt and rupture.

Plastic microwave cookware

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

Pottery, stoneware and ceramic

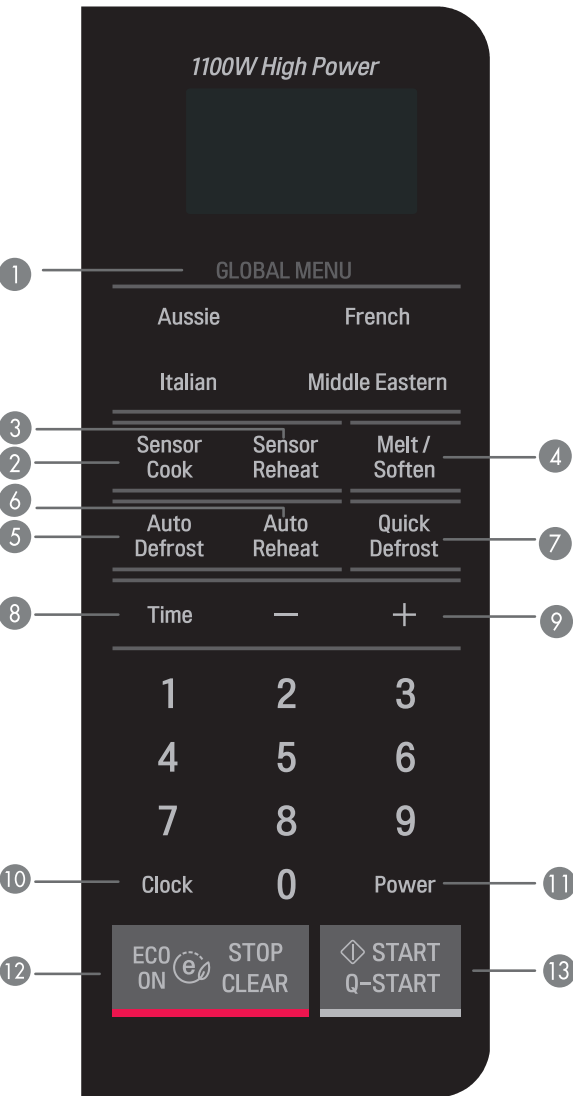
Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure.



CAUTION

- Some items with high lead or iron content are not suitable as cooking utensils.
- Utensils should be checked to ensure that they are suitable for use in the microwave.

Control Panel



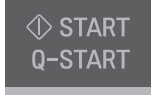


Part	
1	GLOBAL MENU See page 18 "Global Menu"
2	SENSOR COOK Sensor Cook allows you to cook most of your favorite food by selecting the food type and the weight of the food. See page 13 "Sensor Cook"
3	SENSOR REHEAT See page 17 "Sensor Reheat"
4	MELT/SOFTEN See page 27 "Melt/Soften"
5	AUTO DEFROST See page 29 "Auto Defrost"
6	AUTO REHEAT See page 31 "Auto Reheat"
7	QUICK DEFROST See page 28 "Quick Defrost"
8	TIME See page 12 "Timed Cooking"
9	MORE / LESS See page 11 "More / Less"
10	CLOCK See page 11 "Setting Clock"
11	POWER See page 12 "Timed Cooking"
12	STOP / CLEAR / ECO ON <ul style="list-style-type: none"> • Stop over and clear all entries except time of day. • ECO ON feature saves energy .
13	START / QUICK START <ul style="list-style-type: none"> • In order to start cooking which is selected, press button one time. • The quick start feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the quick start button.

SETTING CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to "0".


Example: To set 11:11 .

	1. Press ECO ON / STOP .
↓	
Clock	2. Press CLOCK one time. '24H' will show in the display. (press CLOCK twice for 12 Hour mode)
↓	
	F. Press START .
↓	
1 1 1 1	G. 1 1 & ~ # # # # display shows '11:00'
↓	
	H. Press START .

ENERGY SAVING

ECO ON feature saves energy by turning off the display. This feature only operates when the ECO ON / STOP button is pressed and then cancels when the door is opened or any button is pressed.


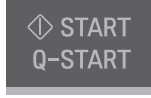
To set the ECO ON

	1. Press ECO ON / STOP The display will go out and ECO ON will be active.
Press the ECO ON / STOP or any other button to cancel this feature when it is on.	

MORE/LESS

By using the (—) or (+) keys, TIMED COOK program can be adjusted to cook food for a longer or shorter time. Pressing (+) will add 10 seconds to the cooking time each time you press it. Pressing (—) will subtract 10 seconds of cooking time each time you press it. The max time possible will be 99min59sec.



To adjust the Global Menu (ex. Corned Beef 1.2 kg) cooking time for a longer time, or for a shorter time

	1. Press ECO ON / STOP .
	2. Press Aussie .
↓	
Aussie	'Ac&E' will show in the display.
↓	
1 2	F. 1 2 & ~ # \$ display shows "1.2kg"
↓	
	G. Press START .
↓	
— +	H. Press (+) or (—) Remaining time will increase or decrease by 10 seconds.

QUICK START

The QUICK START feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the START

Example: Set 2 minutes of cooking on high power.

-  Time of day.
-  Select 2 minutes on high power.

Press the START button four times

The oven will start before you have finished the fourth press.

During QUICK START cooking, you can extend the cooking time up to 10 minutes by repeatedly pressing the START key.

HOW TO USE

TIMED COOKING (manual cooking)

This function allows you to cook food for a desired time. There are 10 power levels available. The example below shows how to set 80% power level for the desired time.

Example: To cook food on 80% Power (Power8) for 5 minutes 30 seconds

ECO ON STOP CLEAR

1. Press **STOP/CLEAR**.

Time

2. Press **TIME**.

5

3

0

3. Enter 5 minutes 30 seconds by touching **[5]**, **[3]**, and **[0]**.

Power

8

4. Press **POWER**.
P-HI appears in the display. This is to tell you that the oven is set on HI unless a different power setting is chosen.

8

5. Press **8**.
To select power level 80%. Display shows **P-80**.

START Q-START

6. Press **START/Q-START**.

2 STAGE TIMED COOKING

For Two Stage cooking, repeat timed cooking steps 2 and 3 from the above example before pressing the START button. The 2nd stage will continue on from the 1st stage by applying the set power level and set time automatically.

MICROWAVE POWER LEVELS

Your microwave oven is equipped with ten power levels to give you maximum flexibility and control over cooking. The adjacent table will give you some idea of which foods are prepared at each of the various power levels.

* The adjacent chart shows the power level settings for your oven.

MICROWAVE POWER LEVEL CHART

Power Level	Use
High (100%)	* Boiling water. * Browning ground beef. * Making candy. * Cooking poultry pieces, fish, & vegetables. * Cooking tender cuts of meat.
90	* Reheating rice, pasta, & vegetables.
80	* Reheating prepared foods quickly. * Reheating sandwiches.
70	* Cooking egg, milk and cheese dishes. * Cooking cakes and breads. * Melting chocolate.
60	* Cooking veal. * Cooking whole fish. * Cooking puddings and custard.
50	* Cooking ham, whole poultry and lamb. * Cooking rib roast and sirloin tip.
40	* Thawing meat, poultry and seafood.
30	* Cooking less tender cuts of meat. * Cooking pork chops and roast.
20	* Taking chill out of fruit. * Softening butter.
10	* Keeping casseroles and main dishes warm. * Softening butter and cream cheese.




When cooking is complete, four short beeps will sound. The word **End** shows in the display window. 'End' remains in the display and 3 beeps will sound every minute until the door is opened, or any button is pressed.

NOTE:

If you do not select the power level, the oven will operate at power HIGH. To set HI-POWER cooking, skip step 2 above.

CHILD LOCK

This is a unique safety feature that prevents unwanted oven operations. Once the CHILD LOCK is set, no cooking can take place.

To set the child lock	
	1. Press ECO ON / STOP .
	
