



**Panasonic**<sup>®</sup>

**Owner's Manual**  
**Steam/Convection/Broil/Microwave Oven**  
**Household Use Only**  
**Model No. NN-CS89LB**



**PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT,  
AND SAVE THIS MANUAL FOR FUTURE USE.**  
Inverser le manuel pour lire les instructions en français.

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## IMPORTANT SAFETY INSTRUCTIONS

### Your safety and the safety of others are very important.



We have provided important safety messages in this manual and on your appliance. Always read and obey all safety messages.

This is the safety alert symbol. It is used to alert 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 "DANGER", "WARNING" or "CAUTION". These words mean:



### DANGER

You can be killed or seriously injured if you don't immediately follow instructions.



### WARNING

You can be killed or seriously injured if you don't follow instructions.



### CAUTION

You can be exposed to a potentially hazardous situation which, if not avoided, may result in minor or moderate injury.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.



## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **DO NOT** attempt to operate this oven with the door open, since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **DO NOT** place any object between the oven front face and the door, or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **DO NOT** operate the oven if it is damaged. It is particularly important that the oven door close 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.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

## Thank you for purchasing a Panasonic Microwave Oven

Your microwave oven is a cooking appliance and you should use as much care as you use with a stove or any other cooking appliance. When using this electric appliance, basic safety precautions should be followed, including the following:



### WARNING

**To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:**

1. Read all instructions before using this appliance.
2. Read and follow the specific "**PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY;**" above.
3. This appliance must be grounded. Connect only to a properly grounded outlet. See "**GROUNDING INSTRUCTIONS**" found on page 6.
4. As with any cooking appliance, **DO NOT** leave oven unattended while in use.
5. Install or locate this appliance only in accordance with the installation instructions found on page 5-6.
6. **DO NOT** cover or block any openings on this appliance.
7. **DO NOT** store this appliance outdoors. **DO NOT** use this product near water (for example, near a kitchen sink, in a wet basement, or near a swimming pool or similar locations).
8. Use this appliance only for its intended use as described in this manual. **DO NOT** use corrosive chemicals, vapors or non-food products in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance and may result in radiation leaks.



## IMPORTANT SAFETY INSTRUCTIONS (continued)

9. When cleaning surfaces of the door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
10. **DO NOT** allow children to use this appliance, unless closely supervised by an adult. DO NOT assume that because a child has mastered one cooking skill he/she can cook everything.
11. As with any appliance, close supervision is necessary when used by children.
12. **DO NOT** operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
13. **DO NOT** immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. **DO NOT** let cord hang over edge of a table or counter.
16. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service center for examination, repair or adjustment.
17. Some products such as whole eggs, with or without shell, narrow neck bottles and sealed containers (for example, closed glass jars) may explode and should not be heated in this oven.
18. To reduce the risk of fire in the oven cavity:
  - (a) **DO NOT** overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - (b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - (c) **If material inside the oven ignites, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.**
  - (d) **DO NOT** use the cavity for storage purposes. **DO NOT leave paper products, cooking utensils or food in the cavity when not in use.**
19. **Superheated Liquids:** Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without showing evidence (or signs) of boiling. Visible bubbling is not always present when the container is removed from the microwave oven. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID. To reduce the risk of injury to persons:
  - (a) **STIR THE LIQUID BOTH BEFORE AND HALFWAY THROUGH HEATING.**
  - (b) **DO NOT heat water and oil, or fats together. The film of oil will trap steam, and may cause a violent eruption.**
  - (c) **DO NOT** use straight-sided containers with narrow necks.
  - (d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
20. **DO NOT** cook directly on the flat table. It can crack, and cause injury or damage to the oven.
21. Oversized foods or oversized metal utensils should not be used in a microwave/broiler oven as they may create a fire or risk of electric shock.
22. **DO NOT** clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
23. **DO NOT** use paper products when appliance is operated in the Broil mode.
24. **DO NOT** store any materials, other than manufacturer's recommended accessories in this oven when not in use.
25. **DO NOT** cover racks or any other part of the oven with metal foil. This will cause overheating of the oven.

## SAVE THESE INSTRUCTIONS

For proper use of your oven, read remaining safety cautions and owner's manual.



## IMPORTANT SAFETY INSTRUCTIONS (continued)

### **WARNING**

## Safety Precautions

#### TO AVOID THE RISK OF SHOCK:

**DO NOT** remove top or outer panel from oven. Repairs must be done only by a qualified service person.

#### TO REDUCE THE RISK OF EXPOSURE TO MICROWAVE ENERGY:

**DO NOT** tamper with, or make any adjustments or repairs to Door, Control Panel Frame, Safety Interlock Switches, or any other part of the oven. Microwave leakage may result.

#### TO AVOID THE RISK OF ARCING DAMAGE OR FIRE:

1. **DO NOT** operate the microwave oven empty, **cook small food portions unattended**, or use metal containers. When using the microwave oven without water or food, **or cook too small a serving**, microwave energy cannot be absorbed and will continuously reflect throughout the cavity. This will cause arcing and damage the oven cavity, door or other components.
2. **DO NOT** store flammable materials next to, on top of, or in the oven.

3. **DO NOT** dry clothes, newspapers or other materials in the oven, or use newspaper or paper bags for cooking.

4. **DO NOT** hit or strike Control Panel. Damage to controls may occur.

5. **DO NOT** use recycled paper products unless the paper product is labeled as safe for microwave oven use. Recycled paper products may contain impurities, which may cause sparking.



#### TO AVOID THE RISK OF SCALDING AND BURNING:

POT HOLDERS should always be used when removing items from the oven. Heat is transferred from the HOT food to the cooking container and from the container to the flat table. The flat table can also be very HOT after removing the cooking container from the oven. The accessories will be hot after use.

**Care in handling the Glass Tray, Wire Shelf, Enamel Shelf and Wire Rack must be exercised.**



## Installation and Grounding Instructions

### Examine Your Oven

Unpack oven, remove all packing material and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if oven is damaged. **DO NOT** install if oven is damaged.

### Placement of Oven

1. The oven must be placed on a flat, stable surface, which is more than 36 inches (91.6 cm) height from the ground. Place the front surface of the door 3 inches (7.6 cm) or more from the counter top edge to avoid accidental tipping of the microwave oven during normal use. For proper operation, the oven must have sufficient air flow. **Allow 6 inches (15 cm) of space on the top of the oven, 4 inches (10 cm) at back and 2 inches (5 cm) on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.**
  - (a) **DO NOT** block air vents. If they are blocked during operation, the oven may overheat and be damaged.
  - (b) **DO NOT** place oven near a hot, damp surface such as a gas or electric range, or dishwasher.
  - (c) **DO NOT** operate oven when room humidity is excessive.
2. This oven is manufactured for household use only. It is not approved or tested for mobile vehicle, marine, or commercial use.

### Installation

1. **DO NOT** block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
2. If the oven is designed for installation into a wall cabinet, only use the proper Panasonic trim kit available from a local Panasonic dealer, or online from the Panasonic Canada eStore. Follow all instructions packed with the trim kit.
3. Use of a non-Panasonic trim kit will void the Manufacturer's warranty for the Microwave oven.



# Installation and Grounding Instructions (continued)

## WARNING: IMPROPER USE OF THE GROUNDING PLUG CAN RESULT IN A RISK OF ELECTRIC SHOCK.

Consult a qualified electrician or service person if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a three-wire extension cord that has a three-prong polarized grounding plug, and a three-slot receptacle that will accept the plug of the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

### Grounding Instructions

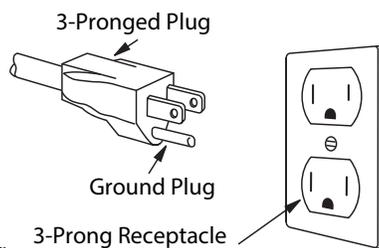
#### THIS APPLIANCE MUST BE GROUNDED.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

- **Plug into properly installed and grounded three-prong outlet.**
- **DO NOT** remove ground prong.
- **DO NOT** use an adapter.

### Power Supply

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords may be used if care is exercised in their use. **DO NOT** let cord hang over edge of a table or counter.
3. If a long cord or extension cord is used,
  - The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
  - The extension cord must be a grounding-type 3-wire cord.
  - The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over accidentally.



### Wiring Requirements

1. The oven must be operated on a SEPARATE CIRCUIT. No other appliance should share the circuit with the microwave oven. If it does, the branch circuit fuse may blow or the circuit breaker may trip.
2. The oven must be plugged into at least a 15 A or 20 A, 120 V, 60 Hz GROUNDED OUTLET. **(Beginning in 2017, all new construction and all renovated single family homes must have at least a 20 A, 120 VOLT, 60 Hz GROUNDED OUTLET).** Where a standard two-prong outlet is encountered, it is the personal responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong outlet.
3. The VOLTAGE used must be the same as specified on this microwave oven (120 V, 60 Hz). Using a higher voltage is dangerous and may result in a fire or oven damage. Using a lower voltage will cause slow cooking. Panasonic is NOT responsible for any damages resulting from the use of the oven with any voltage other than specified.

### TV / RADIO / WIRELESS EQUIPMENT INTERFERENCE

This product has been tested and found to comply with the limits for Microwave Oven. This product can radiate radio frequency energy, which could cause interference to such products as radio, TV, baby monitor, cordless phone, Bluetooth, wireless router, etc., which can be confirmed by turning this product off and on. If present, the user is encouraged to try to correct by taking one or more of the following countermeasures:

- (1) Increase the spacing distance between the microwave oven and other product receiving the interference.
- (2) If possible, use a properly installed receiver antenna and/or reorient the receiving antenna of the other product receiving the interference.
- (3) Plug the microwave oven into a different outlet from the other product receiving the interference.
- (4) Clean door and sealing surfaces of the oven. (See Care and Cleaning of Your Microwave Oven)

### Fan Motor Operation

After using the oven, the fan may continue to operate to cool the electric components and "COOLING" and "FAN" rotates appears in the display window. You can take out the food from the oven while the fan operates. It is recommended to keep the oven plugged in until the Fan Motor completely stops operating.

After using **Convection Bake** mode, you might open the door of the oven to accelerate the cool down process and shorten the time of the fan running.

Note: It is normal for the door cooling fan (inside the door) to remain operating after cooking. "COOLING" display remains during this cooling period.

# Food Preparation

Follow these Safety Precautions when cooking in your oven.

## **IMPORTANT**

**Proper cooking depends upon the power, the time setting and quantity of food. If you use a smaller portion than recommended but cook at the time for the recommended portion, fire could result.**

### **1) HOME CANNING / STERILIZING / DRYING FOODS / SMALL QUANTITIES OF FOODS**

- **DO NOT** use your oven for home canning. Your oven cannot maintain the food at the proper canning temperature. The food may be contaminated and then spoil.
- **DO NOT** use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to keep the oven at the high temperature needed for sterilization.
- **DO NOT** dry meats, herbs, fruits or vegetables in your oven. Small quantities of food or foods with low moisture content can dry out, scorch or catch on fire if overheated.
- **DO NOT** prepare small food portions at high power. This can cause energy concentration at a fixed spot, which can lead to arcing and damage to your oven. Select a lower cook power setting when preparing small portions.

### **2) POPCORN**

**Popcorn may be popped in a microwave oven corn popper. Microwave popcorn that pops in its own package is also available. Follow popcorn manufacturers' directions and use a brand suitable for the cooking power of your microwave oven.**

**CAUTION: When using pre-packaged microwave popcorn, you can follow recommended package instructions or use the Popcorn menu (refer to page 42). Otherwise, the popcorn may not pop adequately or may ignite and cause a fire. Never leave the oven unattended when popping popcorn. Allow the popcorn bag to cool before opening, and always open the bag facing away from your face and body to prevent steam burns.**



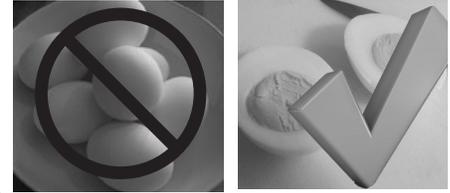
### **3) DEEP FAT FRYING**

- **DO NOT** deep fat fry in your microwave oven. Cooking oils may burst into flames and may cause damage to the oven and may result in burns. Microwave utensils may not withstand the temperature of the hot oil, and can shatter or melt.

### **4) FOODS WITH NONPOROUS SKINS**

- **DO NOT COOK / REHEAT WHOLE EGGS, WITH OR WITHOUT THE SHELL.**

Steam buildup in whole eggs may cause them to explode, and possibly damage the oven or cause injury. Reheating SLICED hard-boiled eggs and cooking SCRAMBLED eggs is safe.



- **Potatoes, apples, whole squash and sausages** are examples of foods with nonporous skins. These types of foods must be pierced before microwave cooking to prevent them from exploding.

**CAUTION: Cooking dry or old potatoes can cause fire.**



### **5) FLAT TABLE / COOKING CONTAINERS / FOIL**

- Cooking containers get hot during microwaving. Heat is transferred from the HOT food to the container and the flat table. Use pot holders when removing containers from the oven or when removing lids or plastic wrap covers from cooking containers, to avoid burns.
- The flat table will get hot during cooking. It should be allowed to cool before paper products, such as paper plates or microwave popcorn bags, are placed in the oven for microwave cooking.
- When using foil in the oven, allow at least 1-inch (2.5 cm) of space between foil and interior oven walls or door.
- Dishes with metallic trim should not be used, as arcing may occur.

### **6) PAPER TOWELS / CLOTHS**

- **DO NOT** use paper towels or cloths that contain a synthetic fiber woven into them. The synthetic fiber may cause the towel to ignite. Use paper toweling under supervision.

### **7) BROWNING DISHES / OVEN COOKING BAGS**

- Browning dishes or grills are designed for microwave cooking only. Always follow instructions provided by the manufacturer. **DO NOT** preheat browning dish more than six minutes.
- If an oven cooking bag is used for microwave cooking, prepare according to package directions. **DO NOT** use a wire twist-tie to close bag. Instead use plastic ties, cotton string or a strip cut from the open end of the bag.



## Food Preparation (continued)

### 8) THERMOMETERS

- **DO NOT** use a conventional meat thermometer in your oven. Arcing may occur. Microwave safe thermometers are available for both meat and candy.



### 9) BABY FORMULA / BABY FOOD

- **DO NOT** heat baby formula or baby food in the microwave oven. The glass jar or surface of the food may appear warm while the interior can be so hot as to burn the infant's mouth and esophagus.



### 10) REHEATING PASTRY PRODUCTS

- When reheating pastry products, check temperatures of any fillings before eating. Some foods have fillings, which heat faster and can be extremely hot, while the surface remains warm to the touch (for example, jelly donuts).

### 11) GENERAL OVEN USAGE GUIDELINES

- **DO NOT** use the oven for any purpose other than the preparation of food. This oven is specifically designed to heat or cook food. **DO NOT** use this oven to heat chemicals or other non-food products.
- Before use, check that utensils/containers are suitable for use in microwave ovens.
- **DO NOT** attempt to use this microwave oven to dry newspaper, clothing or any other materials. They may catch fire.
- When the oven is not being used, **DO NOT** store any objects other than oven accessories inside the oven in case it is accidentally turned on.
- The appliance shall not be operated by Microwave or Combination **WITHOUT FOOD IN THE OVEN**. Operation in this manner may damage the appliance.
- If smoke or a fire occurs in the oven, touch **Stop/Reset** and leave the door closed in order to extinguish the flames. Disconnect the power cord, or shut off power at the fuse.
- During and after cooking with the steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.

**CAUTION!: Hot steam will escape when the door is opened. If there is steam in the oven, use caution when taking containers out of the oven. Always use oven gloves to remove items from the oven TO AVOID THE RISK OF SCALDING. Do Not reach in with your bare hands.**

- Extreme caution must be used when moving hot liquids.
- When handling cooking containers take care not to let the contents spill.
- Avoid hot steam, serious burns and scalds could result.
- To prevent injury, do not allow anyone to lean, hang, sit or place heavy items on the open door of the appliance. Severe personal injury could result.
- Do not use a steam cleaner to clean this appliance. The steam from the cleaning appliance could penetrate live components and permanently damage the oven or cause injury.
- The use of accessories not recommended by Panasonic may cause injury.

### 12) HEATER OPERATION

- Exterior oven surfaces, including air vents and the oven door will get hot during **Steam, Convection Bake, Broil or Combination** functions. To prevent burns, take care when opening or closing the door and when inserting or removing food and accessories.

#### Attention: Hot Surfaces

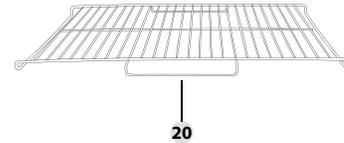
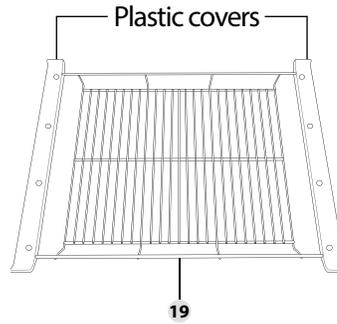
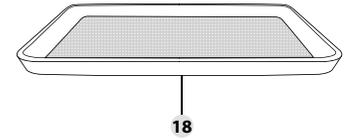
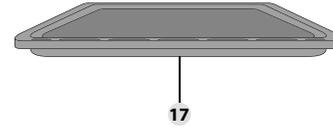
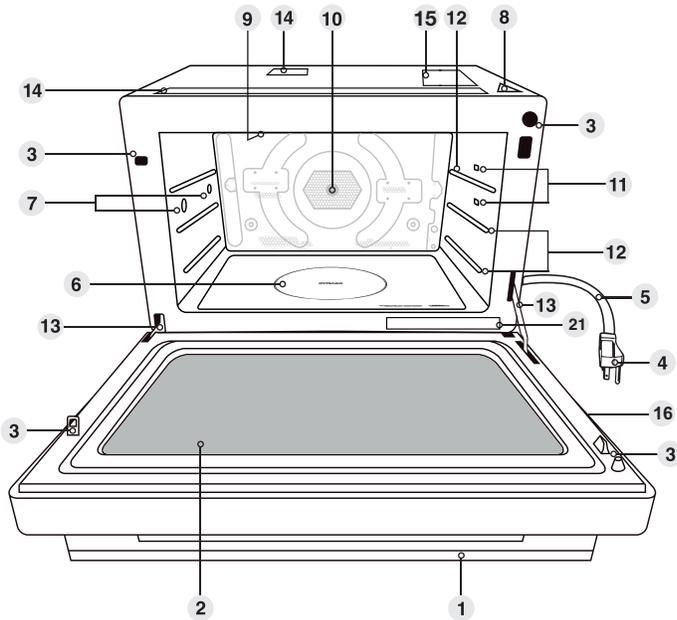


- The oven has heating elements situated in top of the oven, a steamer boiler situated in the left side of the oven and a convection heater situated in the back of the oven. During and after using either the **Steam, Convection Bake, Broil or Combination** functions, all inside surfaces of the oven will be very hot. To prevent burns, care should be taken to avoid touching the inside surfaces of the oven.
- **TO AVOID THE RISK OF SCALDING**, please use caution when touching accessible parts when oven is operated in **Steam, Convection Bake, Broil or Combination** mode, because the accessible parts may become extremely hot.

### 13) BEFORE USING YOUR OVEN

- Before using the oven for the first time, wipe excessive oil off in the oven cavity and operate the oven without food and accessories on **Convection Bake** at 445 °F (230 °C), for 10 minutes. This will allow the oil that is **used for rust protection to be burned off. This is the only time the oven is used empty.** (with the exception of preheating on Convection Bake.)

## Location of Controls



### ① Door handle

Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and **Start/Set** is touched.

### ② Oven window

### ③ Door safety lock system

To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.

### ④ Plug

### ⑤ Power supply cord

### ⑥ Bottom microwave feeding

### ⑦ Steam outlets

### ⑧ Warning symbol (Hot surface)

### ⑨ Broil elements

### ⑩ Convection heater

### ⑪ LED lights

The oven lamp lights as soon as the oven door is opened or during cooking.

### ⑫ Shelf positions (lower, middle or upper)

### ⑬ Door hinges

To prevent injury when opening or closing the door, keep fingers away from the door hinges.

### ⑭ Warning Label

### ⑮ Menu Label

Position your supplied Menu Label.

### ⑯ Identification label

### ⑰ Enamel Shelf

- The Enamel Shelf is for cooking on Convection Bake, Broil or Steam mode. Do not use on Microwave or Combination with Microwave modes.
- For 2 level Convection Bake cooking, the Enamel Shelf can be used as the lower level and the Wire Shelf can be used as the upper level.
- The maximum weight that can be placed on the Enamel Shelf is 8.8 lb (4 kg) (this includes total weight of food and dish).

### ⑱ Glass Tray

- The Glass Tray can be used on the base of the oven for cooking on Microwave only.
- The Glass Tray is used on top of the Wire Shelf in Combination mode.
- For steaming small items, place on Glass Tray on Wire Rack inside Enamel Shelf.
- If the Glass Tray is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the Glass Tray.

### ⑲ Wire Shelf

- The Wire Shelf can be used in the upper or middle shelf position for broiling or steaming foods. It can be used in the upper, middle or lower shelf positions for Convection Bake or Combination cooking.
- Do not use any metal container directly on the Wire Shelf in Combination with Microwave.
- Do not use the Wire Shelf in Microwave mode only.
- The maximum weight that can be placed on the Wire Shelf is 8.8 lb (4 kg) (this includes total weight of food and dish).

### ⑳ Wire Rack

- The Wire Rack is placed inside the Enamel Shelf to cook on Steam, Broil, Convection Bake or Combination without Microwave mode. Food can be placed directly on the Wire Rack.
- Do not use the Wire Rack for Microwave only or Combination with Microwave modes.

### ㉑ CSA Label

### Important User Information

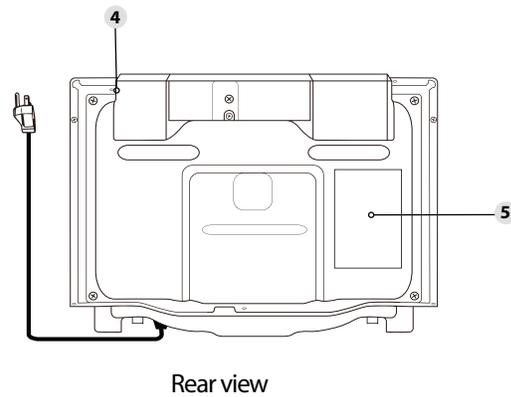
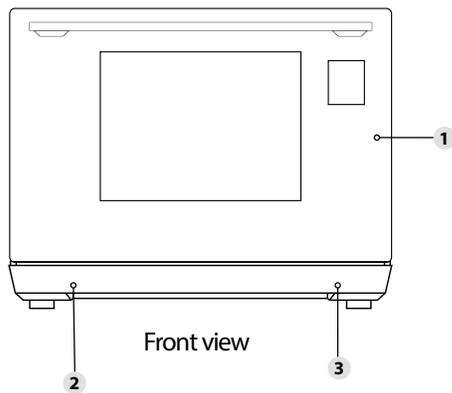
Please note the protective covers on the Wire Shelf are designed to remain on the shelf when in use. They are not packaging and must not be discarded.

### NOTES

- The above illustration is for reference only.
- The Glass Tray, Wire Rack, Enamel Shelf and Wire Shelf are the only accessories with this oven. All other cooking utensils mentioned in this manual must be purchased separately.

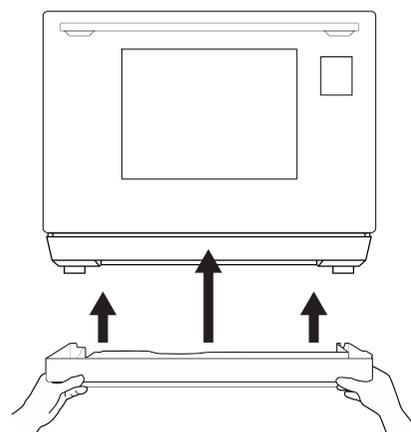
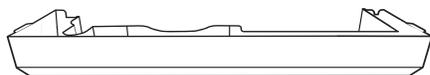
## Location of Controls (continued)

- 1 Control panel
- 2 Drip tray
- 3 Water tank (behind drip tray)
- 4 Air vent exhaust (do not remove)
- 5 Warning label



### Drip Tray

1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Reposition the drip tray by clicking back onto the legs.
4. Do not use a dishwasher to clean the drip tray.

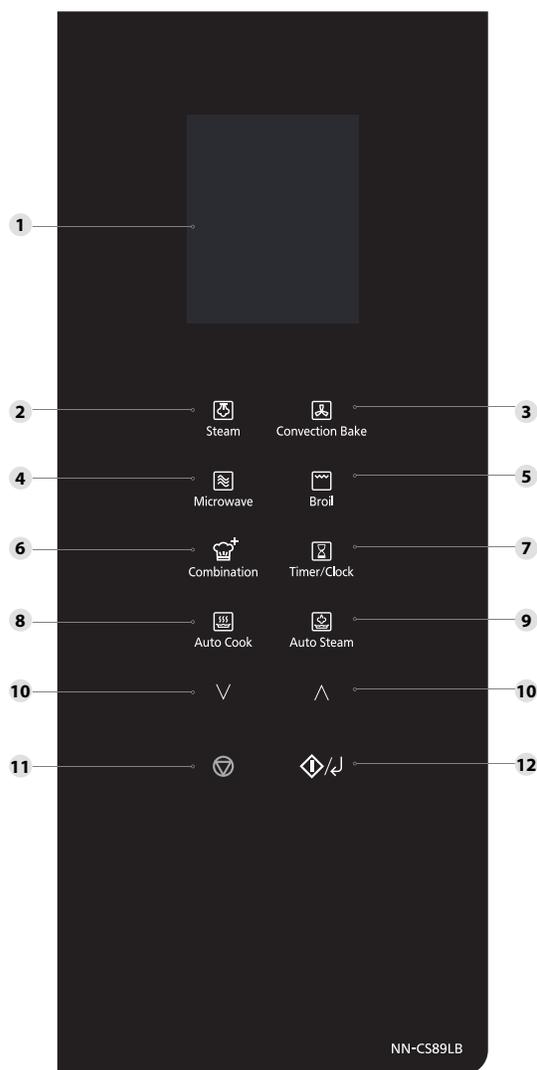


### Water tank

Guidelines for water tank on page 22.



# Control Panel



- 1 **Display Window**
- 2 **Steam** (pages 21-22)
- 3 **Convection Bake** (pages 23-24)
- 4 **Microwave** (page 25-26)
- 5 **Broil** (pages 26)
- 6 **Combination** (pages 27-28)
- 7 **Timer/Clock** (page 20, 29-31)
- 8 **Auto Cook** (pages 34-47)
- 9 **Auto Steam** (pages 49-51)
- 10 **Up/Down Selection** (page 12)  
Select the time, weight or auto menu by tapping “∨” / “∧”.
- 11 **Stop/Reset:**
  - Before cooking:**  
One touch clears your instructions.
  - During cooking:**  
One touch temporarily stops the cooking program. Another touch cancels all your instructions and the time of day or a colon will appear in the display.
- 12 **Start/Set**  
Touch to start operating the oven or confirm the setting. If during cooking the door is opened or **Stop/Reset** is touched once, **Start/Set** has to be touched again to continue cooking.

**This oven is equipped with an energy saving function.**

## NOTES

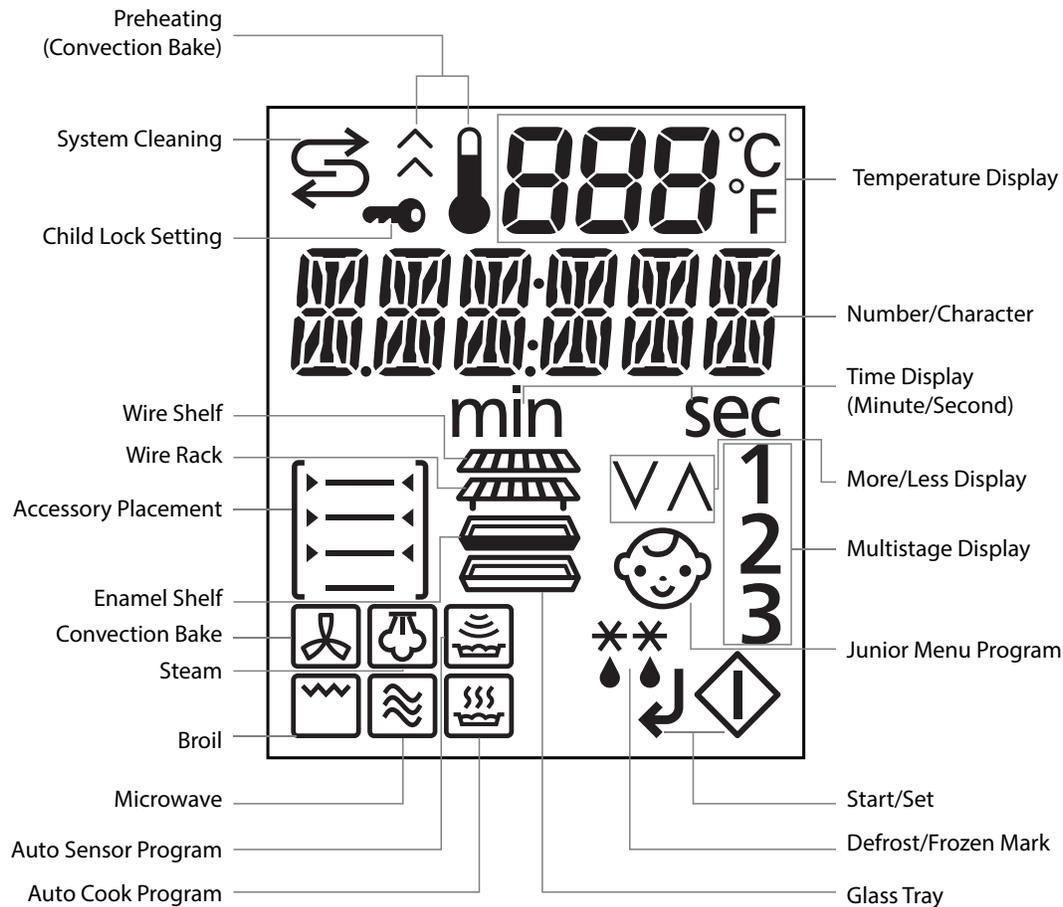
1. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the brightness of the display will be reduced.
2. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.
3. If an operation is set and **Start/Set** is not touched within 6 minutes, the oven will automatically cancel the operation. The display will revert back to colon or clock mode.

## Beep Sound

A beep sounds when a key is touched. If this beep does not sound, the setting is incorrect or the oven is on beep off mode. When the oven changes from one function to another or an auto program reminds you to stir or turn food, two beeps sound. After the completion of the preheating on Convection Bake or Combination mode, three beeps sound. After completion of cooking, the oven will beep 5 times.

## Display Window

To help you operate the oven conveniently, the present state will appear in the display window.



Note: When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

-💧-: Fill the water tank.

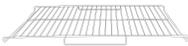
## Up/Down Selection Feature

Select the time, weight or auto menu by tapping "V" / "^". The time, weight or auto menu appears in the display window. The time/weight can be adjusted quickly by holding "V" / "^" key.

- 
- **Time Setting:**  
To set cooking time or clock. Use the key for the Add Time Function. (see page 32)
  - **Weight Setting:**  
To set weight of food for Auto Cook and Auto Steam programs. (see pages 35-37, 40-45 and 49-51).
  - **Auto Programs Setting:**  
To select auto menu.
  - **More/Less Setting:**  
To set more/less for all auto sensor programs and auto cook program No.17 Popcorn. (see page 34, 38 and 42).

# Oven Accessories

The following chart shows correct use of the accessories in the oven.

		Wire Shelf	Glass Tray	Enamel Shelf	Wire Rack
					
<b>Microwave</b>		<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>
<b>Broil</b>		<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
<b>Convection Bake</b>		<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
<b>Steam</b>		<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
<b>Combination</b>	<b>Combo 1 (Steam + Broil)</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
	<b>Combo 2 (Steam + Convection Bake)</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
	<b>Combo 3, 6 (Convection Bake + Microwave)</b>	<b>YES*</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>
	<b>Combo 4 (Convection Bake + Broil)</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
	<b>Combo 5 (Broil + Microwave)</b>	<b>YES*</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>

\*: Metal containers can not be placed directly on the Wire Shelf. Either place food directly on the Wire Shelf or place a glass dish directly on the Wire Shelf.

# Cookware and Utensil Chart

	Microwave	Broil	Convection Bake	Steam	Combination
					Combo 1 (Steam + Broil)
<b>Aluminium foil</b>	for shielding	yes	yes	yes	yes
<b>Ceramic plate</b>	yes	yes	yes	yes	yes
<b>Browning dish</b>	yes	no	no	no	no
<b>Brown paper bags</b>	no	no	no	no	no
<b>Dinnerware</b> oven/microwave safe	yes	yes	yes	yes	yes
non-oven/microwave safe	no	no	no	no	no
<b>Disposable paperboard containers</b>	yes* <sup>1</sup>	yes* <sup>1</sup>	no	yes* <sup>1</sup>	yes* <sup>1</sup>
<b>Glassware</b> oven glassware & ceramic	yes	yes	yes	yes	yes
non-heat resistant	no	no	no	no	no
<b>Metal cookware</b>	no	yes	yes	yes	yes
<b>Metal twist-ties</b>	no	yes	yes	yes	yes
<b>Oven cooking bag</b>	yes	yes* <sup>1</sup>	yes	yes* <sup>1</sup>	yes* <sup>1</sup>
<b>Paper towels and napkins</b>	yes	no	no	no	no
<b>Plastic defrosting rack</b>	yes	no	no	no	no
<b>Plastic dishes</b> microwave safe	yes	no	no	no	no
non microwave safe	no	no	no	no	no
<b>Microwave safe plastic wrap</b>	yes	no	no	not required	no
<b>Straw, wicker, wood</b>	yes	no	no	no	no
<b>Thermometers</b> microwave safe	yes	no	no	no	no
conventional	no	no	no	no	no
<b>Waxed paper</b>	yes	yes	yes	yes	yes
<b>Silicon bakeware</b>	yes* <sup>1</sup>				

\* Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

## CONTAINER TEST

**TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE:** Fill a microwave safe cup with cool water and place it in the microwave oven along side the empty container to be tested; **heat one (1) minute at 1000 W (HIGH)**. If the container is microwave oven safe (transparent to microwave energy), the empty container should remain comfortably cool and the water should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.