	2. Press and hold ECO ON / STOP until L appears in the display and two beeps are heard.
	If the time of day was already set, the time of day will disappear on the display window.

If the CHILD LOCK was already set and you touch another cooking pad, the word L shows in the display. You can cancel the CHILD LOCK according to below procedure.

To cancel the child lock	
	Press and hold ECO ON / STOP until L disappears in the display.

After the CHILD LOCK is turned off, the time of day will return to the display window. The oven will operate normally.

SENSOR COOK OPERATION INSTRUCTION

Sensor cooking provides exciting new features to make microwaving easier. Your new microwave oven will guide you, step by step, whether it be simply to reheat food or cook food.

With all the popular food choices, the Sensor menu helps you to cook perfectly because it has been pre-programmed and can tell how long to cook or reheat food items.

Categories:



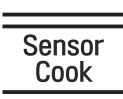

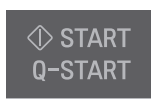
Sensor Reheat
Sensor Cook

For most Sensor Cooking programs, a chart with specific food examples and cooking instructions is provided in the next few pages.

1. The Sensor Cook system works by detecting a build-up of vapor.
2. Make sure the door remains closed.
3. Once the vapor is detected, two beeps will sound.
4. Opening the door or pressing the ECO ON /STOP pad before the vapor is detected will abort the process. The oven will stop, and the sensor cooking will be cancelled.
5. Before using Sensor Touch, make sure the glass turntable is dry, to assure the best results.

SENSOR COOK

SENSOR allows you to cook most of your favorite foods without having to select cooking times and power levels. This oven automatically determines required cooking times for each food item. This feature has 15 food categories.

To cook Mashed Potato	
	1. Press ECO ON / STOP .
	
	2. Press Sensor Cook !~ "æ" will show in the display.
	
	3. Press START . 'SENS' will show in the display and the cooking will start.

Note: To select the S-P1 or the S-d1 menus, press the Sensor Cook button repeatedly until the desired sensor menu is displayed.

When using any Sensor function, it is best that the food remain uncovered, however, if cooking foods with high fat content, then a perforated microwave safe cover should be used. Keep the oven cavity clean at all times.

SENSOR COOK MENU INSTRUCTIONS - VEGETABLE

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)																											
Sc-1	Jacket Potato Potatoes (whole)	1 - 4 pieces (175 g per piece)	Room	Wash & pat potatoes dry with paper towel. Pierce each potato 3 times with a fork. Place potatoes around the outer edge of the turntable. After cooking potatoes should still be firm. Wrap in foil and stand.	1 piece = 3 2 pieces = 5 3 pieces = 5 4 pieces = 7																											
Sc-2	Mashed Potato	2- 4 serves	Room	<table><tr><td>Ingredients</td><td>2 serves</td><td>3 serves</td><td>4 serves</td></tr><tr><td>Potato</td><td>450 g</td><td>675 g</td><td>900 g</td></tr><tr><td>Hot Milk</td><td>1/2 cup</td><td>2/3 cup</td><td>3/4 cup</td></tr><tr><td>Butter</td><td>50 g</td><td>75 g</td><td>100 g</td></tr></table> <p>Salt 7 ground black pepper</p> <p>Peel potatoes and cut into 2cm cubes. Place the potato into a microwave- safe dish with 2 tablespoons of water. Place a sheet of damp paper towel directly onto the surface and cover the dish with lid or plastic wrap loosely. After cooking allow potatoes to stand. Drain. Mash the potatoes until smooth. Stir in hot milk and butter. Season with salt and pepper.</p>	Ingredients	2 serves	3 serves	4 serves	Potato	450 g	675 g	900 g	Hot Milk	1/2 cup	2/3 cup	3/4 cup	Butter	50 g	75 g	100 g	1 - 3											
Ingredients	2 serves	3 serves	4 serves																													
Potato	450 g	675 g	900 g																													
Hot Milk	1/2 cup	2/3 cup	3/4 cup																													
Butter	50 g	75 g	100 g																													
Sc-3	Fresh Vegetable Carrots, Broccoli, Cauliflower, Zucchini, Beans, Peas	0.2 - 0. 8 kg	Room	Prepare vegetables. Cut vegetables into even size pieces. Wash the vegetables and arrange in microwave- safe dish just large enough to contain the vegetables so they are no more than 2 - 3 layers deep. Add amount of water according to the quantity (0.2kg~0.4kg : 2 tablespoons, 0.5kg~0.8kg : 4 tablespoons).Cover with lid or plastic wrap loosely. If cooking more than 1 kind of vegetable, place the harder vegetables around the outer edge of the dish with the softer vegetables in the centre,	3																											
Sc-4	Frozen Vegetable Carrots, Broccoli, Cauliflower, Beans,Peas	0.2 - 0. 8 kg	Frozen	Separate the vegetables into single pieces. Arrange the vegetables in a microwave- safe dish just large enough to contain them so they are no more than 2 layers deep.Add amount of water according to the quantity (0.2kg~0.4kg : 2 tablespoons, 0.5kg~0.8kg : 4 tablespoons).Cover with lid or plastic wrap loosely. If cooking more than 1 kind of vegetable, place the harder vegetables around the outer edge of the dish with the softer vegetables in the centre.	3																											
Sc-5	Fresh Soup	2 - 6 serves	Room	<div><div>Pumpkin Soup</div><table><tr><td rowspan="2">Ingredients</td><td colspan="3">Serves</td></tr><tr><td>2 serves</td><td>4 serves</td><td>6 serves</td></tr><tr><td>Pumpkin</td><td>500 g</td><td>750 g</td><td>1 kg</td></tr><tr><td>Brown onion</td><td>1/2 small</td><td>1 small</td><td>1 medium</td></tr><tr><td>Chicken stock</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Cream 2</td><td>tbs</td><td>1/4 tbs</td><td>1/3 tbs</td></tr><tr><td>Ground nutmeg, Salt & ground black pepper</td><td colspan="3">To taste</td></tr></table><p>Peel & remove the seeds from the pumpkin. Finely chop the onion. Place the pumpkin, onion and stock into a heatproof, microwave- safe bowl. Cover with lid or two layers of plastic wrap loosely. After cooking, blend or process to desired consistency. Stir in cream, nutmeg and season with salt and pepper.</p><p>For potato leek soup, replace the pumpkin with desire potatoes & replace the onion with leek.</p><p>For carrot & sweet potato soup, replace the pumpkin with equal quantities of carrot and sweet potato. Omit the cream. Replace the nutmeg with ground cumin.</p></div>	Ingredients	Serves			2 serves	4 serves	6 serves	Pumpkin	500 g	750 g	1 kg	Brown onion	1/2 small	1 small	1 medium	Chicken stock	2 cups	3 cups	4 cups	Cream 2	tbs	1/4 tbs	1/3 tbs	Ground nutmeg, Salt & ground black pepper	To taste			-
Ingredients	Serves																															
	2 serves	4 serves	6 serves																													
Pumpkin	500 g	750 g	1 kg																													
Brown onion	1/2 small	1 small	1 medium																													
Chicken stock	2 cups	3 cups	4 cups																													
Cream 2	tbs	1/4 tbs	1/3 tbs																													
Ground nutmeg, Salt & ground black pepper	To taste																															