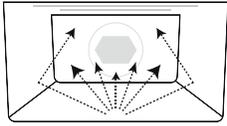
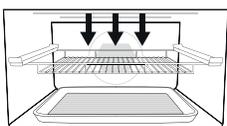
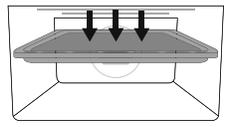
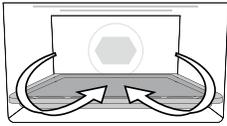
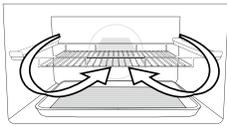
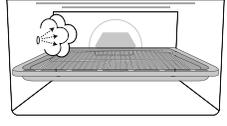
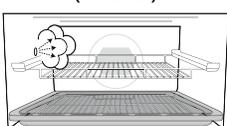
## Cookware and Utensil Chart (continued)

	Combination			
	Combo 2 (Steam + Convection Bake)	Combo 3, 6 (Convection Bake + Microwave)	Combo 4 (Convection Bake + Broil)	Combo 5 (Broil + Microwave)
<b>Aluminium foil</b>	yes	for shielding	yes	for shielding
<b>Ceramic plate</b>	yes	yes	yes	yes
<b>Browning dish</b>	no	no	no	no
<b>Brown paper bags</b>	no	no	no	no
<b>Dinnerware</b> oven/microwave safe	yes	yes	yes	yes
non-oven/microwave safe	no	no	no	no
<b>Disposable paperboard containers</b>	no	no	no	yes* <sup>1</sup>
<b>Glassware</b> oven glassware & ceramic	yes	yes	yes	yes
non-heat resistant	no	no	no	no
<b>Metal cookware</b>	yes	no	yes	no
<b>Metal twist-ties</b>	yes	no	yes	no
<b>Oven cooking bag</b>	yes* <sup>1</sup>	yes	yes* <sup>1</sup>	yes* <sup>1</sup>
<b>Paper towels and napkins</b>	no	no	no	no
<b>Plastic defrosting rack</b>	no	no	no	no
<b>Plastic dishes</b> microwave safe	no	no	no	no
non microwave safe	no	no	no	no
<b>Microwave safe plastic wrap</b>	no	no	no	no
<b>Straw, wicker, wood</b>	no	no	no	no
<b>Thermometers</b> microwave safe	no	no	no	no
conventional	no	no	no	no
<b>Waxed paper</b>	yes	yes	yes	yes
<b>Silicon bakeware</b>	yes* <sup>1</sup>	yes* <sup>1</sup>	yes* <sup>1</sup>	yes* <sup>1</sup>

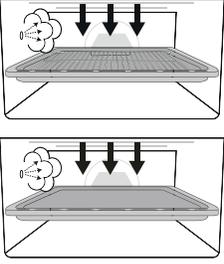
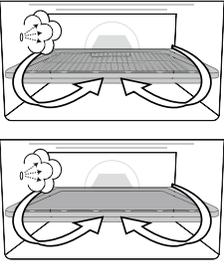
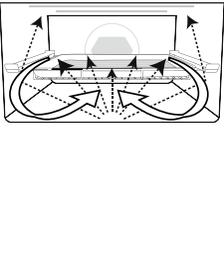
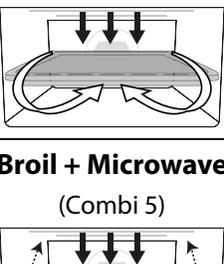
\* Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

# Cooking Modes

The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used.

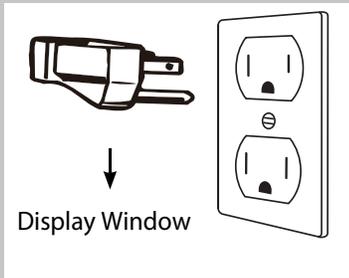
Cooking modes	Uses	Recommended accessories to use	Containers
<p><b>Microwave</b></p> 	<ul style="list-style-type: none"> <li>• Defrosting</li> <li>• Reheating</li> <li>• Melting : butter, chocolate, cheese.</li> <li>• Cooking fish, vegetables, fruits, eggs.</li> <li>• Preparing : stewed fruits, jam, sauces, custards, pastry, caramel, meat, fish or vegetarian loaves.</li> <li>• Baking cakes with eggs and baking powder without colour (Victoria sandwich, clafoutis etc).</li> </ul> <p><b>No Preheating</b></p>	<p>Use dishes, plates or bowls, directly on the base of the oven.</p>	<p>Microwaveable, no metal.</p>
<p><b>Broil</b></p>  	<ul style="list-style-type: none"> <li>• Broiling of meat or fish.</li> <li>• Toast broiling.</li> <li>• Browning of gratin dishes or meringue pies.</li> </ul> <p><b>No Preheating</b></p>	<p>Wire Shelf or Enamel Shelf. If using Wire Shelf, Glass Tray can be placed on base of oven to catch fat and drips.</p>	<p>Heatproof, metal tin can be used.</p>
<p><b>Convection Bake</b></p>  <p>(1 level)</p>  <p>(2 level)</p>	<ul style="list-style-type: none"> <li>• Baking of small pastry items with short cooking times : puff pastry, cookies, choux, short pastry, roll cakes.</li> <li>• Special baking : souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc.</li> <li>• Baking of quiches, pizzas and tarts.</li> </ul> <p><b>Preheating advised</b></p>	<p>Enamel Shelf, Glass Tray and Wire Shelf.</p>	<p>Heatproof, metal tin can be used.</p>
<p><b>Steam</b></p>  <p>(1 level)</p>  <p>(2 level)</p>	<ul style="list-style-type: none"> <li>• Cooking fish, vegetables, chicken, rice, potatoes and sponge puddings.</li> </ul> <p><b>No Preheating</b></p>	<p>Wire Shelf and Wire Rack inside Enamel Shelf.</p>	<p>Metal tin, heatproof containers suitable for steaming.</p>

## Cooking Modes (continued)

Cooking modes	Uses	Recommended accessories to use	Containers
<p><b>Broil + Steam</b> (Combo 1)</p> 	<ul style="list-style-type: none"> <li>• Cooking gratins</li> <li>• Kebabs</li> <li>• Baking cakes</li> <li>• Pastry tarts</li> <li>• Souffles</li> <li>• Whole fish</li> </ul>	Enamel Shelf or Wire Rack inside Enamel Shelf.	Heatproof, metal tin can be used.
<p><b>Convection Bake + Steam</b> (Combo 2)</p> 	<p><b>No Preheating for Combo 1</b> <b>Preheating advised for Combo 2</b></p>		
<p><b>Convection Bake + Microwave</b> (Combo 3,6)</p> 	<ul style="list-style-type: none"> <li>• Roasting meat and poultry.</li> <li>• Defrosting and reheating crunchy foods (quiche, pizza, bread, viennoiserie, lasagne, gratin.)</li> <li>• Cooking lasagne, meat, potatoes or vegetable gratins.</li> <li>• Baking cakes and puddings with eggs or baking powder ingredients with browning, baking of quiches, pies and tarts.</li> </ul> <p><b>Preheating advised</b></p>	Wire Shelf and Glass Tray	Microwaveable and heatproof. <b>DO NOT USE</b> spring form tins.
<p><b>Convection Bake + Broil</b> (Combi 4)</p> 	<ul style="list-style-type: none"> <li>• Roasting red meats, thick steak (rib of beef, T bone steaks)</li> <li>• Cooking of fish.</li> </ul> <p><b>Preheating advised</b></p>	Enamel Shelf	Heatproof, metal tin can be used.
<p><b>Broil + Microwave</b> (Combi 5)</p> 	<ul style="list-style-type: none"> <li>• Cooking casserole dishes: potato casserole, seafood casserole, beef casserole.</li> </ul> <p><b>No Preheating</b></p>	Wire Shelf and Glass Tray	Microwaveable casserole dishes without lids, directly on glass tray, no metal.

# Operation

## Using the Microwave for the First Time



Plug into a properly grounded electrical outlet. **"WELCOME TO PANASONIC REFER TO OWNER'S MANUAL BEFORE USE"** scrolls across display window.

### Function Features

This unique function of your Panasonic microwave oven allows you to establish the initial non-cooking features of your oven.

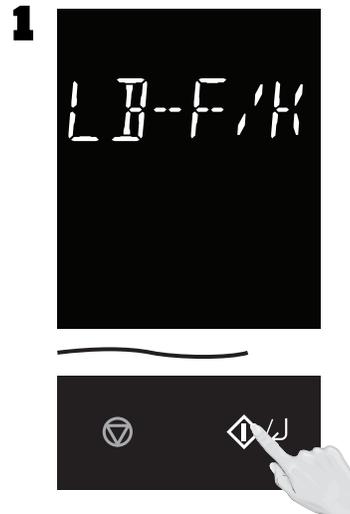
This microwave oven has the functions below:

- **WEIGHT/TEMPERATURE UNITS CHOICE**
- **LANGUAGE CHOICE**
- **BEEP CHOICE**

**Plug into a properly grounded electrical outlet.**

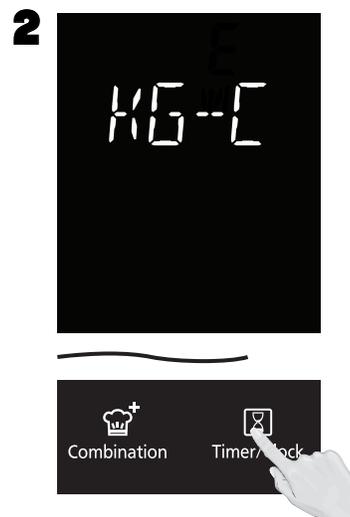
### NOTES

1. These choices can be selected only when you plug-in the oven.
2. Touch **Stop/Reset**, it will revert to initial mode (" : ").

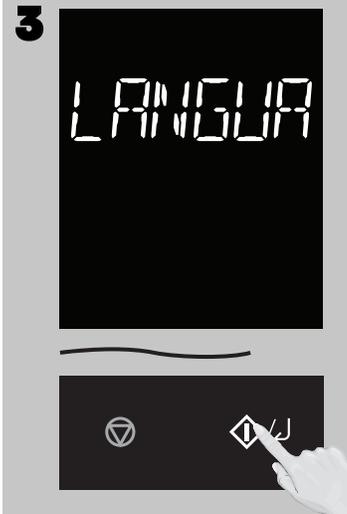


Touch **Start/Set** once. **"LB-F/KG-C"** scrolls across display window. The oven has a choice of Metric Units or Imperial Units display. The default weight unit is LB-F.

If using default setting, skip to step 3.

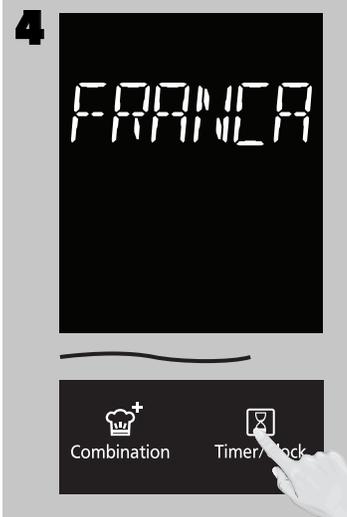


Select the **"LB-F"** or **"KG-C"** by touching **Timer/Clock**.

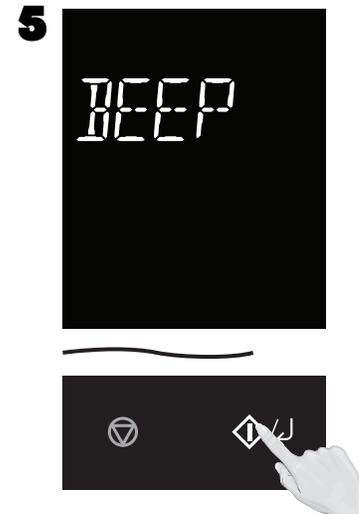


Touch **Start/Set** once. **"LANGUAGE"** scrolls across display window. The oven has a choice of English or French display. The default language is English.

If using default setting, skip to step 5.



Touch "Timer/Clock"	Display Language
Once	French
Twice	English



Touch **Start/Set** once. **"BEEP ON/OFF"** scrolls across display window. The oven has both Beep On and Beep Off mode. The default mode is Beep **ON**.

If using default setting, skip to step 7.



Touch **Timer/Clock** once. The mode changes to Beep **OFF**.



After setting, it will revert back to Weight/Temperature Units Choice setting if **Start/Set** is touched again, touch **Stop/Reset** to exit.

## Operation (continued)

### Demo Mode

#### 1

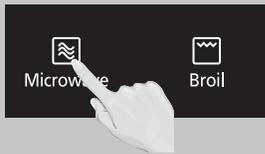
When "**DEMO MODE PRESS ANY KEY**" or "**D**" appears in the display window, it means the oven is under demonstration mode, microwave does not emit. Demo mode is designed for retail store display. In this mode, the oven can be demonstrated with no cooking power in the oven.

#### 2

##### To cancel:

Touch **Microwave** once, **Start/Set** 4 times and **Stop/Reset** 4 times.

##### Step 1.



##### Step 2.



##### Step 3.



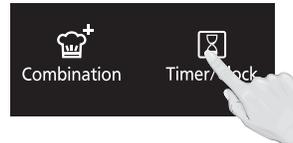
#### NOTES

1. To set Demo Mode, repeat step 1-3.
2. Default mode is Demo Mode off.

### Menu Action ON/OFF

This feature helps you to program your oven by prompting the next step to be taken. When you become familiar with your oven, the prompt can be turned off. This feature can be selected when colon or clock appears in the display window.

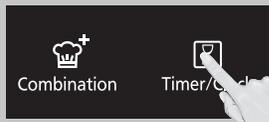
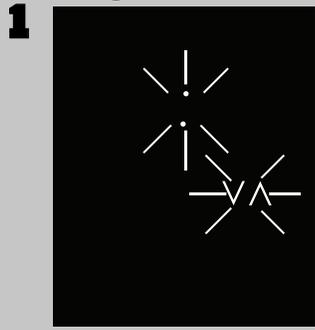
#### To turn ON/OFF:



Touch **Timer/Clock** 4 times to turn Menu Action ON/OFF. The default setting is **Menu Action ON**.

## Operation (continued)

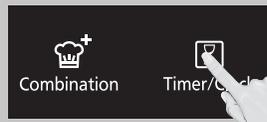
### Setting the Clock



With the oven NOT cooking, touch **Timer/Clock** twice; the colon will blink.



Set time of day by tapping "v" / "^". Time appears in the display window; colon continues flashing.

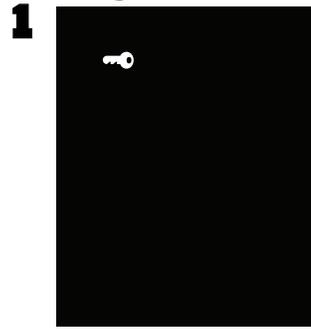


Touch **Timer/Clock** to finish setting and the colon (:) will stop blinking.

#### NOTES

1. To reset the clock, repeat steps.
2. The clock will retain the time of day as long as the oven is plugged in and electricity is supplied.
3. The clock is a 12-hour display.
4. Oven will not operate while colon (:) is flashing.

### Setting the Child Safety Lock



When the colon or time of day appears in the display, touch **Start/Set** three times; "🔑" will appear in the display.



Touch **Stop/Reset** three times; the display will return to the colon or time of the day and Child Safety Lock will be cancelled.

#### NOTES

1. This feature prevents the electronic operation of the oven until cancelled. It does not lock the door.
2. To set or cancel Child Safety Lock, **Start/Set** or **Stop/Reset** must be touched 3 times within 10 seconds.
3. You can set Child Safety Lock feature when the display shows a colon or time of day.

# Operation (continued)

## Steam

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. There are 2 different steam settings available.

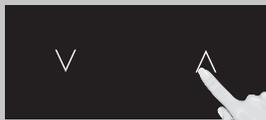
**1**



Touch **Steam** until the desired power level appears in the display window.

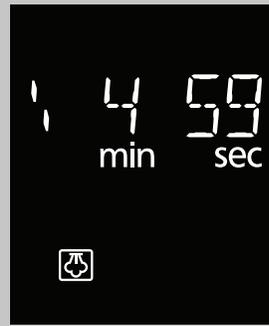
Touch	Power level
once	Steam 1 (Maximum)
twice	Steam 2 (Low)

**2**



Set desired cooking time by tapping “V” / “^”. (up to 30 minutes).

**3**



Touch **Start/Set** once, the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

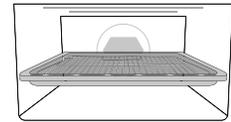
## NOTES

1. Fill the water tank before using the steam function.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank and positioning back in the oven, touch **Start/Set**. The oven will not continue cooking until the water tank has been re-filled and **Start/Set** touched.
4. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch **Stop/Reset** first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

## Oven accessories to use

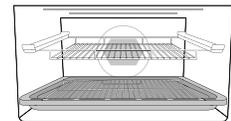
### Steam 1 level:

When steaming food the Wire Rack is placed inside the Enamel Shelf in the middle shelf position. Food can be placed directly on the Wire Rack.



### Steam 2 levels:

For the first level, place food on the Wire Rack inside the Enamel Shelf in the lower shelf position. For the second level, place food on the Wire Shelf in the upper shelf position.



## CAUTION:

The accessories and surrounding oven will get very hot. Use oven gloves. When removing the food or cooking accessories, hot water may drip from the oven top. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves. Take care when removing the drip tray. Wipe any water that drips from the inside of the oven. This is normal.

## Operation (continued)

### Steam Shot

This feature allows you to add steam during cooking (up to 3 minutes). The following modes can use steam shot - Microwave, Broil, Convection Bake and Combination levels 3-6. Adding steam during cooking enhances the heat distribution and aids the rising process of breads, cakes and pastries.