SENSOR COOK MENU INSTRUCTIONS - RICE / PASTA

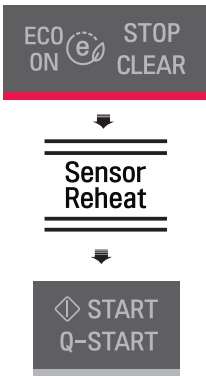
Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)															
Sc-6	White Rice	1/2 - 2 cups	Rice : Room Water : Room	<table><tr><td>Rice</td><td>1/2 cup</td><td>1 cup</td><td>1 1/2 cups</td><td>2 cups</td></tr><tr><td>Tap water</td><td>3/4 cup</td><td>1 1/4 cups</td><td>2 cups</td><td>2 1/2 cups</td></tr></table>	Rice	1/2 cup	1 cup	1 1/2 cups	2 cups	Tap water	3/4 cup	1 1/4 cups	2 cups	2 1/2 cups	3 - 5					
				Rice	1/2 cup	1 cup	1 1/2 cups	2 cups												
Tap water	3/4 cup	1 1/4 cups	2 cups	2 1/2 cups																
Wash the rice under cold water until the water runs clear. Place the rice and water in a microwave-safe rice cooker or 3-litre bowl. Cover with lid or double layer of plastic wrap loosely. After cooking allow the rice to stand without removing the lid or wrap. After standing stir with a fork to separate the grains. Replace the water with stock for more flavour.																				
Sc-7	Porridge	1 - 4 serves	Oats : Room Milk : Cold	<table><tr><td></td><td>1 serve</td><td>2 serves</td><td>3 serves</td><td>4 serves</td></tr><tr><td>Oats</td><td>1/2 cup</td><td>2/3 cup</td><td>1 cup</td><td>1 1/3 cups</td></tr><tr><td>Cold Milk</td><td>3/4 cup</td><td>1 1/2 cups</td><td>2 1/4 cups</td><td>3 cups</td></tr></table>		1 serve	2 serves	3 serves	4 serves	Oats	1/2 cup	2/3 cup	1 cup	1 1/3 cups	Cold Milk	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups	1 - 3
					1 serve	2 serves	3 serves	4 serves												
Oats	1/2 cup	2/3 cup	1 cup	1 1/3 cups																
Cold Milk	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups																
Place the oats and milk in a deep 3-litre heatproof microwave-safe bowl. Cook uncovered. The oven will beep, stir the oats well and press start to continue. After cooking, stir well and top with brown sugar or honey.																				
Sc-8	Dry Pasta	1 - 4 cups	Water : hot tap water (60°C)	Place into a microwave-safe large bowl. Pour hot tap water into a bowl. Cooked uncovered. The oven will beep, stir well and press start to continue. After cooking, stand and stir.	2 - 4															
				<table><tr><td>Pasta</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Hot tap water(60°C) (1 cup=250 ml)</td><td>2 1/3 cup</td><td>4 cups</td><td>5 cups</td><td>6 cups</td></tr></table>		Pasta	1 cup	2 cups	3 cups	4 cups	Hot tap water(60°C) (1 cup=250 ml)	2 1/3 cup	4 cups	5 cups	6 cups					
Pasta	1 cup	2 cups	3 cups	4 cups																
Hot tap water(60°C) (1 cup=250 ml)	2 1/3 cup	4 cups	5 cups	6 cups																
Sc-9	Fresh Pasta Tortellini Ravioli Fettuccine	1 - 4 cups	Water : hot tap water (60°C)	Place into a microwave-safe large bowl. Pour hot tap water into a bowl. Cooked uncovered. The oven will beep, stir well and press start to continue. After cooking, stand and stir.	2 - 4															
				<table><tr><td>Pasta</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Hot tap water(60°C) (1 cup=250 ml)</td><td>2 1/3 cup</td><td>4 cups</td><td>5 cups</td><td>6 cups</td></tr></table>		Pasta	1 cup	2 cups	3 cups	4 cups	Hot tap water(60°C) (1 cup=250 ml)	2 1/3 cup	4 cups	5 cups	6 cups					
Pasta	1 cup	2 cups	3 cups	4 cups																
Hot tap water(60°C) (1 cup=250 ml)	2 1/3 cup	4 cups	5 cups	6 cups																
Sc10	Frozen Pasta Tortellini Ravioli	1 - 4 cups	Water : hot tap water (60°C)	Place into a microwave-safe large bowl. Pour hot tap water into a bowl. Cooked uncovered. The oven will beep, stir well and press start to continue. After cooking, stand and stir.	2 - 4															
				<table><tr><td>Pasta</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Hot tap water(60°C) (1 cup=250 ml)</td><td>2 1/3 cup</td><td>4 cups</td><td>5 cups</td><td>6 cups</td></tr></table>		Pasta	1 cup	2 cups	3 cups	4 cups	Hot tap water(60°C) (1 cup=250 ml)	2 1/3 cup	4 cups	5 cups	6 cups					
Pasta	1 cup	2 cups	3 cups	4 cups																
Hot tap water(60°C) (1 cup=250 ml)	2 1/3 cup	4 cups	5 cups	6 cups																
Sc11	Instant Noodle (1 packet= approx. 85g)	1 packet	Water : boiling water	Place unpackaged noodles into a large microwave-safe bowl. Cook uncovered. When the Oven beeps, the noodles should be stirred well, before pressing Start to continue the remaining cooking time. After cooking has finished, briefly stand and stir before serving.	1 - 2															
				<table><tr><td>Noodles</td><td>1 packet</td></tr><tr><td>Boiling water (1 cup=250 ml)</td><td>2 cups</td></tr></table>		Noodles	1 packet	Boiling water (1 cup=250 ml)	2 cups											
Noodles	1 packet																			
Boiling water (1 cup=250 ml)	2 cups																			

SENSOR COOK MENU INSTRUCTIONS - DESSERT

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)
Sc12	Cake Packet Cake Mix	1 packet	Room	Prepare the cake following the microwave instructions on the side of the packet, ignoring the cooking instructions. Place the cake, uncovered, onto a microwave- safe rack or upturned plate about 2cm off the turntable. At the end of the cooking time, remove the cake from the microwave oven, cover with a plate or piece of foil and stand for 5 minutes or until the sticky centre portion is completely cooked.	5
Sc13	Brownies	About 10 brownies	Room	<p>100g butter 100g soft brown sugar 25g cocoa, sifted 50g self- raising flour, sifted 1 egg 1 table spoon milk 25g walnuts, finely chopped</p> <p>Icing 100g plain chocolate 1 table spoon black coffee walnut halves to decorate</p> <ol style="list-style-type: none"> 1. Place the butter in a basin and melt on full for about 1- 1½ minutes. 2. Mix together the sugar, cocoa and flour. Beat together the egg and milk. Stir into the flour mixture, together with the butter, walnuts and raisins. 3. Spread in a greased and base- lined shallow dish measuring 18 x 28cm / 7 x 11 in. Cook uncovered. At the end of the cooking time, remove the brownies from the microwave. Stand or until cooled. 4. For the icing, place the chocolate and coffee in a basin and cook on full for 3- 4 minutes. 5. Spread the icing over the cake. When almost set cut the brownies into squares and top each portion with a piece of walnut. 	10
Sc14	Pudding Self- saucing sponge pudding 1 packet = 250- 260g	1 packet	Room	Prepare the pudding following the microwave instructions on the side of the packet, ignoring the cooking instructions. Spoon the pudding batter into an 8- cup (2 litre) heatproof, microwave- safe bowl. Top with the sauce mix and boiling water. Place the cake, uncovered, onto a microwave- safe rack or upturned plate about 2cm off the turntable. At the end of the cooking time, remove the pudding from the microwave oven, cover with a plate or piece of foil and stand for 5 minutes or until the sticky centre portion is completely cooked.	5
Sc15	Stewed Fruit	0.2 - 1.0 kg	Room	Peel core and roughly chop the fruit. Sprinkle the fruit with 2- 4 tsp caster sugar. Cover with a lid or plastic wrap. At the end of the cooking time, allow to stand.	1 - 3

SENSOR REHEAT

To reheat DINNER PLATE



1. Press **ECO ON / STOP**.
2. Press **Sensor Reheat** one time. 'Sr-1' will show in the display.
3. Press **START**. 'SENS' will show in the display. sensor reheat starts.

This feature allows you to reheat precooked room-temperature or refrigerated foods without selecting cooking times and power levels. This feature has 6 categories : dinner plate, rice, soup, casserole, risotto and pizza. To select Sr-1 through to Sr-6, press the SENSOR REHEAT button repeatedly.

Note: When using any Sensor function, it is best that the food remain uncovered, however, if reheating foods with high fat content, then a perforated microwave safe cover should be used. Keep the oven cavity clean at all times.