#### 1 Set and operate the desired program.



As required during operation, hold **Steam** for 2 seconds and 1 minute will be added.

#### 3 Optional



If you want to add 2 or 3 minutes, touch **Steam** once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time.

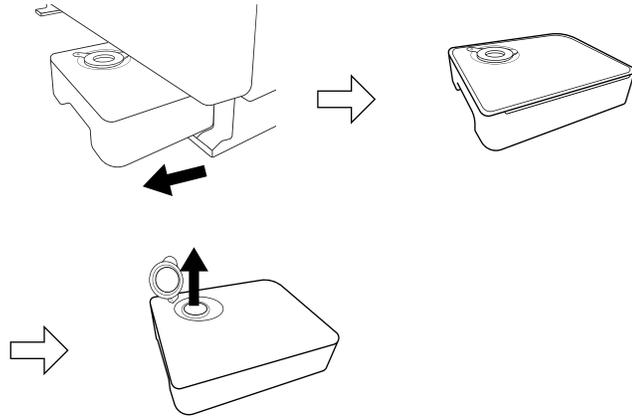
### NOTES

1. Steam shot is not available during preheating mode.
2. Fill the water tank before use.
3. The original program still counts down when operating steam shot.
4. The steam shot time can not exceed the remaining cooking time.
5. If adding 2 or 3 minutes, steam must be tapped once or twice within a 3 second time period.
6. It is not possible to change the Convection Bake temperature and cooking time during steam shot.

### CAUTION:

The accessories and surrounding oven will get very hot. Use oven gloves. When removing the food or cooking accessories, hot water may drip from the oven top. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

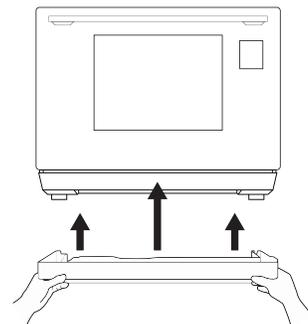
### Guidelines for Water Tank



Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week.

### Guidelines

1. There is no Microwave power on the Steam only program.
2. Use the accessories provided, as explained above.
3. The Steam will only operate with the oven door closed.
4. During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
5. Always use oven gloves when removing the food and accessories after steaming as the oven and accessories will be very hot.
6. After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs.



Re-position the drip tray by clicking back onto the legs.

# Operation (continued)

## Convection Bake

This key offers a choice of Convection Bake temperatures 85-445 °F (30-230 °C). For quick selection of the most commonly used cooking temperatures, the temperatures start at 300 °F (150 °C) and count up to 445 °F (230 °C) then 85 °F (30 °C). The oven can not preheat at 85-140 °F (30-60 °C).

Touch	Temperature
once	300 °F (150 °C)
twice	325 °F (160 °C)
3 times	340 °F (170 °C)
4 times	350 °F (180 °C)
5 times	375 °F (190 °C)
6 times	400 °F (200 °C)
7 times	410 °F (210 °C)
8 times	425 °F (220 °C)
9 times	445 °F (230 °C)
10 times	85 °F (30 °C)
11 times	100 °F (40 °C)
12 times	120 °F (50 °C)
13 times	140 °F (60 °C)
14 times	160 °F (70 °C)
15 times	175 °F (80 °C)
16 times	195 °F (90 °C)
17 times	215 °F (100 °C)
18 times	230 °F (110 °C)
19 times	250 °F (120 °C)
20 times	270 °F (130 °C)
21 times	285 °F (140 °C)

### Note on Preheating

- Do not open the door during preheating. If the oven door is not opened after preheating, the oven will maintain the selected temperature. After 30 minutes, including preheating, the oven will shut off automatically and revert to a colon or time of day.
- If you want to cook without preheating, after selecting the desired temperature, set the cooking time then touch **Start/Set**.

### With Preheating:

**1**

Touch **Convection Bake** until the desired temperature appears in the display window.

**2**

Touch **Start/Set** to preheat. "PREHEAT" will scroll across display window once then a "P" will appear in the display window. When preheating is completed, the oven will beep and "P END" will display in the display window. Then open the door and place the food inside.

Touch **Start/Set**. The cooking time appears in the display window and begins to count down.

**3**

Set desired cooking time by tapping "V" / "∧". (up to 9 hours).

**4**

Touch **Start/Set**. The cooking time appears in the display window and begins to count down.

**CAUTION:**  
Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.

### NOTES

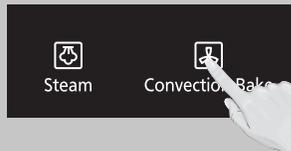
- When the selected cooking time is less than one hour, the time counts down second by second.
- When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
- You can change the cooking time during cooking if required. Tap "V" / "∧" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
- When preheating, the selected temperature can be recalled and changed. Touch **Convection Bake** once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by touching **Convection Bake**.
- Depending on the recipe, you can preheat with or without the accessories in position. See individual recipes for details. The accessories are ideal for batch baking and when cooking in a large dish.
- When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 160 °F (70 °C) is reached. To change the temperature during cooking, touch **Convection Bake**.
- Turn the accessories 180° halfway during cooking to ensure a more even cooking result.

# Operation (continued)

## Convection Bake

### Without Preheating:

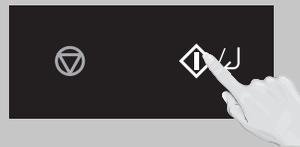
85-140 °F (30-60 °C) is available in **Convection Bake** without preheating.



Touch **Convection Bake** until the desired temperature appears in the display window.



Set desired cooking time by tapping “V” / “^”. (up to 9 hours).



Touch **Start/Set**. The cooking time appears in the display window and begins to count down.

### CAUTION:

Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.

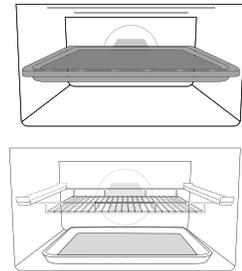
## NOTES

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only “1H 00” (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. Turn the accessories 180° halfway during cooking to ensure a more even cooking result.
5. If ‘HOT INSIDE WAIT’ appears in the display window, the oven temperature is too high from previous use and 85 - 100 °F (30 - 40 °C) can not be set.

## Oven accessories to use

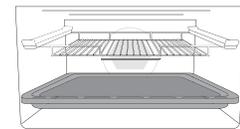
For 1 level:

Convection Bake cooking use the Enamel Shelf or Wire Shelf in the middle or lower shelf position. Place the Glass Tray on the base of the oven to catch fat and drips.



For 2 level:

Convection Bake cooking, the Enamel Shelf can be used in the lower shelf position and the Wire Shelf can be used as the upper shelf position.



# Operation (continued)

## Microwave

This feature allows you to set the desired power and time for cooking by yourself. Do not place food directly on the base of the oven. Use your own dishes, plates or bowls covered with a lid or pierced cling film directly on the base of the oven.



Touch **Microwave** until the desired power level appears in the display. 1000 W is the highest and 100 W is the lowest.

Touch	Power level
once	1000 W (HIGH)
twice	800 W (MED-HIGH)
3 times	600 W (MEDIUM)
4 times	440 W (MED-LOW)
5 times	300 W (DEFROST)
6 times	100 W (LOW)
7 times	KEEP WARM



Set cooking time by tapping "V" / "∧". 1000 W and KEEP WARM have max cooking time of 30 minutes. For other power levels, the max time is 1 hour and 30 minutes.



Touch **Start/Set**; the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

## NOTES

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can change the cooking time during cooking if required. Tap "V" / "∧" to increase or decrease the cooking time. Time can be increased/ decreased in 1 minute increments, up to 10 minutes.

## DO NOT OVERCOOK:

This oven requires less time to cook than older units. Overcooking will cause food to dry out and may cause a fire. A microwave oven's cooking power tells you the amount of microwave power available for cooking.

## CAUTION:

DO NOT defrost food at a high power setting. Doing so can cause energy concentration at a focused point, which can lead to arcing and damage to the oven. Use the "Defrost" function instead.

## Keep Warm

(Will keep "cooked" food warm for up to 30 minutes after cooking)



Touch **Microwave** 7 times to select the KEEP WARM.

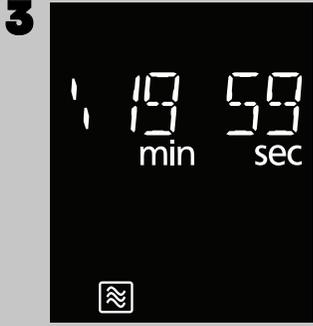


Set warming time by tapping "V" / "∧" (up to 30 minutes). Set 20 minutes cooking for an example.

**Continued on the Next Page**

# Operation (continued)

## Keep Warm



Touch **Start/Set**, the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

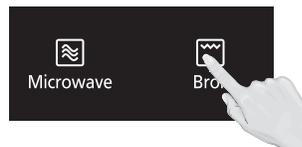
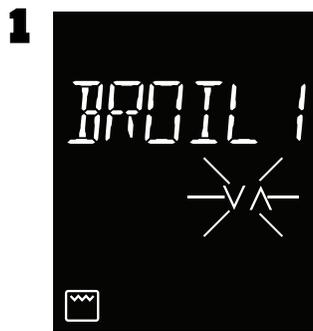
### NOTES

**KEEP WARM** can be set as the final stage after cook time has been manually entered. It cannot be used with auto programs.

## Broil

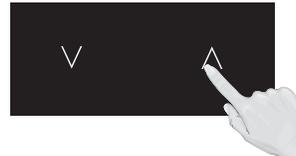
### Directions for Broiling:

There are three power levels for Broil. When broiling, heat is radiated from heater. The Broil is especially suitable for thin slices of meat and seafood as well as bread and meals. Preheating isn't required before broiling. Select Broil setting, set the time and start the oven. The food being broiled should normally be turned over after half the broiling time. When the oven door is opened, the program is interrupted. Turn the food over, place it back the oven, close the door and restart oven. While broiling, the oven door can be opened at any time to check the food.



Touch **Broil** until the desired power level appears in the display window.

Touch	Power level
Once	Broil 1 (High)
twice	Broil 2 (Medium)
3 times	Broil 3 (Low)



Set desired cooking time by tapping "v" / "^". (up to 1 hour and 30 minutes).



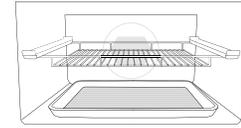
Touch **Start/Set**, the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

### CAUTION:

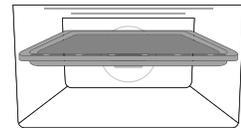
Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

### Oven accessories to use

Place food on Wire Shelf on the upper or middle shelf position in the oven. Place the Glass Tray on the base of the oven to catch fat and drips.



For broiling small foods use the Enamel Shelf on the upper or middle shelf positions.



### NOTES

1. Never cover foods when broiling.
2. The broil will only operate with the oven door closed.
3. There is no microwave power on the broil only program.
4. Most foods require turning halfway during cooking. When turning food, open oven door and carefully remove accessories using oven gloves.
5. After turning, return food to the oven and close door. After closing oven door, touch **Start/Set**. The oven display will continue to count down the remaining broiling time. It is quite safe to open the oven door at any time to check the progress of the food as it is broiling.
6. Always clean the oven after using the Broil.
7. You can change the cooking time during cooking if required. Tap "v" / "^" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

# Operation (continued)

## Combination Cooking with Steam

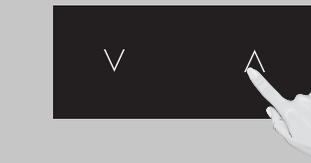
Steam can be used to cook foods simultaneously with Broil or Convection Bake mode. This can often reduce traditional oven cooking times and keep the food moist.



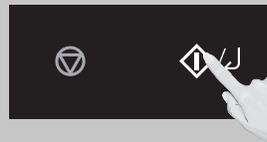
Touch **Combination** until the desired power level appears in the display window.

Touch	Power level
once	<b>Combo 1</b> (Broil 1 + Steam 1)
twice	<b>Combo 2</b> [Convection Bake 375 °F (190 °C) + Steam 1]

Touch **Start/Set** if preheating (only for Combo 2)



Set desired cooking time by tapping "V" / "^". (up to 30 minutes).



Touch **Start/Set**; the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

### NOTES

1. Fill the water tank before use. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
2. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch **Start/Set**. The oven will not continue cooking until the water tank has been re-filled and **Start/Set** touched.
3. Preheating is not available with Combo 1.
4. You can change the cooking time during cooking if required. Tap "V" / "^" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch **Stop/Reset** first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

### Guidelines

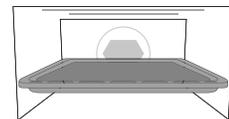
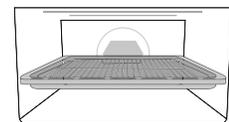
1. During and after Combination cooking with Steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
2. Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.
3. After each operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs. (See page 10).

### CAUTION:

The accessories and surrounding oven will get very hot. Use oven gloves. When removing the food or cooking accessories, hot water may drip from the oven top. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

### Oven accessories to use

Enamel Shelf or Wire Rack inside Enamel Shelf in lower or middle shelf position



# Operation (continued)

## Combination Cooking without Steam

There are 4 combinations settings without steam. Combination cooking is ideal for many foods. The Microwave power cooks them quickly, whilst the Convection Bake or Broil gives traditional browning and crispness. All this happens simultaneously resulting in most foods being cooked in  $\frac{1}{2}$  -  $\frac{2}{3}$  of the conventional cooking time.



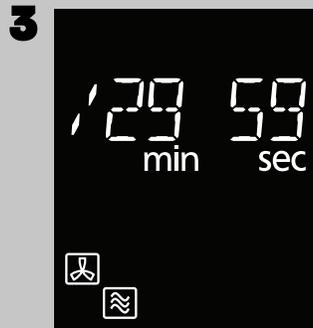
Touch **Combination** until the desired power level appears in the display window.

Touch	Power level
3 times	<b>Combo 3</b> [Convection Bake 375 °F (190 °C) + 1000 W]
4 times	<b>Combo 4</b> [Convection Bake 445 °F (230 °C) + Broil 1]
5 times	<b>Combo 5</b> (Broil 1 + 1000 W)
6 times	<b>Combo 6</b> [Convection Bake 445 °F (230 °C) + 1000 W]

Touch **Start/Set** if preheating (for Combo 3, 4, 6)



Set desired cooking time by tapping "v" / "^". (up to 9 hours).



Touch **Start/Set**; the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

### Note on Preheating

The oven can be preheated on Combination with Convection Bake cooking. Touch **Start/Set** before setting the cooking time and follow the note on preheating on page 23.

**No microwaves are emitted during Combination preheating.**

### NOTES

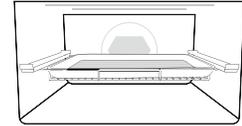
- When the selected cooking time is less than one hour, the time counts down second by second.
- When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
- You can change the cooking time during cooking if required. Tap "v" / "^" to increase or decrease the cooking time. Time can be increased/ decreased in 1 minute increments, up to 10 minutes.

### Caution!

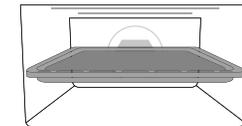
Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

### Oven accessories to use

For Combo 3, 5 and 6: Use Wire Shelf in middle or lower shelf position. Place small food items on Glass Tray on Wire Shelf.



For Combo 4: The Enamel Shelf can be used in the middle shelf position.

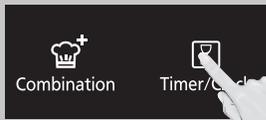


## Operation (continued)

### Setting the Kitchen Timer

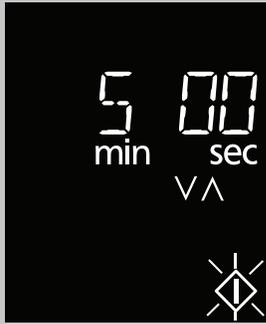
This feature allows you to program the oven as a kitchen timer.

**1**



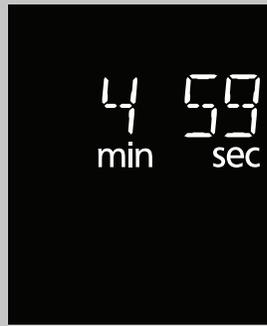
Touch **Timer/Clock** once.

**2**



Set desired amount of kitchen time by tapping "V" / "^". (up to 1 hour and 30 minutes).

**3**



Touch **Start/Set**. Time will count down without oven operating.

**Caution:** If oven lamp is lit while using the timer feature with door closed, the oven is **NOT** set properly; **STOP OVEN IMMEDIATELY** and re-read instructions.

### NOTES

1. If the oven door is opened during Kitchen Timer, Standing Time, Delay Start, the time in the display window will continue to count down.
2. If the time exceeds one hour, it will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. An "H" will appear in the display to denote hours.

## Operation (continued)

### Setting a Standing Time



Some recipes call for a standing time after cooking. Touch **Microwave** until the desired power level appears in the display. 1000 W is the highest and 100 W is the lowest.



Set cooking time by tapping "v" / "^". (see page 25 maximum times).



Touch **Timer/Clock** once.



Set desired standing time by tapping "v" / "^". (up to 1 hour and 30 minutes).



Touch **Start/Set**. Cooking will start. After cooking, standing time will count down without oven operating.

### NOTES

1. If the oven door is opened during Kitchen Timer, Standing Time, Delay Start, the time in the display window will continue to count down.
2. Standing Time and Delay Start can not be programmed together with auto programs and preheating. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.
3. When using Standing Time or Delay Start, it is up to 2 power stages.
4. If the time exceeds one hour, it will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
5. An "H" will appear in the display to denote hours.