SENSOR REHEAT MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)								
Sr-1	Dinner Plate	1 serve	Refrigerated	<table><tr><td></td><td>1 serve</td></tr><tr><td>Meat or chicken</td><td>125 g</td></tr><tr><td>Mashed potato</td><td>200 g</td></tr><tr><td>Vegetable, cooked</td><td>200 g</td></tr></table> <p>Arrange the food on a microwave- safe plate. Cover loosely with plastic wrap. After reheating, allow to stand.</p>		1 serve	Meat or chicken	125 g	Mashed potato	200 g	Vegetable, cooked	200 g	2
	1 serve												
Meat or chicken	125 g												
Mashed potato	200 g												
Vegetable, cooked	200 g												
Sr-2	Rice	1- 4 cups	Room	<p>Place the cooked rice into a microwave- safe, heatproof dish. Cover with a lid or double layer of plastic wrap loosely. After reheating stir well before serving.</p> <p>Note : If reheating rice from the fridge add extra 2- 6 minutes (depending on serving size) on 50% power.</p>	1								
Sr-3	Soup	1- 4 cups (1 cup= 250 ml)	Room	<p>When reheating 1 or 2 serves soup place into individual microwave- safe cups or bowls and cover with plastic wrap loosely. When reheating 3- 4 serves of soup place into 1 large heatproof, microwave- safe bowl. Cover loosely with two layers of plastic wrap. After heating stir well before serving.</p> <p>Note : If reheating soup from the fridge add extra 2- 5 minutes (depending on serving size) on 70% power.</p>	1 - 2								
Sr-4	Casserole	1- 4 cups	Room	<p>Place the casserole into a microwave- safe, heatproof dish. Cover with a lid or double layer of plastic wrap loosely. After reheating stir well before serving.</p> <p>Note : If reheating casserole from the fridge add extra 2- 6 minutes (depending on serving size) on 50% power.</p>	2 - 3								


SENSOR REHEAT MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)
Sr-5	Risotto	1- 4 cups	Room	Place the cooked risotto into a microwave- safe, heatproof dish.Cover with a lid or double layer of plastic wrap loosely.After reheating stir well before serving. Note : If reheating risotto from the fridge add extra 2- 6 minutes (depending on serving size) on 50% power .	1
Sr-6	Pizza (1 piece= 100 - 120 g)	1 - 4 pieces	Refrigerated	Place pizza onto a sheet of non- recycled paper towel directly on the turntable. Reheat uncovered. Note: The weight and thickness of pizza varies considerably, if pizza is not hot enough add extra time on 50% power .	

GLOBAL MENU

This feature allows you to cook foods by pressing GLOBAL MENU. It has 4 food categories (Aussie / French / Italian / Middle Eastern) and total 23 menus.

To cook four slices of Roast Lamb.



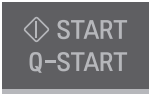
↓

Aussie

↓

1 2

↓



1. Press **ECO ON / STOP**.

2. Press **Aussie** three times.
display shows 'Ac-3',

F. b] & ~ #1\$ display shows "1.2kg"

4. Press **START**.

To select GLOBAL COOK menus Ac/Fc/Ic/Oc, press the GLOBAL MENU button repeatedly.

GLOBAL MENU INSTRUCTIONS - AUSSIE MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)																																
Ac-1	Corned Beef	1.0 - 2.0 kg	Refrigerated	<table><tr><td>Corned beef</td><td>1 kg</td><td>1. 5 kg</td><td>2 kg</td></tr><tr><td>Warm water</td><td>3 cups</td><td>4 cups</td><td>6 cups</td></tr><tr><td>Brown sugar</td><td>2 tbs</td><td>3 tbs</td><td>3 tbs</td></tr><tr><td>Malt vinegar</td><td>2 tbs</td><td>3 tbs</td><td>4 tbs</td></tr><tr><td>Whole cloves</td><td>4</td><td>5</td><td>6</td></tr><tr><td>Peppercorns</td><td>6</td><td>8</td><td>10</td></tr><tr><td>Dry bay leaves</td><td>2</td><td>3</td><td>3</td></tr><tr><td>Sprigs fresh parsley</td><td>3</td><td>4</td><td>5</td></tr></table> <p>Place the corned silverside into an oven bag with ingredients shown above. Place the bag into a deep heatproof, microwave- safe bowl. Halfway through the oven will beep and display turn food over. Remove the dish from the microwave oven, carefully turn the beef over. Press start to continue cooking. At the end of the cooking time allow beef to stand 15 - 20 minutes before serving.</p>	Corned beef	1 kg	1. 5 kg	2 kg	Warm water	3 cups	4 cups	6 cups	Brown sugar	2 tbs	3 tbs	3 tbs	Malt vinegar	2 tbs	3 tbs	4 tbs	Whole cloves	4	5	6	Peppercorns	6	8	10	Dry bay leaves	2	3	3	Sprigs fresh parsley	3	4	5	15 - 20
Corned beef	1 kg	1. 5 kg	2 kg																																		
Warm water	3 cups	4 cups	6 cups																																		
Brown sugar	2 tbs	3 tbs	3 tbs																																		
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Peppercorns	6	8	10																																		
Dry bay leaves	2	3	3																																		
Sprigs fresh parsley	3	4	5																																		
Ac-2	Seasoned Meat	1.0 - 2.0 kg	Refrigerated	<p><u>Fruity Beef</u></p> <table><tr><td><u>Sauce</u></td><td><u>Seasoning</u></td></tr><tr><td>topside beef</td><td>1½ cups stuffing mix</td></tr><tr><td>125 ml fruit chutney</td><td>Water to mix</td></tr><tr><td>1 tbs oil</td><td></td></tr><tr><td>1 tbs Worcestershire Sauce</td><td></td></tr><tr><td>1 tbs curry powder</td><td></td></tr><tr><td>2 tbs mustard powder</td><td></td></tr><tr><td>1 tbs sweet sherry</td><td></td></tr></table> <p>Prepare beef to be seasoned by cutting a pocket in the centre. Mix sauce Ingredients together and put to one side. Prepare enough seasoning by following instructions on the packet. Place loosely into prepared packet. Tie meat with string. Brush sauce over meat.</p> <p>Place the meat on a small roasting rack fat side down in a deep heatproof, microwave- safe bowl. Halfway through the oven will beep and display turn food over. Remove the dish from the microwave, carefully turn the beef over. Press start to continue cooking. At the end of the cooking time loosely cover the meat with foil and allow to stand 15 - 20 minutes before serving.</p>	<u>Sauce</u>	<u>Seasoning</u>	topside beef	1½ cups stuffing mix	125 ml fruit chutney	Water to mix	1 tbs oil		1 tbs Worcestershire Sauce		1 tbs curry powder		2 tbs mustard powder		1 tbs sweet sherry		15 - 20																
<u>Sauce</u>	<u>Seasoning</u>																																				
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1 tbs sweet sherry																																					
		1.0 - 2.0 kg	Refrigerated	<p><u>Apple and Sage Pork</u></p> <p><u>Seasoning</u></p> <p>Boned loin pork (with rind on) 1- 2 cups sage and onion stuffing mix ½ cup dried apples, chopped 8 - 10 prunes, pitted and chopped 125 g toasted silvered almonds</p> <p>Following instructions on the packet prepare stuffing. Add apples, prunes and almonds. Mix well. Pack loosely down the centre of meat. Roll up tightly and secure with string. Sprinkle rind with salt. Place the meat on a small roasting rack fat side down in a deep heatproof, microwave- safe bowl. Halfway through the oven will beep and display turn over. Remove the dish from the microwave oven, carefully turn the meat over. Press start to continue cooking. At the end of the cooking time loosely cover the meat with foil and allow to stand 15- 20 minutes before serving.</p>	15 - 20																																