## Operation (continued)

### Setting a Delayed Start

1



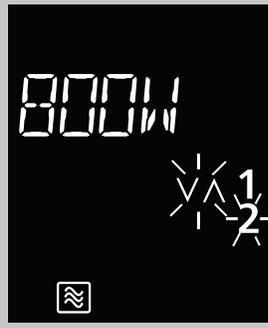
The start time can be delayed to start cooking at a later time. To do this, first touch **Timer/Clock** once.

2



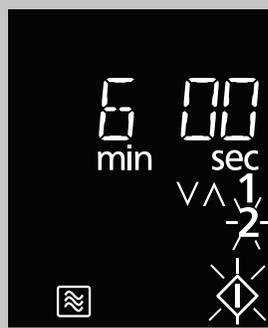
Set the desired delay time by tapping "V" / "^". (up to 1 hour and 30 minutes).

3



Touch **Microwave** until the desired power level appears in the display. 1000 W is the highest and 100 W is the lowest.

4



Set cooking time by tapping "V" / "^". (see page 25 maximum times).

5



Touch **Start/Set**, the delay time will count down, then cooking will begin.

### NOTES

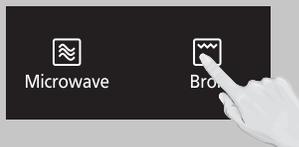
1. If the oven door is opened during Kitchen Timer, Standing Time, Delay Start, the time in the display window will continue to count down.
2. Standing Time and Delay Start can not be programmed together with auto programs and preheating. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.
3. When using Standing Time or Delay Start, it is up to 2 power stages.
4. If the time exceeds one hour, it will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
5. An "H" will appear in the display to denote hours.

# Operation (continued)

## Add Time

(Example: To add cooking time after Broil 1 (High).)

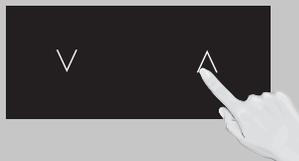
**1**



Set the desired cooking program, by entering cooking method and time required.

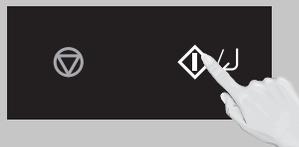
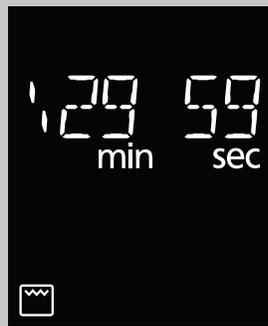
After cooking, "ADD TIME OR ENJOY YOUR MEAL" will appear in the display window.

**2**



Set desired cooking time by tapping "v" / "^".

**3**



Touch **Start/Set**. Time will be added. The time in the display window will count down.

### Maximum cooking time:

<b>Microwave 1000 W</b>	30 minutes
<b>Keep warm</b>	30 minutes
<b>Steam</b>	30 minutes
<b>Combo 1, 2</b>	30 minutes
<b>Broil</b>	1 hour and 30 minutes
<b>Other microwave powers</b>	1 hour and 30 minutes
<b>Convection Bake</b>	9 hours
<b>Combo 3, 4, 5, 6</b>	9 hours
<b>Timer</b>	1 hour and 30 minutes

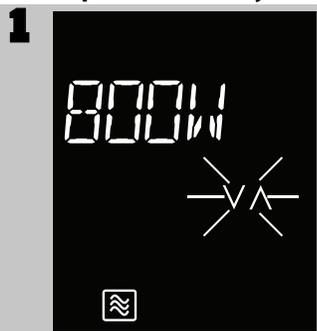
## NOTES

1. This feature is not available for auto programs.
2. The Add Time function will be cancelled if you do not perform any operation within 2 minute after cooking.
3. The Add Time function can be used after the 3-stage cooking.
4. The power level is the same as the last stage.

# Operation (continued)

## 3-Stage Setting

(Example: Continually set [800 W] 2 minutes, [Combo 5] 3 minutes and [Broil 2 (Medium)] 2 minutes.)



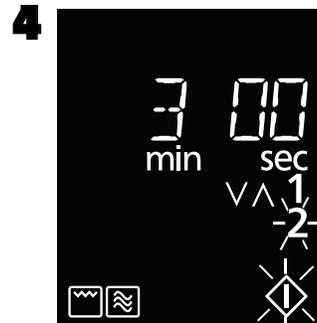
Touch **Microwave** twice to select **800 W**.



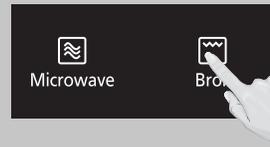
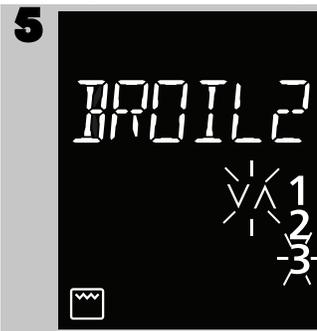
Set as 2 minutes by tapping “∨” / “∧”.



Touch **Combination** five times to select **Combo 5**.



Set as 3 minutes by tapping “∨” / “∧”.



Touch **Broil** twice to select **Broil 2 (Medium)**.



Set as 2 minutes by tapping “∨” / “∧”.



Touch **Start/Set**. The time will count down at the first stage in the display window.

### NOTES

1. When operating, two beeps will sound between each stage.
2. Auto programs and preheating can not be used with 3-stage cooking.
3. Standing Time, Delay Start can be used with 3-stage cooking.
4. During cooking, one touch on **Stop/Reset** stops the operation. You can re-start it by touching **Start/Set**. A second touch of **Stop/Reset** will cancel the selected program.
5. Whilst not operating, one touch of **Stop/Reset** cancels the selected program.

### Example to use:

Mug cake (1 mug)

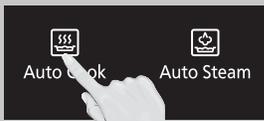
Stage 1	800 W	1 minute
Stage 2	Timer	20 seconds
Stage 3	800 W	1 minute

## Operation (continued)

### Sensor Reheat

This unique feature built in sensor allows you to simply reheat a chilled meal. It is not necessary to select the power level, weight or cooking time. The built-in sensor measures the humidity of the food and calculates the Microwave Power level together with a cooking time.

1



Touch **Auto Cook** once

2



Touch **Start/Set**. Reheating is complete when five beeps sound.

Program	Recommended Weight	Accessories	Instructions
<b>1. Sensor Reheat</b>	8 - 40 oz. (200 - 1000 g)		To reheat a fresh pre-cooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 41 °F (5 °C). Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Select program number 1, Sensor Reheat. Touch <b>Start/Set</b> . Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/ fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.

#### How it works

Once the Sensor Reheat Programs has been selected and **Start/Set** is touched the food is heating up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to reheat. The remaining cooking time will appear in the display window after two beeps.

Whilst the Sensor program is still in the display window the oven door should not be opened. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

#### More / Less Control

The Sensor Reheat Programs reheat a chilled for average tastes. You are able to adjust the Sensor Reheat Programs to your own taste. After touching **Start/Set**, “∨” / “∧” symbol appears in the display, touch “∧” for more time or “∨” for less time. This operation should be completed within 14 seconds. Default mode is normal.

#### NOTES

1. This feature is not suitable for foods that cannot be stirred eg. lasagne / macaroni cheese.
2. The oven automatically calculates the reheating time or the remaining reheating time.
3. The door should not be opened before the time appears in the display window.
4. To prevent any mistakes during Sensor Reheat Programs ensure that base of oven and the container are dry.
5. The room temperature should not be more than 95 °F (35 °C) and not less than 32 °F (0 °C).
6. If the oven has previously been used and it is too hot to be used on Sensor Reheat Programs, ‘HOT INSIDE WAIT’ will appear in the display window. After the ‘HOT INSIDE WAIT’ disappears, the Sensor Reheat Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

## Operation (continued)

### Turbo Defrost (No.2)



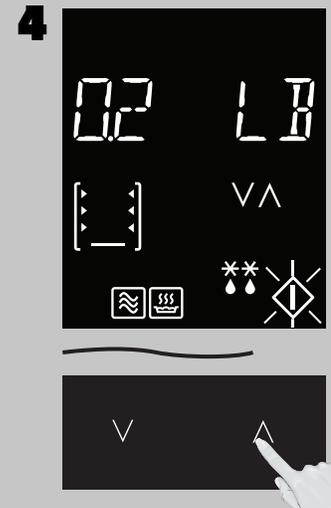
Touch **Auto Cook** once.



Select desired menu by tapping "V" / "A".



Touch **Start/Set** to confirm the program.



Select the weight of the food by tapping "V" / "A".



Touch **Start/Set**. The display reminds you which cooking modes are in use. Remember to turn or shield the food during defrosting.

Program	Recommended Weight	Accessories and Placement	Instructions
<b>2. Turbo Defrost</b>	0.1 - 6.0 lbs (100 - 3000 g)		To defrost many cuts of meat, poultry and fish. Place container on base of oven. Select program number 2, Turbo Defrost. Touch <b>Start/Set</b> to confirm the program. Select the weight and touch <b>Start/Set</b> . Turn over the food, remove defrosted food and shield thin ends/fat bones of roast with foil at beeps.

#### NOTES

1. The shape and size of the food will determine the maximum weight the oven can accommodate.
2. Allow standing time to ensure the food is completely defrosted.
3. If 'HOT INSIDE WAIT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

#### Conversion

Follow the chart to convert ounces or hundredths of a pound into tenths of a pound. To use **Defrost**, enter the weight of the food in pounds (1.0) and tenths of a pound (0.1). If a piece of meat weighs 1.95 lbs or 1 lb 14 oz., enter 1.9 lbs.

Ounces	Hundredths of a Pound	Tenths of a Pound
0	.01 - .05	0.0
1 - 2	.06 - .15	0.1
3 - 4	.16 - .25	0.2
5	.26 - .35	0.3
6 - 7	.36 - .45	0.4
8	.46 - .55	0.5
9 - 10	.56 - .65	0.6
11 - 12	.66 - .75	0.7
13	.76 - .85	0.8
14 - 15	.86 - .95	0.9

# Operation (continued)

## Defrosting Tips and Techniques

### Preparation for Freezing

The quality of the cooked foods comes from the foods before freezing, freezing ways and defrosting tips and times. So it is important to purchase fresh and high quality foods. And freeze them immediately. Thick cling film, package, freezing wrap and the meat which has been sealed before selling are all able to be reserved in the refrigerator for some times.

### NOTES

1. Please remove the aluminum foil if the package is made of aluminum to prevent arcing.
2. The foods in the refrigerator should be kept under  $-0.4^{\circ}\text{F}$  ( $-18^{\circ}\text{C}$ ). (At least 24 hours in freezer before defrosting.)
3. When freezing meats, poultry and fish or seafood, the foods should be arranged evenly and wrap as 1-2 inches (2.5 cm - 5 cm) square or a round shape.
4. Please clean the whole chicken before freezing. (The bowels can be frozen individually.) Clean the whole chicken and make it dry. Binding the leg and thigh.
5. Remove all air and seal securely. Label package with type and cut of meat, date and weight.

### Turbo Defrost

The Turbo defrost function is operated based on the weight of foods. Most cut foods such as chicken, meat and fish can be defrosted by using this function easily. Set weight based on the real weight of foods, and the microwave oven will set the power and time automatically. The display window will display the time of defrost after setting. The foods listed in the below table are the most suitable for using defrost function. The minimize weight is 0.1 lb (100 g) and the maximum is 6 lbs (3000 g) for getting the best result.

Foods	The maximum weight for the foods
Meat loaf, whole chicken, rib	6 lbs (3000 g)
Beef, lamb, chicken portions	4 lbs (2000 g)
Whole fish, shellfish, prawn and fish fillet	2 lbs (1000 g)

### Tips for Turbo defrost

Boneless meat always demands longer time to defrost than meat with bones, as to meat with bones, we recommend to subtract 1.1 lbs (500 g) from total weight when it exceeds 4 lbs (2000 g), subtract 0.4-0.6 lb (200 - 300 g) from total when it weights under 4 lbs (2000 g).

### Two buzz beeps

Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Shield the edge of chicken wings, roast, fat or bones.

#### Key to defrosting

For evenly defrosting, turn over the foods or move the position of the foods in the containers during the progress of defrosting.



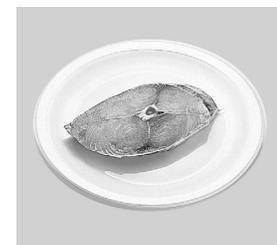
Remove the package of the raw meat and place it on the plate.



Shield the front part of the chicken drumsticks by using aluminum foil.



Shield the head and tail of the whole fish by using aluminum foil.



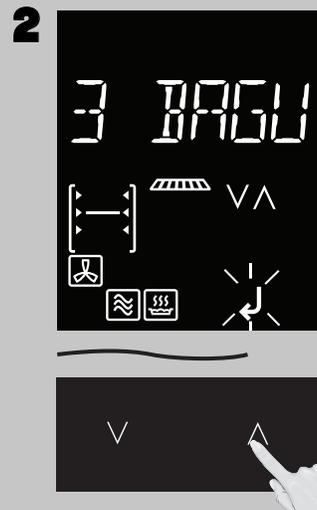
Remove the package of the fish fillet and place it on the plate.

# Operation (continued)

## Re-bake Bread (No.3-4)



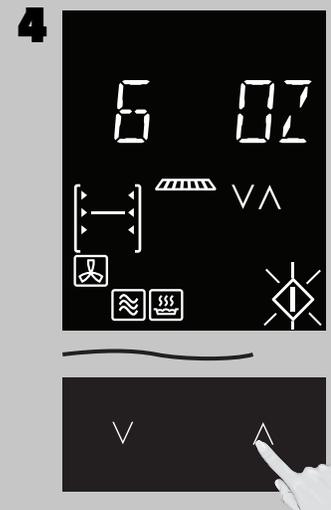
Touch **Auto Cook** once.



Select desired menu by tapping "V" / "^".



Touch **Start/Set** to confirm the program.



Select the weight of the food by tapping "V" / "^".



Touch **Start/Set**. The display reminds you which cooking modes are in use.

Program	Recommended Weight	Accessories and Placement
<b>3. Baguette/Crusty Rolls</b>	4 - 20 oz. (100 - 500 g)	
<b>4. Croissants</b>	2 - 14 oz. (50 - 350 g)	

### 3 Baguette/Crusty Rolls

To re-bake baguettes and crusty rolls. This program is suitable for reheating, browning and crisping pre-purchased baguettes and rolls from room temperature. Ensure height of baguette/rolls is no more than 2 inches (5 cm). Place baguette/crusty rolls on Wire Shelf in middle shelf position. Select program number 3, Baguette/Crusty Rolls. Touch **Start/Set** to confirm the program. Select weight and touch **Start/Set**. After cooking place on a Wire Rack for a few minutes.

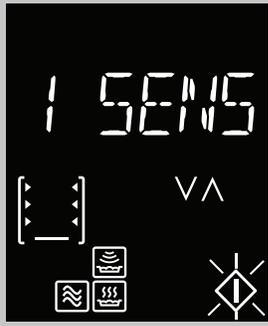
### 4. Croissants

To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased croissants from room temperature. Place croissants on Wire Shelf in middle shelf position. Select program number 4, Croissants. Touch **Start/Set** to confirm the program. Select weight and touch **Start/Set**. After cooking place on a Wire Rack for a few minutes.

## Operation (continued)

### Auto Sensor (No.5-12)

1



Auto Cook Auto Steam

Touch **Auto Cook** once.

2



Select desired menu by tapping “V” / “^”.

3



Touch **Start/Set** to confirm the program.

### More / Less Control

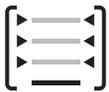
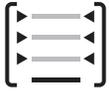
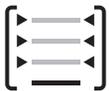
Preferences for degree of cooking vary for each individual. After having used Auto Sensor Programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using “V” / “^” More/Less control, the programs can be adjusted to cook food for a longer or shorter time. Touch “V” / “^” after touching **Start/Set** within 14 seconds. If you are satisfied with the result of the Auto Sensor Programs, you do not have to use this control.

### NOTES

1. The oven automatically calculates the cooking time or the remaining cooking time.
2. The door should not be opened before the time appears in the display window.
3. To prevent any mistakes during Auto Sensor Programs ensure that the base of the oven and the container are dry.
4. The room temperature should not be more than 95 °F (35 °C) and not less than 32 °F (0 °C)
5. Only cook foods within the recommended weight range described on page 38-39.
6. If the oven has previously been used and it is too hot to be used on an Auto program, ‘HOT INSIDE WAIT’ will appear in the display window. After the ‘HOT INSIDE WAIT’ disappears, the Auto Sensor Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

Program	Recommended Weight	Accessories and Placement	Instructions
<b>5. Oatmeal</b>	½ – 1 cup (40 – 80 g)		Place oatmeal in a microwave safe serving bowl with no cover. Follow manufacturers’ directions for preparation.
<b>6. Breakfast Sausage</b>	2 – 8 links		Follow manufacturers’ directions for preparation of pre-cooked breakfast sausage. Place in a radial pattern. Turn over at beeps.
<b>7. Omelet</b>	2 – 4 eggs		Follow basic Omelet recipe on next page

## Operation (continued)

Program	Recommended Weight	Accessories and Placement	Instructions
<b>8. Quinoa</b>	¼ – 1 cup (50 – 200 g)		Place quinoa in a 1.5 to 3 qt microwave safe casserole dish. Add 2 parts water to 1 part quinoa. For ¼ cup (45 g), triple water may need as necessary. Cover with lid or vented plastic wrap. After 2 beeps, stir. Let stand 14 minutes before serving.
<b>9. Soup</b>	1 – 2 cups (250 – 500 ml)		Pour soup into a microwave safe serving bowl. Cover with lid or vented plastic wrap. Stir at beeps.
<b>10. Frozen Entrées</b>	8 – 28 oz. (220 – 800 g)		Follow manufacturers' directions for preparation. After 2 beeps, stir or rearrange. Be careful when removing the film cover after cooking. Remove facing away from you to avoid steam burns. If additional time is needed, continue to cook manually.
<b>11. Chicken Pieces</b>	16 - 40 oz (400 - 1000 g)		It is suitable for cooking chicken pieces, such as wings, thighs, legs, breast fillets. Chicken pieces should be completely thawed before cooking. Pierce the chicken pieces. Marinate chicken pieces before cooking for added flavour and colour. Put the prepared chicken pieces onto a microwave safe dish. Cover securely with lid or plastic wrap. Turn over at beeps. Let stand 5 to 10 minutes at the end of cooking.
<b>12. Stew</b>	36 - 80 oz. (900 - 2000 g)		To cook stew from raw ingredients 36 - 80 oz. (900 - 2000 g). For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 1¾ Cups (440 ml) of stock. If you use a cook-in sauce, also add the same quantity of water. Cover with lid. Stir at beeps.

## Recipe

### OMELET

#### Basic Omelet Recipe

1 Tablespoon (15 ml) butter or margarine

2 Eggs

2 Tablespoons (30 ml) milk

Salt and ground black pepper, if desired.

Heat butter in a microwave safe 9-inch (23 cm) pie plate, 20 seconds at P10, or until melted.

Turn the plate to coat the bottom with butter. Meanwhile, combine the remaining ingredients in a separate bowl, beat together and pour into the pie plate. Cook, covered with vented plastic wrap, using OMELET selection. Let stand 2 minutes. With a spatula, loosen the edges of the omelet from the plate, fold into thirds to serve. **Always beat the eggs before making the omelet.**

**Yield:** 1 Serving

**Approx. cooking time:** 4 minutes.

**NOTE:** Double ingredients for a 4-egg Omelet.

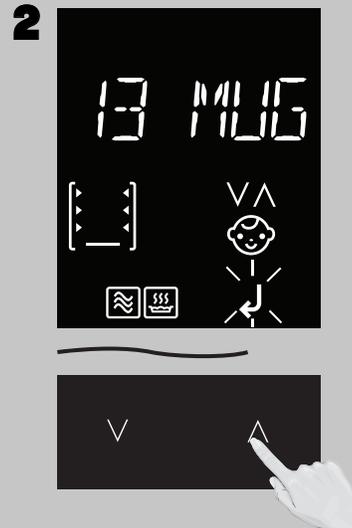
# Operation (continued)

## Junior Menu (No.13-16)

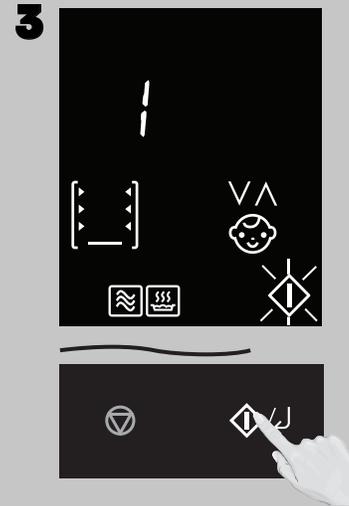
(The Junior Menu offers a range of programs catering for babies, toddlers and older children - great for time saving and convenience.)



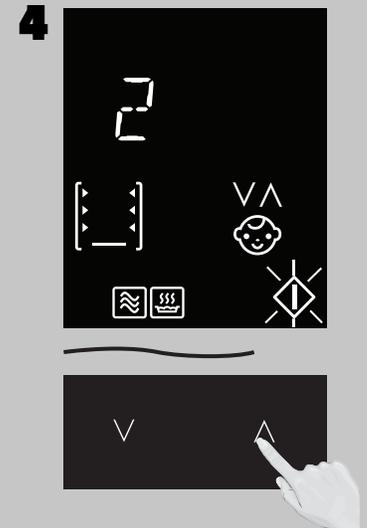
Touch **Auto Cook** once.



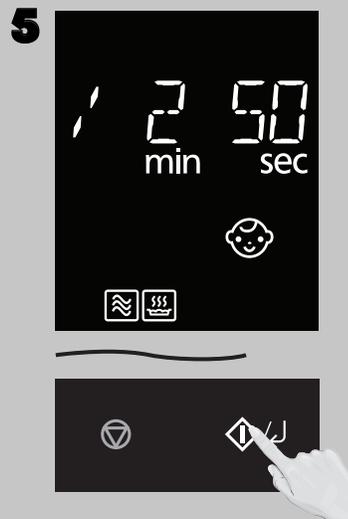
Select desired menu by tapping "V" / "^".



Touch **Start/Set** to confirm the program.



Select the weight of the food by tapping "V" / "^".



Touch **Start/Set**. The display reminds you which cooking modes are in use.

Program	Recommended Weight	Accessories and Placement
<b>13. Mug Cake</b>	1 [8 oz. (200 g)] or 2 [16 oz. (400 g)]	
<b>14. Junior Pasta Bake</b>	10 oz. (250 g), 20 oz. (500 g), 32 oz. (800 g)	
<b>15. Frozen Potato Fries</b>	8-20 oz. (200 - 500 g)	
<b>16. Vegetable Purée</b>	4-16 oz. (100 - 400 g)	

## Operation (continued)

### 13. Mug Cake

For cooking one or two mug cakes, either Chocolate Brownie or Lemon. Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 1¼ Cup (310 ml). Place it on the base of the oven. Select auto program number 13, Mug Cake. Touch **Start/Set** to confirm the program. Choose 1 [8 oz. (200 g)] or 2 [16 oz. (400 g)] mug cakes. Touch **Start/Set** to start the program. After cooking allow to stand for a few minutes and serve warm in the mug with ice cream, custard or cream.

#### Chocolate Brownie Mug Cake

##### For 1 serving

4 ½ tablespoons (60 g) flour  
3 tablespoons (40 g) sugar  
2 ½ tablespoons (30 g) cocoa powder  
2 tablespoons (30 ml) melted butter  
2 tablespoons (30 ml) milk  
4 squares dark or milk chocolate, chopped

Decoration: sprinkles or mini marshmallows

1. Mix flour, sugar and cocoa powder together in mug.
2. Add melted butter and milk and mix.
3. Add chopped chocolate. Mix thoroughly.
4. After cooking decorate with sprinkles or mini marshmallows.

#### Lemon Mug Cake

##### For 1 serving

3 tablespoons (40 g) flour  
3 tablespoons (40 g) sugar  
¼ teaspoon (1 g) baking powder  
⅛ teaspoon (1 g) salt  
2 tablespoons (30 ml) vegetable oil  
2 tablespoons (30 ml) lemon juice,  
plus zest ½ lemon  
1 egg, beaten

Decoration: sprinkles or mini marshmallows

1. Mix flour, sugar, baking powder and salt together in mug.
2. Add vegetable oil, lemon juice, lemon zest and beaten egg. Mix thoroughly.
3. After cooking, decorate with strawberries, blueberries or sprinkles.

### 14. Junior Pasta Bake

For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild cheddar cheese. Use a suitable square, shallow Pyrex® container. Use the following quantities:

	10 oz. (250 g)	20 oz. (500 g)	32 oz. (800 g)
Pasta	4 oz. (100 g)	8 oz. (200 g)	12 oz. (300 g)
Sauce	4 oz. (100 g)	10 oz. (250 g)	17 oz. (425 g)
Cheese	2 oz. (50 g)	2 oz. (50 g)	3 oz. (75 g)

Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place container on Wire Shelf in middle shelf position. Select program 14, Junior Pasta Bake. Touch **Start/Set** to confirm the program. Select - 10 oz. (250 g), 20 oz. (500 g) or 32 oz. (800 g). Touch **Start/Set**.

### 15. Frozen Potato Fries

To cook frozen potato fries. Spread potato fries out on Enamel Shelf and place in middle shelf position. Select program number 15, Frozen Potato Fries. Touch **Start/Set** to confirm the program. Select weight of food. Touch **Start/Set**. Turn/Stir at beeps. For best results cook in a single layer. Note: We suggest checking a few minutes before the end of cooking to assess level of browning.

### 16. Vegetable Purée

This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:

4-6 oz. (100 - 150 g) vegetables ⅓ cup (85 ml) water.  
7-12 oz. (175 - 300 g) vegetables ½ cup (125 ml) water.  
13-16 oz. (325 g - 400 g) vegetables ⅔ cup (170 ml) water.  
Cover with lid. Place dish on base of oven.

Select program number 16, Vegetable Purée. Touch **Start/Set** to confirm the program. Select the weight of the vegetables. Touch **Start/Set**. Stir at beeps. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.

## Operation (continued)

### Auto Cook (No.17 popcorn)



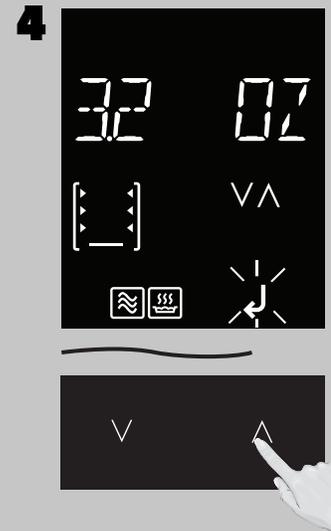
Touch **Auto Cook** once.



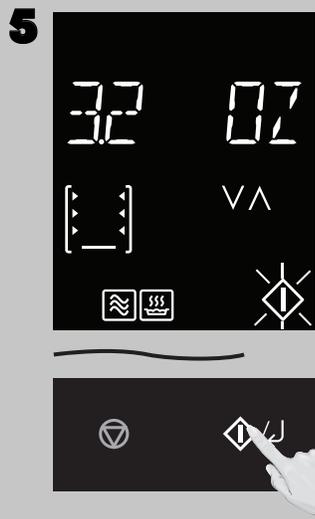
Select No. 17 Popcorn by tapping “∨” / “∧”.



Touch **Start/Set** to confirm the program.

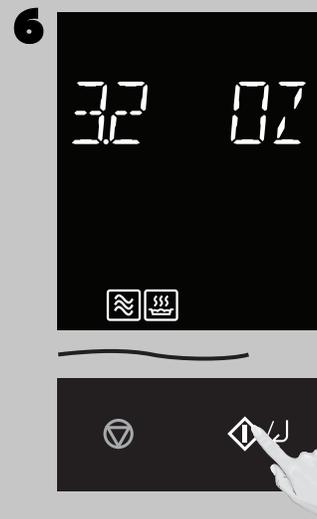


Select the weight [1.5 oz. (42 g), 2.75 oz. (78 g), 3.2 oz. (90 g)] of the food by tapping “∨” / “∧”.



Touch **Start/Set** to confirm the weight.

If the user desires, More/Less adjustment can be done after this step. Press “∧” once to add 10 seconds or twice to add 20 seconds. Press “∨” once to subtract 10 seconds or twice to subtract 20 seconds.



Touch **Start/Set**. After several seconds, cooking time appears in the display window and begins to count down.

### NOTES

1. Pop one bag at a time.
2. Place bag in oven according to manufacturers' directions.
3. Start with popcorn at room temperature.
4. Allow popped corn to sit unopened for a few minutes.
5. Open bag carefully to prevent burns, because steam will escape.
6. Do not reheat unpopped kernels or reuse bag.
7. If popcorn is of a different weight than listed, follow instructions on popcorn package.
8. Never leave the oven unattended.
9. If popping slows to 2 to 3 seconds between pops, stop oven. Overcooking can burn popcorn or cause fire.
10. When popping multiple bags one right after the other, the cooking time may vary slightly. This does not affect the popcorn results.
11. If 'HOT INSIDE WAIT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

## Operation (continued)

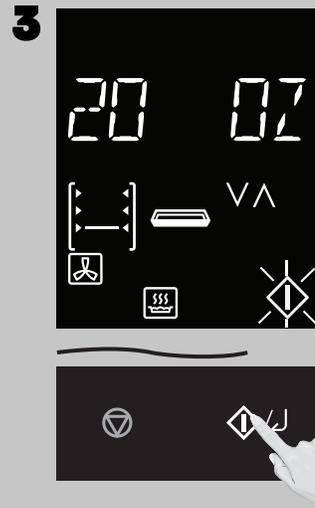
### Auto Cook (No.18-27)



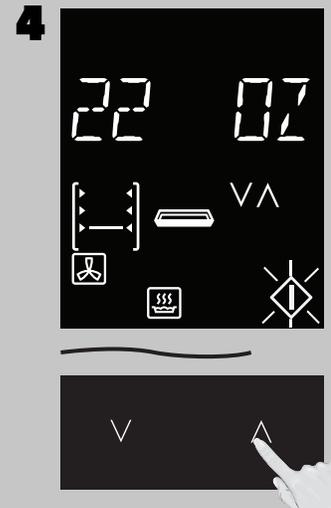
Touch **Auto Cook** once.



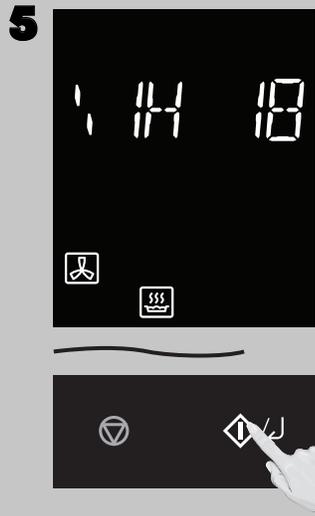
Select desired menu by tapping "V" / "^".



Touch **Start/Set** to confirm the program.



Select the weight of the food by tapping "V" / "^".



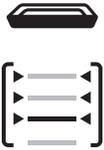
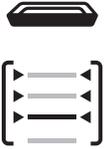
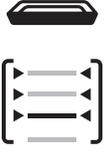
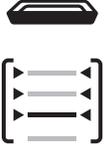
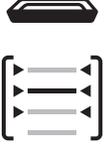
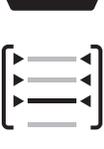
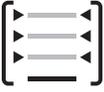
Touch **Start/Set**. The display reminds you which cooking modes are in use.

### NOTES

The auto weight programs are designed to take the guesswork out of cooking or reheating your food. They must only be used for the foods described.

1. Only cook foods within the weight ranges described (pages 44-45).
2. Only use the accessories as indicated on pages 44-45.
3. Refer to program information for cooking modes.
4. Do not cover food unless stated, when using a Combination or Convection Bake program, it will prevent the food browning. The heat will also melt any plastic covering.
5. Most foods benefit from a standing time after cooking on an auto program, to allow heat to continue conducting to the centre.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
7. Always weigh the food rather than relying on the package weight information.
8. If 'HOT INSIDE WAIT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.
9. For menu No. 19, 25 and 26, oven will start to preheat after step 5. Do not put any food or accessory in the oven before it's preheated.

## Operation (continued)

Program	Recommended Weight	Accessories and Placement	Instructions
<b>18. Fried Chicken</b>	8 - 32 oz. (200 - 800 g)		Follow fried chicken recipe on next page.
<b>19. Fresh Potato Fries</b>	8 - 20 oz. (200 - 500 g)		Follow fresh potato fries recipe on next page.
<b>20. Beef (well done)</b>	20 - 80 oz. (500 - 2000 g)		For cooking well done fresh roast beef (top side, rump or silverside). Place on Enamel Shelf in lower shelf position. Select program number 20, Beef (well done). Touch <b>Start/Set</b> to confirm the program. Select the weight of the food and touch <b>Start/Set</b> . Turn over at beeps. After cooking stand for 10 to 20 minutes.
<b>21. Lamb (medium)</b>	40 - 80 oz. (1000 - 2000 g)		For cooking medium fresh roast leg of lamb with bone. Place on Enamel Shelf in lower shelf position. Select program number 21, Lamb (medium). Touch <b>Start/Set</b> to confirm the program. Select the weight of the food and touch <b>Start/Set</b> . Turn over at beeps. After cooking stand for 10 to 20 minutes.
<b>22. Lamb (well done)</b>	40 - 80 oz. (1000 - 2000 g)		For cooking well done fresh roast leg of lamb with bone. Place on Enamel Shelf in lower shelf position. Select program number 22, Lamb (well done). Touch <b>Start/Set</b> to confirm the program. Select the weight of the food and touch <b>Start/Set</b> . Turn over at beeps. After cooking stand for 10 to 20 minutes.
<b>23. Roasted Potatoes</b>	16 - 32 oz. (400 - 800 g)		To cook roast potatoes 16 - 32 oz.(400 - 800 g). Peel and cut potatoes into even sized pieces. Place on Enamel Shelf. Add 1-3 tablespoons (15 ml - 45 ml) olive oil. Place Enamel Shelf in lower shelf position. Select program number 23, Roasted Potatoes. Touch <b>Start/Set</b> to confirm the program. Select the weight of the food and touch <b>Start/Set</b> . Turn/Stir at beeps.
<b>24. Chicken Nuggets</b>	8 - 32 oz. (200 - 800 g)		Place pre-cooked frozen chicken nuggets on Enamel Shelf with aluminum foil in middle shelf position. Select program number 24, Chicken Nuggets. Touch <b>Start/Set</b> to confirm the program. Select the weight of the food and touch <b>Start/Set</b> . Turn over at beeps.
<b>25. Chilled Pizza</b>	8 - 20 oz. (200 - 500 g)		For reheating and browning chilled, purchased pizza. Select program number 25, Chilled Pizza. Touch <b>Start/Set</b> to confirm the program. Select the weight, Touch <b>Start/Set</b> . When preheating finished, remove all packaging and place on Enamel Shelf in lower shelf position. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.
<b>26. Frozen Pizza</b>	8 - 18 oz. (200 - 450 g)		For reheating and browning frozen, purchased pizza. Select program number 26, Frozen Pizza. Touch <b>Start/Set</b> to confirm the program. Select the weight. Touch <b>Start/Set</b> . When preheating finished, remove all packaging and place on Enamel Shelf in lower shelf position. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.
<b>27. Melt Butter</b>	2 - 12 oz. (50 - 300 g)		For melting butter. Cube the butter and place in a Pyrex® dish. Cover with plastic wrap. Place dish on base of oven. Select program number 27, Melt Butter. Touch <b>Start/Set</b> to confirm the program. Select the weight and touch <b>Start/Set</b> . Stir at end of melting.