GLOBAL MENU INSTRUCTIONS - AUSSIE MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)
Ac-2	Seasoned Meat	1.0 - 2.0 kg	Refrigerated	<p><u>Apricot Lamb</u></p> <p>Loin of forequarter lamb (deboned) 1 packet dried apricots 250 ml apricot nectar 1 tbs cornflour</p> <p>Unroll meat. Place dried apricots down the centre 2 rows deep. Roll up tightly and secure with string. Mix apricot nectar with corn flour and heat for 3 - 4 minutes on HIGH or until boil. Allow to cool slightly. Pour apricot juice over the meat and marinade 1 - 2 hours. Remove meat from the marinade, place the meat on a small roasting rack fat side down in a deep heatproof, microwave- safe bowl. Halfway through the oven will beep and display turn food over. Remove the dish from the microwave oven, carefully turn the meat over. Press start to continue cooking. At the end of the cooking time loosely cover the meat with foil and allow to stand 15 - 20 minutes before serving.</p>	15 - 20
Ac-3	Roast Lamb	1.0 - 2.0 kg	Refrigerated	<p>Brush both sides of the lamb with olive oil and season with salt and pepper. Shield the knuckle with foil, making sure the foil is secure & will not touch the interior oven walls when rotating. Place the lamb skin-side side down onto a microwave- safe roasting rack or upturned plate. Halfway through cooking the oven will beep and display turn food over. Remove the lamb from the microwave oven, turn the lamb over and remove the foil from the knuckle. Press start to continue cooking. At the end of the cooking time loosely cover the lamb with foil and allow to stand or place the lamb into a preheated oven 200°C for 5 - 10 mins to crisp the surface. Allow to stand 15 - 20 minutes before serving</p>	15 - 20
Ac-4	Roast Chicken	1.0 - 2.5 kg	Refrigerated	<p>Wash and pat the chicken dry with paper towel. Brush both sides of the chicken with olive oil and season with salt and pepper. Tie the legs together with string. Shield the legs and wings with foil. Place chicken breast side down onto a microwave- safe roasting rack or upturned plate. Halfway through the oven will beep and display turn food over. Remove the chicken from the microwave oven, turn the chicken over and remove the foil from legs and wings. Press start to continue cooking. At the end of the cooking time, place the chicken into a preheated oven 200°C for 5- 10 mins to crisp the skin. Allow to stand 10 minutes before serving.</p>	10
Ac-5	Chicken Pieces (thigh or cutlets)	0.2 - 0.8 kg	Refrigerated	<p>Brush the chicken pieces with olive oil and season with salt and pepper. Place chicken skin side up onto a microwave- safe roasting rack. At the end of cooking. remove the chicken from the microwave and allow to stand 2- 3 minutes or place into a preheated oven 200°C for 5 - 10 minutes to crisp the skin</p>	2 - 3

GLOBAL MENU INSTRUCTIONS - AUSSIE MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)																																																																											
Ac-6	Fish Fillets fresh	0.2 - 0.6 kg	Refrigerated	Place each fish fillet onto a square of baking paper, tuck the tail end under. Drizzle with fresh lemon or lime juice and season with salt and pepper. Wrap each fillet in the paper forming a parcel. Place the fish in a single onto a microwave- safe plate. After cooking allow to stand 3 mins before carefully unwrapping the parcel to serve.	2 - 3																																																																											
Ac-7	Bacon 1 thick rasher= 80 g 1 thin rasher= 45 g	1 thick or 2 thin rashers / 2 thick or 4 thin rashers	Refrigerated	Remove the rind from the bacon and cut the rasher in half crossways. Place between 2 sheets on non-recycled paper towel on a microwave- safe plate. After cooking check the result. If you like the bacon a little more cooked, return to the microwave and cook in for 20 seconds at a time on 100% power.																																																																												
Ac-8	Casserole	1 - 4 serves	Refrigerated	<div><div><div>Tuna & Noodle</div><table><tr><th>Ingredients</th><th>1 serve</th><th>2 serves</th><th>3 serves</th><th>4 serves</th></tr><tr><td>Noodles(pasta),boiled)</td><td>140 g</td><td>280 g</td><td>420 g</td><td>560 g</td></tr><tr><td>Cream of Mushroom Soup</td><td>140 g</td><td>280 g</td><td>420 g</td><td>560 g</td></tr><tr><td>Can or equivalent, Starkist Chunk Light Tuna, in spring water, drained</td><td>60 g</td><td>120 g</td><td>180 g</td><td>240 g</td></tr><tr><td>Milk</td><td>125 ml</td><td>250 ml</td><td>375 ml</td><td>500 ml</td></tr></table><p>Combine cream of mushroom soup, tuna and milk in microwave- safe a deep and large bowl. Add boiled noodles and stir thoroughly. Cover with wrap or glass lid. Halfway through the oven will beep and display stir. Press start to continue cooking. At the end of the cooking time, stand and stir.</p><div><div>Beef Stroganoff</div><table><tr><th>Ingredients</th><th>1 serve</th><th>2 serves</th><th>3 serves</th><th>4 serves</th></tr><tr><td>Rump steak, cubed</td><td>250 g</td><td>500 g</td><td>750 g</td><td>1000 g</td></tr><tr><td>Plain flour</td><td>2 tbsp</td><td>1/4 cup</td><td>1/3 cup</td><td>1/2 cup</td></tr><tr><td>Small onion, finely chopped</td><td>1/2</td><td>1 1</td><td></td><td>1</td></tr><tr><td>Tomato puree</td><td>2 ts</td><td>1 tbsp</td><td>1 1/2 tbsp</td><td>2 tbsp</td></tr><tr><td>Beef stock</td><td>125 ml</td><td>200 ml</td><td>250 ml</td><td>375 ml</td></tr><tr><td>Red wine</td><td>60 ml</td><td>60 ml</td><td>60 ml</td><td>60 ml</td></tr><tr><td>Mushroom, sliced</td><td>25 g</td><td>50 g</td><td>75 g</td><td>100 g</td></tr><tr><td>Sour cream</td><td>75 ml</td><td>150 ml</td><td>200 ml</td><td>300 ml</td></tr><tr><td>Salt, Pepper</td><td></td><td></td><td></td><td></td></tr></table><p>Toss steak with plain flour, salt and pepper in a flat dish until coated. Place steak, left flour, chopped onion, puree, beef stock, red wine and mushroom into a microwave-safe deep & large dish. Cover with wrap or glass lid. Halfway through the oven will beep and display stir. Press start to continue cooking. At the end of the cooking time, stand and stir.</p></div></div></div>	Ingredients	1 serve	2 serves	3 serves	4 serves	Noodles(pasta),boiled)	140 g	280 g	420 g	560 g	Cream of Mushroom Soup	140 g	280 g	420 g	560 g	Can or equivalent, Starkist Chunk Light Tuna, in spring water, drained	60 g	120 g	180 g	240 g	Milk	125 ml	250 ml	375 ml	500 ml	Ingredients	1 serve	2 serves	3 serves	4 serves	Rump steak, cubed	250 g	500 g	750 g	1000 g	Plain flour	2 tbsp	1/4 cup	1/3 cup	1/2 cup	Small onion, finely chopped	1/2	1 1		1	Tomato puree	2 ts	1 tbsp	1 1/2 tbsp	2 tbsp	Beef stock	125 ml	200 ml	250 ml	375 ml	Red wine	60 ml	60 ml	60 ml	60 ml	Mushroom, sliced	25 g	50 g	75 g	100 g	Sour cream	75 ml	150 ml	200 ml	300 ml	Salt, Pepper					2 - 3
Ingredients	1 serve	2 serves	3 serves	4 serves																																																																												
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GLOBAL MENU INSTRUCTIONS - FRENCH MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
Fc-1	Ratatouille	1.5kg	Room	<div> Ingredients 1 onion, cut into chunks 1 eggplant, cut into chunks 1 zucchini, cut into chunks 1 colored sweet pepper, cut into chunks 3 tomatoes, chopped 1 tablespoon tomato paste 2 garlic cloves, crushed 1 tablespoon fresh greens, chopped 2 tablespoons vinegar 1 teaspoon sugar Salt and pepper to taste </div> <ol style="list-style-type: none"> 1. Add all ingredients in a deep and large bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking. 	Microwave-safe bowl
Fc-2	Stuffed Tomatoes	1.2kg	Room	<div> Ingredients 4 medium tomatoes Salt and pepper to taste Stuffing </div> <ol style="list-style-type: none"> 1. Cut tops off tomatoes to form hats and remove seeds, taking care not to pierce flesh or skin. Then sprinkle each tomatoes with salt and pepper. 2. Fill tomatoes with stuffing and replace hat. 3. Place stuffed tomatoes on a dish and cover with plastic wrap. 4. Place food in the oven. Choose the menu and press start to cook. <div> * Stuffing 400g ground beef ½ cup bread crumbs 2 garlic cloves, crushed 1 tablespoon Dijon mustard 1 tablespoon dried greens 1 tablespoon parmesan cheese 1. Add all ingredients in a bowl, mix well, and cover with plastic wrap. 2. Place food in the oven. Cook for 3~5 minutes on Microwave 1100 watts. Stir at least once during cooking. </div>	Microwave-safe dish
Fc-3	French Onion Soup	1.5kg	Room	<div> Ingredients 4 onions, thinly sliced 1 teaspoon white sugar 1 tablespoon all-purpose flour 3 cups beef stock ½ cup red wine 8 slices of toasted French bread 50g butter 1cup grated cheese </div> <ol style="list-style-type: none"> 1. Cook onions in a frying pan with butter and sugar until golden brown. 2. Add cooked onions and flour in a deep and large bowl, mix well and add beef stock and red wine. Cover with plastic wrap and vent. 3. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking. 4. After cooking, stir and ladle soup into serving bowls. 5. Place 1 slice toasted bread on top of the soup in each bowl and spread cheese on toasted bread. Cook for 1~2 minutes on Microwave 1100 watts until cheese melted. 	Microwave-safe bowl