## Operation (continued)

### Recipe

#### FRIED CHICKEN

8 oz (200 g) chicken wings  
4 oz (100 g) butter milk  
1 oz (25 g) milk  
1 egg  
4 tablespoons (30 g) flour  
2 tablespoon (15 g) corn starch  
¼ teaspoon (1 g) garlic powder  
½ teaspoon (2 g) paprika  
black pepper, salt to taste

1. Marinate the chicken wings in butter milk for 1 hour in refrigerator.
2. Drain and wipe dry with paper towels.
3. Whisk egg and milk together.
4. Mix flour, corn starch, garlic powder, paprika, black pepper and salt.
5. Soak the chicken wings in the egg-milk mixture, then sprinkle the mixed flour on the wings and stir until evenly coated.
6. Put wire rack on the Enamel Shelf. Arrange wings in a single layer on it.
7. Place the Enamel Shelf on the middle shelf position. Turn over at beeps.

**NOTE:**

The ingredients listed in this recipe are for 8 oz (200 g). For multiple servings, calculate the ingredients according to the servings.

#### FRESH POTATO FRIES

8 oz (200 g) potatoes, peeled and cut into 1cm(½") thick fries  
1 tablespoon (15 g) vegetable oil  
1 tablespoon (8 g) flour  
1 tablespoon (8 g) corn starch  
¼ teaspoon (1 g) garlic powder  
½ teaspoon (2 g) paprika  
black pepper, salt to taste

1. Soak the potato fries in cold water for 1 hour in refrigerator.
2. Drain and wipe dry with paper towels.
3. Whisk together with vegetable oil.
4. Mix flour, corn starch, garlic powder, paprika. Sprinkle the mixture on the fries and stir until evenly coated.
5. Put baking paper on the Enamel Shelf. Arrange fries in a single layer on it. When preheating finished, put the Enamel Shelf in the lower shelf position. Turn/Stir at beeps.
6. Sprinkle black pepper, salt before serving.

**NOTE:**

The ingredients listed in this recipe are for 8 oz (200 g). For multiple servings, calculate the ingredients according to the servings.

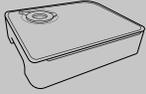
# Operation (continued)

## Cleaning Programs

### F1. Drain Water

(Water is pumped through the system to clean the pipes. The water is drained into the drip tray.)

1



Add ½ cup (125 ml) of water to the water tank. Ensure drip tray is empty.

2



Auto Cook Auto Steam

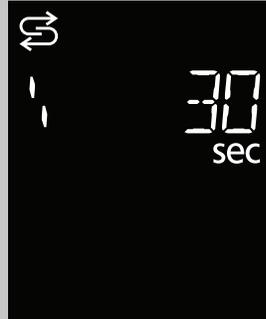
Touch **Auto Cook** once.

3



Select F1 (Drain Water) by tapping “∨” / “∧”.

4



Touch **Start/Set**. Empty the drip tray after the program has finished.

#### NOTES

1. Only run this program with ½ cup (125 ml) of water in the tank.
2. Do not remove the drip tray during the drain water program.
3. Empty the drip tray and rinse with running water after the program has finished.

#### Caution!

If the Drain Water program is used directly after a steam cooking program, hot water may be drained into the drip tray.

### F2. System Cleaning

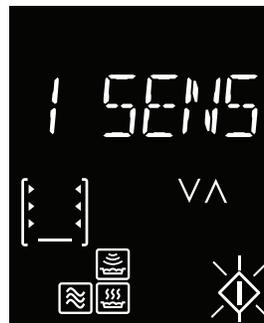
(The first stage of this program cleans the system with a citric acid solution. The second stage runs water through the system to rinse the pipes.)

1



Make a solution of 0.7 oz. (20 g) citric acid and 1 cup (250 ml) of water, add the solution to the water tank. Ensure drip tray is empty.

2



Auto Cook Auto Steam

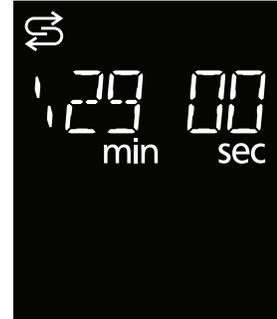
Touch **Auto Cook** once.

3



Select F2 (System Cleaning) by tapping “∨” / “∧”.

4



Touch **Start/Set**. The program will run for 29 minutes.



After the program has paused, fill the water tank with water (to max level).



Touch **Start/Set**. The program will run for approx. 1 minute. Empty the drip tray after the program has finished.

#### NOTES

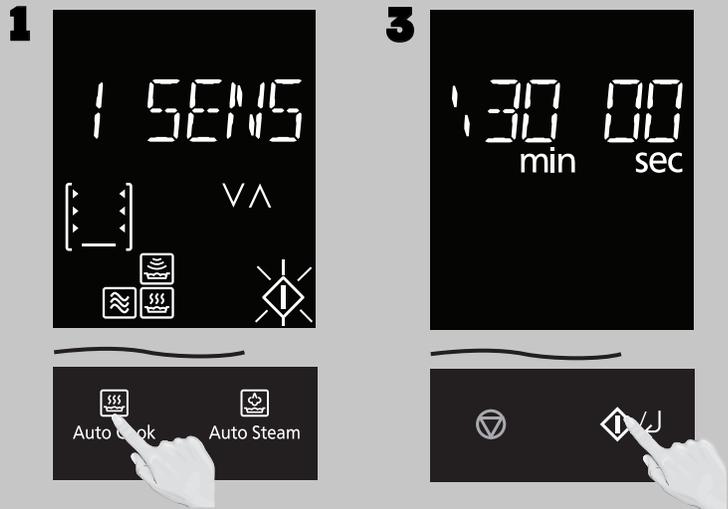
1. When  is displayed, run the 'system cleaning' program.
2. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
3. Do not remove the drip tray during the system cleaning.
4. Empty the drip tray and rinse with running water after the program has finished.

## Operation (continued)

### Cleaning Programs

#### F3. Deodorization

(This feature is recommended for eliminating any odours from the oven.)



Touch **Auto Cook** once.

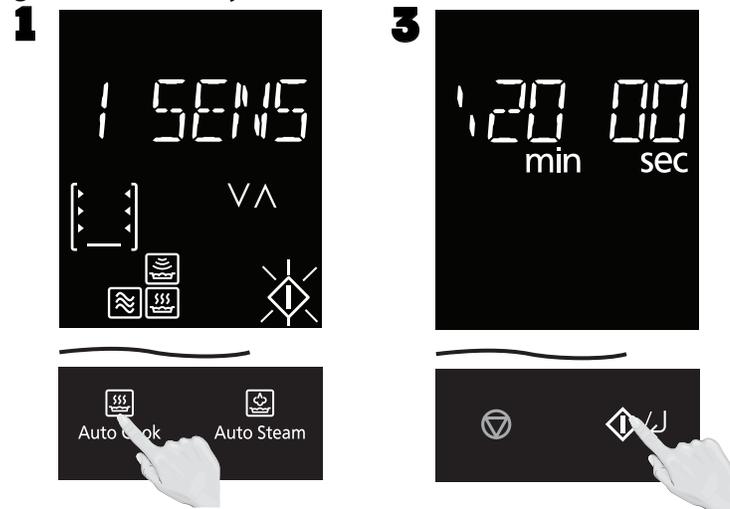


Select F3 (Deodorization) by tapping “V” / “^”.

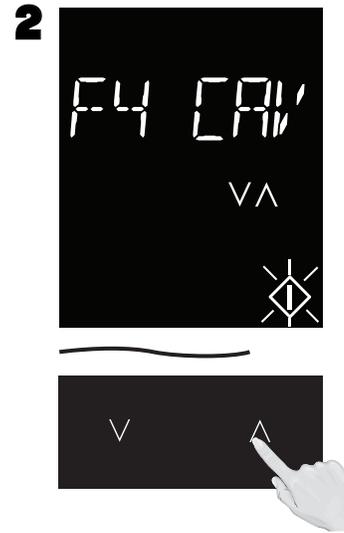
Touch **Start/Set**. The program time appears in the display window and begins to count down. The program will run for 30 minutes.

#### F4. Cavity Cleaning

(This feature is suitable for removing the build up of fat or grease in the cavity.)



Touch **Auto Cook** once.



Select F4 (Cavity Cleaning) by tapping “V” / “^”.

Touch **Start/Set**. The program time appears in the display window and begins to count down. The program will run for 20 minutes.

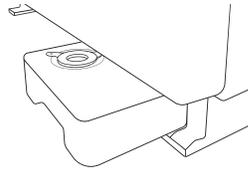
#### NOTES

1. Fill the tank with water before using.
2. After cleaning, open the door, wipe with a damp cloth and empty the drip tray.

## Operation (continued)

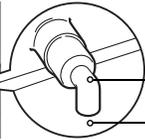
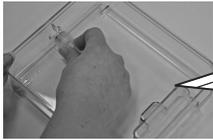
### Cleaning the water tank

Clean with a soft sponge in water.



Remove the water tank and clean the compartment where the water tank is inserted.

Open the water supply cap, remove the lid and pipe cap and clean.



Pipe cap

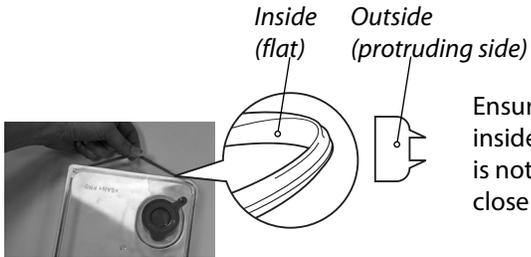
Ensure it faces downwards

If the pipe cap is difficult to remove, wiggle from side to side.

When re-fitting, make sure that the pipe faces down (see diagram).

**The rubber seal of the tank can also be removed for cleaning.**

Removing the Rubber Seal



Ensure that the rubber seal is not inside out when re-fitting. If the seal is not fitted correctly the lid will not close securely and it will leak.

### NOTES

1. Clean the water tank at least once a week to prevent build up of limescale.
2. Do not use a dishwasher to clean the water tank or parts of the water tank.

## Operation (continued)

### Auto Steam (No.28-36)

(This feature allows you to steam some of your favourite foods by setting the weight only. The oven determines the steam level and the cooking time automatically. Select the category and set the weight of the food. For quick selection, the weight starts from the minimum weight for each category.)



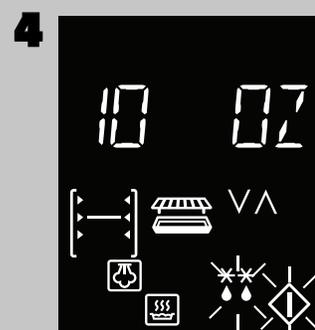
Touch **Auto Steam** once.



Select desired menu by tapping "V" / "^".



Touch **Start/Set** to confirm the program.



Select the weight of the food by tapping "V" / "^".



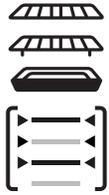
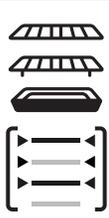
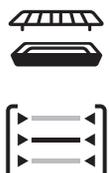
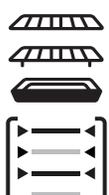
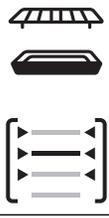
Touch **Start/Set**. The display reminds you which cooking modes are in use.

### NOTES

The auto weight programs are designed to take the guesswork out of cooking or reheating your food. They must only be used for the foods described.

1. The Auto Steam programs must only be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package weight information.
4. Only use the accessories as indicated on pages 50-51.
5. Do not cover foods on the Auto Steam programs.
6. Most foods benefit from a standing time after cooking on an auto program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
8. If 'HOT INSIDE WAIT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.
9. For menu No.34-36, please skip step 3 and 4.
10. If ♠ ♠ flash, please fill the water tank.

## Operation (continued)

Program	Recommended Weight	Accessories and Placement	Instructions
<b>28. Fresh Vegetables</b>	<b>1 Level</b> 8 - 20 oz. (200 - 500 g)		<b>To steam fresh vegetables 8 - 20 oz. (200 - 500 g).</b> Fill water tank. Place prepared vegetables onto Wire Rack. Place Wire Rack inside Enamel Shelf in the middle shelf position. For small vegetables place on Glass Tray on Wire Rack inside Enamel Shelf. Select program number 28, Fresh Vegetables. Touch <b>Start/Set</b> to confirm the program. Select the weight of the fresh vegetables. Touch <b>Start/Set</b> .
	<b>2 Level</b> 22 - 40 oz. (550 - 1000 g)		<b>To steam fresh vegetables 22 - 40 oz. (550 - 1000 g).</b> Fill water tank. Place half of prepared vegetables onto Wire Shelf in upper shelf position. Place remaining half of prepared vegetables on Wire Rack inside Enamel Shelf in the lower shelf position. Small vegetables are not suitable for 2 level cooking. Select program number 28, Fresh Vegetables. Touch <b>Start/Set</b> to confirm the program. Select the weight of the fresh vegetables. Touch <b>Start/Set</b> .
<b>29. Frozen Vegetables</b>	<b>1 Level</b> 8 - 20 oz. (200 - 500 g)		<b>To steam frozen vegetables 8 - 20 oz. (200 - 500 g).</b> e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place vegetables onto Wire Rack. Place Wire Rack inside Enamel Shelf in the middle shelf position. For small vegetables place on Glass Tray on Wire Rack inside Enamel Shelf. Select program number 29, Frozen Vegetables. Touch <b>Start/Set</b> to confirm the program. Select the weight of the frozen vegetables. Touch <b>Start/Set</b> .
	<b>2 Level</b> 22 - 40 oz. (550 - 1000 g)		<b>To steam frozen vegetables 22 - 40 oz. (550 - 1000 g).</b> e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place half of prepared vegetables onto Wire Shelf in upper shelf position. Place remaining half of prepared vegetables on Wire Rack inside Enamel Shelf in the lower shelf position. Small vegetables are not suitable for 2 level cooking. Select program number 29, Frozen Vegetables. Touch <b>Start/Set</b> to confirm the program. Select the weight of the frozen vegetables. Touch <b>Start/Set</b> .
<b>30. Steamed Potatoes</b>	<b>1 Level</b> 8 - 20 oz. (200 - 500 g)		<b>To steam potatoes 8 - 20 oz. (200 - 500 g).</b> Fill water tank. Peel potatoes and cut into even sized pieces. Place prepared potatoes onto Wire Rack. Place Wire Rack inside Enamel Shelf in the middle shelf position. Select program number 30, Steamed Potatoes. Touch <b>Start/Set</b> to confirm the program. Select the weight of potatoes. Touch <b>Start/Set</b> .
	<b>2 Level</b> 22 - 40 oz. (550 - 1000 g)		<b>To steam potatoes 22 - 40 oz. (550 - 1000 g).</b> Fill water tank. Peel potatoes and cut into even sized pieces. Place half of prepared potatoes onto Wire Shelf in upper shelf position. Place remaining half of prepared potatoes on Wire Rack inside Enamel Shelf in the lower shelf position. Select program number 30, Steamed Potatoes. Touch <b>Start/Set</b> to confirm the program. Select the weight of the potatoes. Touch <b>Start/Set</b> .
<b>31. Chicken Breasts</b>	12 - 32 oz. (300 - 800 g)		To steam and grill chicken breasts to give moist juicy meat and brown crispy skin. Each chicken breast should be 6 - 8 oz. (150 - 200 g). Fill water tank. Place chicken breasts skin side up on Wire Rack. Place Wire Rack inside Enamel Shelf in the middle shelf position. Select program number 31, Chicken Breasts. Touch <b>Start/Set</b> to confirm the program. Select the weight of the chicken breasts. Touch <b>Start/Set</b> .
<b>32. Fresh Fish Fillets</b>	8 - 24 oz. (200 - 600 g)		<b>To cook fresh fish fillets 8 - 24 oz. (200 - 600 g).</b> Each fish fillet should be 6 - 8 oz. (150 - 200 g). Fill water tank. Place fresh fish onto Wire Rack. Place Wire Rack on Enamel Shelf in the middle shelf position. Select program number 32, Fresh Fish Fillets. Touch <b>Start/Set</b> to confirm the program. Select the weight of the fresh fish. Touch <b>Start/Set</b> .