GLOBAL MENU INSTRUCTIONS - FRENCH MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
Fc-4	Spinach Cream Soup	1.2kg	Room	<div> Ingredients 600g vegetable purée 1 ½ cups chicken stock 2 tablespoons all-purpose flour 2 tablespoons butter 1 cup cream Nutmeg, salt and pepper to taste </div> <ol style="list-style-type: none"> 1. Add all ingredients in a deep and large bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking. <div> ※ Vegetable purée 400g spinach, chopped 2 onions, chopped 4 tablespoons water </div> <ol style="list-style-type: none"> 1. Place vegetables in a microwave-safe bowl. 2. Add water and cover with plastic wrap. 3. Place food in the oven. Cook for 7~9 minutes on Microwave 1100 watts. 4. After cooking, blend cooked vegetables using a blender or food processor until the purée is smooth and uniform in texture. 	Microwave-safe bowl
Fc-5	Stuffed Mushrooms	0.5kg	Room	<div> Ingredients 15~20 champignon mushrooms, stemmed Stuffing 50g grated cheese </div> <ol style="list-style-type: none"> 1. Remove stem of each mushroom and put on a dish. 2. Fill each mushroom cap with stuffing. 3. Add cheese on top of each stuffed mushroom. 4. Place food on the rack. Choose the menu and press start to cook. <div> ※ Stuffing 2 tablespoons butter Remaining mushroom stems, chopped ¼ cup red wine 30g bread crumbs 3 tablespoons fresh greens, chopped ½ cup cream Salt and pepper to taste </div> <ol style="list-style-type: none"> 1. Cook mushroom stems in a frying pan with butter. Add red wine, bread crumbs and parsley, mix well. 2. Add cream and simmer on low heat until cream has thickened. Season with salt and pepper. 	Microwave-safe dish
Fc-6	Chicken Legs with Prunes	1.2kg	Room	<div> Ingredients 1 onion, sliced 500g chicken legs 15 pitted prunes, halved Salt and pepper to taste 1 carrot, sliced 1 cup chicken stock </div> <ol style="list-style-type: none"> 1. Add all ingredients in a deep and large bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking. 	Microwave-safe bowl

GLOBAL MENU INSTRUCTIONS - ITALIAN MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
Ic-1	Spaghetti Bolognaise	1.0kg	Room	<div> Ingredients for bolognaise sauce 1 tablespoon olive oil 1 onion, chopped 1 garlic clove, crushed 400g ground beef 100g tomato paste 2 chopped tomatoes 1 tablespoon dried greens Salt and pepper to taste Ingredients for pasta 150g pasta, cooked as package direction 1 tablespoon parmesan cheese </div> <ol style="list-style-type: none"> 1. Add all ingredients of the bolognaise sauce in a deep and large bowl and mix well. cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking. 3. After cooking, stir and add bolognaise sauce to cooked pasta and garnish with parmesan cheese or as desired before serving. 	Microwave-safe bowl
Ic-2	Spaghetti Carbonara	0.4kg	Room	<div> Ingredients for carbonara sauce 100g smoked bacon, chopped 1 garlic clove, crushed ½ cup cream 4 egg yolks 100g parmesan cheese Salt and pepper to taste Ingredients for pasta 150g pasta, cooked as package direction 1 tablespoon parmesan cheese </div> <ol style="list-style-type: none"> 1. Cook bacon in a lightly oiled frying pan with garlic until lightly browned and drain away excess fat. 2. Add cooked bacon, cream, egg yolks, parmesan cheese, salt and pepper in a deep and large bowl and mix well. Cover with plastic wrap and vent. 3. Place food in the oven. Choose the menu and press start to cook. 4. After cooking, stir and add carbonarasauce to cooked pasta and garnish with parmesan cheese or as desired before serving. 	Microwave-safe bowl
Ic-3	Eggplant with Tomato and Cheese	1.0kg	Room	<div> Ingredients 1~2 eggplants 1~2 tomatoes Salt and pepper to taste 100g grated cheese </div> <ol style="list-style-type: none"> 1. Cut eggplants and tomatoes into 1.5cm slices and season with salt and pepper. 2. Layer the eggplants and tomatoes on a dish and add cheese on top of each tomatoes. 3. Place food on the rack. Choose the menu and press start to cook. 	Microwave-safe dish

GLOBAL MENU INSTRUCTIONS - ITALIAN MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
Ic-4	Stuffed Pepper	1.5kg	Room	<p>Ingredients</p> <p>4 colored sweet peppers 2 canned tuna 2 piece dry black bread, chopped 1 garlic clove, crushed 100g parmesan cheese Salt and pepper to taste 200g tomato puree</p> <p>1. Cut tops off peppers, remove seeds. 2. Mix tuna, bread, garlic, parmesan cheese, salt and pepper. 3. Stuff peppers with tuna mixture and place stuffed peppers on a dish. 4. Add tomato puree on top and cover with plastic wrap. 5. Place food in the oven. Choose the menu and press start to cook.</p>	Microwave-safe dish
Ic-5	Risotto	1.2kg	Room	<p>Ingredients</p> <p>200g risotto rice 1 ½ cups water or stock ½ cup milk 200g beef, chopped 2 eggs 1 onion, chopped 50g green peas 100g grated cheese Salt and pepper to taste</p> <p>1. Add all ingredients in a deep and large bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking.</p>	Microwave-safe bowl

GLOBAL MENU INSTRUCTIONS - MIDDLE EASTERN MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
Oc-1	Curry Chicken	1.5kg	Room	<p>Ingredients</p> <p>400g chicken breasts, cut into chunks ¼ cup olive oil 2 onions, chopped 4 garlic cloves, crushed 1 ginger root, peeled 1 cinnamon stick 2 dried red chilies 1 teaspoon turmeric powder 400g tomato sauce ½ cup water or stock ½ cup plain yogurt 1 tablespoon lemon juice Salt and pepper to taste</p> <p>1. Add all ingredients in a deep and large bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking.</p>	Microwave-safe bowl


GLOBAL MENU INSTRUCTIONS - MIDDLE EASTERN MENU

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
Oc-2	Dolma	1.0kg	Room	<p>Ingredients</p> <p>1 pot of grapes leaves 200g cooked rice 500g ground beef 1 onion, chopped Salt and pepper to taste ½ cup water ½ cup sour cream</p> <p>1. Add cooked rice, ground beef, onion, salt and pepper in a bowl and mix well. 2. Place grape leaf on a flat surface and place 1 ½ spoonfuls of the rice mixture in the center of the leaf. Wrap rice mixture with leaf. 3. Put all wrapped leaves in rows into a deep and large bowl and add water. Cover with plastic wrap. 4. Place food in the oven. Choose the menu and press start to cook. 5. After cooking, serve with sour cream or as desired.</p>	Microwave-safe bowl
Oc-3	Rice Pilaf	1.2kg	Room	<p>Ingredients</p> <p>300g beef, cut into chunks 1 onion, chopped 1 carrot, chopped 3 garlic cloves, crushed 1 teaspoon tumeric Salt and pepper to taste 200g long grain rice, rinsed and drained 2 cups water or stock</p> <p>1. Cook beef, onion, carrot and garlic in a lightly oiled frying pan until lightly browned. Add tumeric, salt and pepper, mix well. 2. Place the cooked beef mixture into a deep and large bowl and add rice and water. Cover with plastic wrap and vent. 3. Place food in the oven. Choose the menu and press start to cook. Stir at least twice during cooking.</p>	Microwave-safe bowl
Oc-4	Shawarma	0.8kg	Room	<p>Ingredients</p> <p>4~6 lavash or thin bread 200g chicken breasts, cooked and chopped 1 tomato, chopped 1 cucumber, chopped 3 tablespoons fresh greens, chopped</p> <p>Sauce :</p> <p>1 tablespoon mayonnaise 1 tablespoon sour cream 1 tablespoon ketchup 1 garlic clove, crushed</p> <p>1. Add chicken breasts, tomato, cucumber and greens in a deep and large bowl and mix well. 2. Mix all ingredients of the sauce in another bowl. 3. Place lavash on a flat surface and put sauce and chicken mixture. Wrap into rolls. 4. Place rolls on a dish and cover with plastic wrap. 5. Place food in the oven. Choose the menu and press start to cook.</p>	Microwave-safe dish


MELT

The oven uses low power to melt foods (butter, chocolate, marshmallows and cheese). See the following table.

Example : To Melt 227g Chocolate.



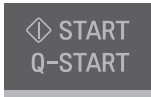
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2

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1. Press **STOP/CLEAR**.

2. Press **MELT** two times.
'2' appears in the display.

3. Press number **2**.
'227' appears in the display.


4. Press **START/Q-START**.

When the cook time is over, you will hear four beeps and **END** will be displayed.


SOFTEN

The oven uses low power to soften foods (butter, ice cream, cream cheese, and frozen juice). See the following table.

Example : To Soften 227g Cream Cheese.



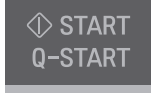
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↓

2

↓



1. Press **STOP/CLEAR**.

2. Press **SOFTEN** seven times.
'7' appears in the display.

3. Press number **2**.
'227' appears in the display.

4. Press **START/Q-START**.

When the cook time is over, you will hear four beeps and **END** will be displayed.

MELT TABLE

Category	Direction	Amount
Butter	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.	1, 2 or 3 sticks
Chocolate	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.	113 or 227g
Cheese	Use processed cheese food only. Cut into cubes. Place in a single layer in microwavable container. Stir at the end of cooking to complete melting.	227 or 454g
Marshmallows	Large or miniature marshmallows may be used. Place in microwavable container. Stir at the end of cycle to complete melting.	142 or 284g

SOFTEN TABLE

Category	Direction	Amount
Butter	Unwrap and place in microwavable container. No need to cover butter. Butter will be at room temperature and ready for use in recipe.	1, 2 or 3 sticks
Ice Cream	Place container in oven. Ice cream will be soft enough to make scooping easier.	Pint, Quart, Half gallon
Cream Cheese	Unwrap and place in microwavable container. Cream cheese will be at room temperature and ready for use in recipe.	85 or 227g
Frozen Juice	Remove top. Place in oven. Frozen juice will be soft enough to easily mix with water.	170, 340 or 454g

QUICK DEFROST

Example: To defrost 0.5 kg meat.

ECO ON

STOP CLEAR

1. Press **ECO ON / STOP**.

Quick Defrost

2. Press **QUICK DEFROST**.

The Quick Defrost feature provides you with the express defrosting method for 500g of frozen minced meat. If more than 500g is required to be defrosted, this should be done separately in weights of 500gms for each cycle.

NOTE:

The oven will beep during the DEFROST CYCLE. At this time open the door and turn over, separate, or rearrange the food.

Quick Defrost provides just enough defrosting that the foods can be used in recipes or for cooking.

There will be some ice crystals remaining.

QUICK DEFROST MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)
1	Minced Meat	0.5 kg	Frozen	<p>Use this function to defrost mince meat.</p> <p>Remove the meat completely from it's wrapping. Place the mince onto a microwave- safe rack over a plate or shallow dish. During the program the oven will beep and display 'turn food over'. At this point remove the mince from the microwave oven, remove any defrosted mince to a plate, cover and set aside. Turn the frozen mince over and return to the microwave oven. Press start to continue. At the end of the program remove the mince from the microwave oven, cover with foil and allow to stand 5- 20 minutes or until completely thawed.</p>	5 - 20

AUTO DEFROST

Seven defrost sequences are preset in the oven. The defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

With the Auto Defrost feature, the oven automatically sets the defrosting time and power levels for you.

The oven automatically determines required defrosting times for each food item according to the weight you enter.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange.

Seven different defrosting levels are provided.

- | | |
|-----------------------|--------------------------|
| 1. Minced Meat | 4. Roast Beef |
| 2. Steak/Chops | 5. Whole Chicken |
| 3. Roast Lamb | 6. Chicken Pieces |
| | 7. Sliced Bread |

NOTE:

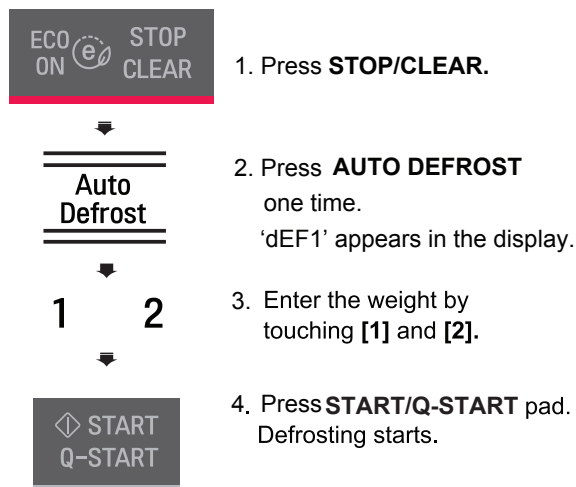
When you press the START button, the display changes to defrost time count down. The oven will beep twice during the DEFROST cycle. At each beep, open the door and turn, separate, or rearrange the food.

Remove any portions that have thawed.

Return frozen portions to the oven and press START to resume the defrost cycle.

*For best results, remove fish, shellfish, meat, and poultry from its original wrapping paper or plastic package. Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.

Example: To defrost 1.2 kg of Minced Meat, select Meat menu, enter the weight, and press START



*For best results, shape your ground meat into the form of a doughnut before freezing. When defrosting, separate any thawed meat when the beep sounds and continue defrosting.

*Place foods in a shallow container or on a microwave roasting rack to catch drippings.

*Food should still be somewhat icy in the center when removed from the oven.

AUTO DEFROST MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)
dEF1	Minced Meat	0.1 - 2.0 kg	Frozen	Remove the meat completely from its wrapping. Place the mince onto a microwave- safe rack over a plate or shallow dish. During the program the oven will beep and display turn food over. At this point remove the mince from the microwave, remove any defrosted mince to a plate, cover and set aside. Turn the frozen mince over and return to the microwave oven. Press start to continue. At the end of the program remove the mince from the microwave oven, cover with foil and allow to stand 5- 20 minutes or until completely thawed.	5 - 20

AUTO DEFROST MENU INSTRUCTIONS



Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)
dEF2	Steak / Chops	0.1- 1.5kg	Frozen	Remove the meat completely from it's wrapping. Using thin strips of foil, shield the fatty areas with the foil, making sure the foil is secure. Place the meat onto a microwave- safe rack over a plate or shallow dish. During the program the oven will beep and display 'turn food over'. At this point remove the meat from the microwave, remove any defrosted steak or chops to a plate, cover and set aside. Turn the meat over and return to the microwave oven. Press start to continue. At the end of the program remove the meat from the microwave oven, cover with foil and allow to stand 5- 30 minutes or until completely thawed.	5 - 30
dEF3	Roast Lamb	1.0 - 2.0 kg	Frozen	Remove the lamb completely from it's wrapping. Using a piece of foil wrap the shank to prevent cooking. Place the lamb onto a microwave- safe rack over a plate or shallow dish. During the program the oven will beep and display 'turn food over'. At this point remove the lamb from the microwave oven and turn over. Press start to continue. At the end of the program remove the lamb from the microwave oven, cover with foil and allow to stand 5 - 45 minutes or until completely thawed.	5 - 45
dEF4	Roast Beef	1.0 - 2.0 kg	Frozen	Remove the beef completely from it's wrapping. Using strips of foil, shield fatty areas with foil to prevent cooking. Place the beef onto a microwave- safe rack, fat side down over a plate or shallow dish. During the program the oven will beep and display 'turn food over'. At this point remove the beef from the microwave oven and turn over. Press start to continue. At the end of the program remove the beef from the microwave oven, cover with foil and allow to stand 5- 45 minutes or until completely thawed.	5 - 45
dEF5	Whole Chicken	1.0 - 2.5 kg	Frozen	Remove the chicken completely from it's wrapping. Place a thin strip of foil down the centre of the breast. Place the chicken breast side down onto a microwave- safe rack over a plate or shallow dish. During the program the oven will beep and display 'turn food over'. At this point remove the chicken from the microwave oven and turn over. Press start to continue. At the end of the program remove the chicken from the microwave oven, cover with foil and allow to stand 5- 40 minutes or until completely thawed.	5 - 40
dEF6	Chicken Pieces	0.1 - 2.0 kg	Frozen	Remove the chicken pieces completely from it's wrapping. Place the chicken Pieces onto a microwave- safe rack over a plate or shallow dish. During the program the oven will beep and display 'turn food over'. At this point remove the chicken pieces from the microwave oven and turn over. Press start to continue. At the end of the program remove the chicken pieces from the microwave oven, cover with foil and allow to stand 5- 10 minutes hour or until completely thawed.	5 - 10
dEF7	Sliced Bread 1 piece = 30g	1- 4 pieces	Frozen	Separate the frozen bread into single pieces. Place in a single layer directly on the microwave turntable. At the end of the program remove the bread from the microwave oven, stand 1/2 - 1 minute.	1/2 - 1

AUTO REHEAT


Your oven's menu has been preprogrammed to automatically reheat food. Tell the oven what you want and how many items there are. Then let your microwave oven reheat your selections.

Be sure to close the door before selecting categories.


Example: To reheat two pies, simply follow the step below.


1. Press **ECO ON / STOP**.



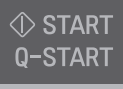
2. Press **AUTO D7: 73 F**
{ | & time. 'rh-1' will show in the display.



2



3. **2**
display shows '2'
(this number represents the number of items to be reheated)



4. Press **START**.

The AUTO REHEAT menus appear after the Auto cooking menus, by pressing the AUTO MENU button 9 times.

AUTO REHEAT MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Standing Time (minutes)
rh-1	Pie (meat pie, 1 pie = 190g)	1 - 4 pies	Room	Place pie(s) between two sheets of non recycled paper towel on a microwave- safe plate. Note: If reheating pies from the fridge add extra 2- 6 minutes (depending on serving size) on 50% power .	1
rh-2	Beverage (1 cup = 250 ml)	1 - 4 cups	Room	Make sure the cup is microwave- safe. Place a wooden skewer or paddle pop stick into each cup to break the beverage surface. Heat uncovered. After heating stir well before serving.	
rh-3	Frozen Muffin (1 muffin = 75 - 80 g)	1 - 4 muffins	Frozen	Space the muffins evenly around the outer edge of the microwave turntable.	
rh-4	Fresh Muffin (1 muffin = 75 - 80 g)	1 - 4 muffins	Room	Space the muffins evenly around the outer edge of the microwave turntable.	

FOOD CHARACTERISTICS & MICROWAVE COOKING

Keeping an eye on things

The recipes in the book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave function is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times because overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skillful in estimating both cooking and standing times for various foods.

Density of food

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food so that the outer edges do not become dry and brittle.

Height of food

The upper portion of tall foods, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall food several during cooking.

Moisture content of food

Since the heat generated from microwaves causes moisture to evaporate, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and fat content of food

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat in order to prevent unevenly or overcooked meat.

Quantity of food

The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of food

Microwaves penetrate only about 2 cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food is cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Round thin foods and ring shaped foods cook most successfully in the microwave.

Covering

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

FOOD CHARACTERISTICS & MICROWAVE COOKING

Browning

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Foods that are cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food, the original flavour of the recipe is not altered.

Covering with greaseproof paper

It is a looser cover than a lid or cling film, the food may dry out slightly. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

Arranging and spacing

Individual foods such as baked potatoes, small cakes and hors d'oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Turning over

Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

Placing thicker portions facing outwards

Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

Shielding

Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause 'arcing' in the oven.

Elevating

Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

Piercing

Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

Testing if cooked

Food cooks so quickly in a oven, it is necessary to test it frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 5° F (3° C) and 15° F (8° C) during standing time.

Standing time

Foods are often allowed to stand for 3 to 10 minutes after being removed from the oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavour blend and develop.

To Clean Your Oven

1 Keep the inside of the oven clean

Food spatters or spilled liquids stick to oven walls and between the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The metal tray can be washed by hand or in the dishwasher.

2 Keep the outside of the oven clean

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press Stop/Clear after cleaning.

- 3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
- 4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. Metal parts will be easier to maintain if wiped frequently with a damp cloth.
- 5 Do not use steam cleaners.
- 6 Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unplugged, this product can be operated by touching the Quick Start button.

QUESTIONS & ANSWERS

FAQ	Answer
What's wrong when the oven light will not glow?	There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.
Does microwave energy pass through the viewing screen in the door?	No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
Why does the BEEP tone sound when a button on the control panel is touched?	The BEEP tone sounds to assure that the setting is being properly entered.
Will the microwave function be damaged if it operates empty?	Yes. Never run it empty.
Why do eggs sometimes pop?	When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.
Why is standing time recommended after microwave cooking is over?	After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
Why doesn't my oven always cook as fast as the cooking guide says?	Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to this oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.

TECHNICAL SPECIFICATIONS

MS404***			
Power Input	230 V ~ 240V/50 Hz		
Microwave Output Power.	1100 Watt (IEC60705 rating standard)		
Microwave Frequency	2450 MHz		
Oven Cavity Dimension	MS404***	398 mm(W) X 265 mm(H) X 402 mm(D)	
Outside Dimension		556 mm(W) X 320 mm(H) X 440 mm(D)	
Net Weight		17.0 Kg (MS4042XRS)	16.8 Kg (MS4042GRS)
Shipping Weight		19.7 Kg (MS4042XRS)	19.5 Kg (MS4042GRS)
Power Consumption	Microwave	1600 watt	



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connection and operation related issues,
prior to contacting customer
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