## Operation (continued)

Program	Recommended Weight	Accessories and Placement	Instructions
<b>33. Frozen Fish Fillets</b>	8 - 24 oz. (200 - 600 g)	  	<p><b>To cook frozen fish fillets 8 - 24 oz. (200 - 600 g).</b> Fill water tank. Place frozen fish onto Wire Rack. Place Wire Rack inside Enamel Shelf in the middle shelf position. Select program number 33, Frozen Fish Fillets. Touch <b>Start/Set</b> to confirm the program. Select the weight of the fish. Touch <b>Start/Set</b>.</p>
<b>34. Fish Fillets and Green Vegetables</b>	approx. 8 - 10 oz. (200 - 250 g) fish fillets and 8 oz. (200 g) green vegetables	   	<p><b>To steam fresh fish fillets (salmon, cod, plaice) and green vegetables (broccoli, green beans or asparagus) at the same time.</b> Fill the water tank. Place 2 fish fillets approximately 8 - 10 oz. (200 - 250 g) (for 2 fillets) on the Wire Rack inside the Enamel Shelf in the lower shelf position. Prepare the green vegetables and place approximately 8 oz. (200 g) on the Wire Shelf in the upper shelf position. Select program number 34, Fish Fillets and Green Vegetables. Touch <b>Start/Set</b> to start the program.</p>
<b>35. Whole Fish and Green Vegetables</b>	approx. 8 - 12 oz. (200 - 300 g) whole fish and 8 oz. (200 g) green vegetables	   	<p><b>To steam fresh whole fish (Sea bass or Mackerel) and green vegetables (broccoli, green beans or asparagus) at the same time.</b> Fill the water tank. Oil the Wire Rack to prevent the fish sticking. Place whole fish approximately 8 - 12 oz. (200 - 300 g) on the Wire Rack inside the Enamel Shelf in the lower shelf position. Prepare the green vegetables and place approximately 8 oz. (200 g) on the Wire Shelf in the upper shelf position. Select program number 35, Whole Fish and Green Vegetables. Touch <b>Start/Set</b> to start the program.</p>
<b>36. Frozen Salmon and Frozen Broccoli</b>	approx. 10 oz. (240 g) frozen salmon and 8 oz. (200 g) frozen broccoli	   	<p><b>To steam frozen salmon fillets and frozen broccoli at the same time.</b> Fill the water tank. Place 2 salmon fillets approximately 10 oz. (240 g) [5 oz. (120 g) per salmon fillet] on the Wire Rack inside the Enamel Shelf in the lower shelf position. Place the frozen broccoli, approximately 8 oz. (200 g) on the Wire Shelf in the upper shelf position. Select program number 36, Frozen Salmon and Frozen Broccoli. Touch <b>Start/Set</b> to start the program.</p>

# Defrosting Tips & Techniques

### Preparation For Freezing:

1. Freeze meats, poultry, and fish in packages with only one or two layers of food. Place wax paper between layers.
2. Package in heavy-duty plastic wraps, bags (labeled "For Freezer"), or freezer paper.
3. Remove as much air as possible.
4. Seal securely, date, and label.

### To Defrost:

1. Remove wrapper. This helps moisture to evaporate. Juices from food can get hot and cook the food.
2. Set food in microwave safe dish.
3. Place roasts fat-side down. Place whole poultry breast-side down.
4. Select power and minimum time so that items will be under-defrosted.
5. Drain liquids during defrosting.
6. Turn over (invert) items during defrosting.

### After Defrosting:

1. Large items may be icy in the center. Defrosting will complete during Standing Time.
2. Let stand, covered, following standing time directions on page 28.
3. Rinse foods indicated in the chart.
4. Items which have been layered should be rinsed separately or have a longer standing time.

FOOD	MANUAL DEFROST TIME at 300 W (min/kg) (min/lb)		DURING DEFROSTING	AFTER DEFROSTING	
				Standing Time	Rinse
<b>Fish and Seafood</b> [up to 3 lbs. (1.4 kg)]					
Crabmeat	12	6	Break apart/Rearrange	5 min.	YES
Fish Steaks	10 to 12	5 to 6	Turn over		
Fish Fillets	10 to 12	5 to 6	Turn over/Rearrange/Shield ends		
Sea Scallops	10 to 12	5 to 6	Break apart/ Remove defrosted pieces		
Whole fish	10 to 12	5 to 6	Turn over		
<b>Meat</b>					
Ground Meat	8 to 10	4 to 5	Turn over/Remove defrosted portion/Shield edges	10 min.	NO
Roasts [2½-4 lbs. (1.1-1.8 kg)]	8 to 16	4 to 8	Turn over/Shield ends and defrosted surface	30 min. in fridge.	
Chops/Steak	12 to 16	6 to 8	Turn over/Rearrange/Shield ends and defrosted surface	5 min.	
Ribs/T-bone	12 to 16	6 to 8	Turn over/Rearrange/Shield ends and defrosted surface		
Stew Meat	8 to 16	4 to 8	Break apart/Rearrange/ Remove defrosted pieces		
Liver (thinly sliced)	8 to 12	4 to 6	Drain liquid/Turn over/ Separate pieces		
Bacon (sliced)	8	4	Turn over	----	
<b>Poultry</b>					
Chicken, Whole [up to 3 lbs. (1.4 kg)]	8 to 12	4 to 6	Turn over/Shield	20 min. in fridge	YES
Cutlets	8 to 12	4 to 6	Break apart/Turn over/ Remove defrosted Pieces	5 min.	
Pieces	8 to 12	4 to 6	Break apart/Turn over/Shield	10 min.	
Cornish hens	12 to 16	6 to 8	Turn over/Shield		
Turkey Breast [5-6 lbs. (2.3-2.7 kg)]	12	6	Turn over/Shield	20 min. in fridge	

## Microwave shortcuts

FOOD	POWER	TIME (in mins.)	DIRECTIONS
To separate refrigerated Bacon, 16 oz. (450 g)	1000 W	30 sec.	Remove wrapper and place in microwave safe dish. After heating, use a plastic spatula to separate slices.
To soften refrigerated Butter, 1 stick, 4 oz. (110 g)	300 W	1	Remove wrapper and place butter in a microwave safe dish covered with lid or vented plastic wrap.
To melt refrigerated Butter, 1 stick, 4 oz. (110 g)	600 W	1½ - 2	
To melt Chocolate, 1 square, 1 oz. (25 g)	600 W	1 - 1½	Remove wrapper and place chocolate in a microwave safe dish. After heating, stir until completely melted. NOTE: Chocolate holds its shape even when softened.
To melt Chocolate, ½ cup (125 ml) chips	600 W	1 - 1½	
To toast Coconut, ½ cup (125 ml)	1000 W	1	Place in a microwave safe dish. Stir every 30 seconds.
To soften Cream Cheese, 8 oz. (225 g)	300 W	1 - 1½	Remove wrapper and place in a microwave safe bowl.
To brown Ground Beef, 16 oz. (450 g)	1000 W	4 - 5	Crumble into a microwave safe colander set into another dish. Cover with plastic wrap. Stir twice. Drain grease.
To cook Vegetables, Fresh 8 oz. (225 g)	800 W	4 - 5	All pieces should be the same size. Wash thoroughly, add 1 tablespoons of water per ½ cup (125 ml) of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
Frozen 10 oz. (280 g)	800 W	6 - 7	
Canned 15 oz. (420 g)	800 W	3½ - 4	
To cook baked Potato, 6 - 8 oz. each (165 - 225 g)	800 W 800 W	4 - 5	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined flate table, at least 1 inch (2.5 cm) apart. Do not cover. Let stand 5 minutes to complete cooking.
1 piece 2 pieces		6 - 7	
To steam Hand Towel	1000 W	20 - 30 sec.	Soak in water, then wring out excess. Place on a microwave safe dish. Heat. Present immediately.
To soften Ice Cream, ½ gallon (2 L)	300 W	1 - 1½	Check often to prevent melting.

## Microwave shortcuts (continued)

FOOD	POWER	TIME (in mins.)	DIRECTIONS
Cup of liquid To boil water, broth, etc. 1 cup, 8 oz. (250 ml) 2 cups, 16 oz. (500 ml)	1000 W	1½ - 2 2½ - 3	Heated liquids can erupt if not stirred. Do not heat liquids in microwave oven Cup of liquid without stirring before heating.
Cup of liquid To warm Beverage, 1 cup, 8 oz. (250 ml) 2 cups, 16 oz. (500 ml)	800 W	1½ - 2 2½ - 3	
To roast Nuts, 1½ cups (340 g)	1000 W	3 - 4	Spread nuts into a 9-inch (23 cm) microwave safe pie plate. Stir occasionally.
To toast Sesame Seeds, ¼ cup (55 g)	1000 W	2 - 2½	Place in a small microwave safe bowl. Stir twice.
To skin Tomatoes, (one at a time)	1000 W	30 sec.	Place tomato into a microwave safe bowl containing boiling water. Rinse and peel. Repeat for each tomato.
To remove Cooking Odours	1000 W	5	Combine 1 to 1½ cups (250 - 375 ml) water with the juice and peel of one lemon in a 2 quart microwave safe bowl. After water finishes boiling, wipe interior of oven with a cloth. You can also use a Combo of several whole cloves and ¼ cup (60 ml) of vinegar with 1 cup (250 ml) of water.

# Reheating Chart

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size and quantity. Pastry or bread items reheated by microwave will be soft not crisp.

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions /Guidelines	
<b>Canned vegetables</b>					
Baked beans	7 oz. (200 g)	1000 W	1 min 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway.	
	15 oz. (420 g)		2 mins 30 secs		
Baked beans with sausages	15 oz. (420 g)		2 mins 30 secs		
Broad beans	11 oz. (310 g)		2 mins		
Butter beans	8 oz. (225 g)		1 min 30 secs		
Carrots, baby	11 oz. (310 g)		1000 W		2 mins
Green beans	14 oz. (400 g)		3 min 30 secs		
Mushrooms	10 oz. (280 g)		1000 W		2 mins
Peas, mushy	11 oz (310 g)				2 mins
Peas, petit pois	10 oz. (280 g)				2 mins
Peas, garden	10 oz. (280 g)	1000 W	2 mins		
Peas, marrowfat	11 oz (310 g)		3 mins		
Sweetcorn	7 oz. (200 g)		1 min 30 secs		
	11 oz. (310 g)	2-3 mins			
Tomatoes	14 oz. (400 g)	1000 W	3 min 30 secs		
<b>Plated meal - Chilled</b>					
Small - child portion	1	1000 W	2-3 mins	Place in a microwave safe dish and cover. Place on base.	
Large - adult portion			4-5 mins		
<b>Drinks</b>					
1 Mug cold milk	1 cup (250 ml)	1000 W	2 mins	Place in a heatproof mug/jug on base. Stir halfway and after reheating.	
1 Jug cold milk	2½ cups (625 ml)		4 mins		
1 Mug cold coffee/tea / milky coffee	1 cup (250 ml)		1 min 20 secs		
<b>Savoury pastry products</b>					
Pasties/slices	5 oz. (140 g)	1000 W	1 min 30 secs	Place in glass dish on base.	
	5 oz. (140 g)	Combi 1	7-8 mins	Place on Wire Shelf in lower shelf position.	
	11 oz (310 g) (2)	Combi 2			

## Points for Checking

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a stand time, especially if they cannot be stirred. The denser the food the longer the stand time.

# Cooking Chart

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions
<b>Meat</b>				
Lamb leg	1 lb (450 g)	350 °F (180 °C)	Medium: 25 mins per 1 lb (450 g) plus 15 mins or Well done: 30 mins per 1 lb (450 g) plus 20-25 mins.	Preheat oven. Place joint on Enamel Shelf in lower shelf position. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve.
Chops/cutlets	12 oz. (340 g) (4)	Broil 1	Medium: 10-12 mins Well Done: 14-16 mins	Place on Enamel Shelf in upper shelf position. Turn halfway.
Beef leg	-	445 °F (230 °C) followed by 350 °F (180 °C)	20 mins per 1 lb (450 g) followed by Rare: 15 mins Medium: 25 mins Well done: 35-40 mins	Preheat oven. Place on Enamel Shelf in lower shelf position. Turn halfway.
Rump/sirloin	7 oz. (200 g)	Broil 1	Medium: 9 mins Well done: 14 mins	Place on Enamel Shelf in upper shelf position. Turn halfway.
<b>Fish- fresh from raw</b>				
Fillets	10 oz. (280 g)	600 W	7 mins	Place in glass dish. Add 1 tablespoon (15 ml) water. Cover with pierced cling film and place on base of oven
	7 oz. (200 g)	600 W	8-9 mins	
Steaks	11 oz (310 g) (4)	Combi 3	10-12 mins	Place on Wire Shelf in lower shelf position.
Whole x 1	8 -11 oz. (225 - 310 g)	1000 W	4 mins	Place in glass dish and pierce skin. Add 2 tablespoons (30 ml) of liquid. Cover with pierced cling film and place on base of oven.
<b>Fish - frozen from raw.</b>				
Breaded fillets	8 oz. (225 g) (2)	Combi 4	12-14 mins	Place on Wire Shelf in lower shelf position. Turn halfway.
Boil in the bag	5 oz. (140 g)	1000 W	6 mins	Place bag sauce side down in a glass dish. Pierce top. Shake bag halfway through.
<b>Poultry</b>				
Chicken breasts (boneless and skinless)	8 oz. (225 g)	Steam 1	30 mins	Fill the water tank. Place on Wire Rack on Enamel Shelf in middle shelf position.
Chicken legs	2.2 lbs (1.0 kg)	Combi 4	35-40 mins	Place on Enamel Shelf in lower shelf position. Turn halfway.
Whole chicken	-	Combi 6	25-30 mins per 1 lb (450 g)	Place chicken breast side down on an upturned saucer in glass dish on base of oven. Turn halfway.
<b>Fresh vegetables - Steamed</b>				
Broccoli	8 oz. (225 g)	Steam 1	12 mins	Fill the water tank. Place on Wire Rack on Enamel Shelf in middle shelf position.
Potatoes-boiled	1.1 lb (500 g)		25 mins	
Spinach	7 oz. (200 g)		5-6 mins	
<b>Rice</b>				
Long grain white	8 oz. (225 g)	1000 W	11-13 mins	Use 2 cups (500 ml) boiling water. Cover and stir halfway.
<b>Pasta</b>				
Fusilli	7 oz. (200 g)	1000 W	12 mins	Use 2 cups (500 ml) boiling water. Add 1 tablespoon (15 ml) oil. Cover. Stir halfway.
Spaghetti	8 oz. (225 g)	1000 W	8-10 mins	Use 3 cups (750 ml) boiling water. Add 1 tablespoon (15 ml) oil. Cover. Stir halfway.

### Points for Checking

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a stand time, especially if they cannot be stirred. The denser the food the longer the stand time.

# Food Characteristics

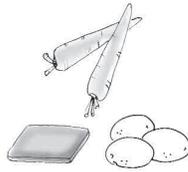
## Bone and Fat

Both bone and fat affect cooking. Bones may cause irregular cooking. Meat next to the tips of bones may overcook while meat positioned under a large bone, such as a ham bone, may be undercooked. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.



## Density

Porous, airy foods such as breads, cakes or rolls take less time to cook than heavy, dense foods such as potatoes and roasts. When reheating donuts or other foods with different centers be very careful. Certain foods have centers made with sugar, water, or fat and these centers attract microwaves (for example, jelly donuts). When a jelly donut is heated, the jelly can become extremely hot while the exterior remains warm to the touch. This could result in a burn if the food is not allowed to cool properly in the center.



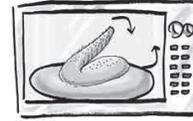
## Quantity

Two potatoes take longer to cook than one potato. As the quantity of the food decreases so does the cooking time. Overcooking will cause the moisture content in the food to decrease and a fire could result. Never leave microwave unattended while in use.



## Shape

Uniform sizes heat more evenly. The thin end of a drumstick will cook more quickly than the meaty end. To compensate for irregular shapes, place thin parts toward the center of the dish and thick pieces toward the edge.



## Size

Thin pieces cook more quickly than thick pieces.



## Starting Temperature

Foods that are at room temperature take less time to cook than if they are chilled, refrigerated or frozen.



# Cooking Techniques

## Piercing

Foods with skins or membranes must be pierced, scored or have a strip of skin peeled before cooking to allow steam to escape. Pierce clams, oysters, chicken livers, whole potatoes and whole vegetables. Whole apples or new potatoes should have a 1-inch (2.5 cm) strip of skin peeled before cooking. Score sausages and frankfurters. Do not Cook/Reheat whole eggs, with or without the shell. Steam buildup in whole eggs may cause them to explode, and possibly damage the oven or cause injury. Reheating SLICED hard-boiled eggs and cooking SCRAMBLED eggs is safe.

## Browning

Foods will not have the same brown appearance as conventionally cooked foods or those foods which are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine and brush on before cooking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

## Spacing

Individual foods, such as baked potatoes, cupcakes and appetizers, will cook more evenly if placed in the oven equal distances apart. When possible, arrange foods in a circular pattern.

## Covering

As with conventional cooking, moisture evaporates during microwave cooking. Casserole lids or plastic wrap are used for a tighter seal. When using plastic wrap, vent the plastic wrap by folding back part of the plastic wrap from the edge of the dish to allow steam to escape. Loosen or remove plastic wrap as recipe directs for standing time. When removing plastic wrap covers, as well as any glass lids, be careful to remove them away from you to avoid steam burns. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

## Shielding

Thin areas of meat and poultry cook more quickly than meaty portions. To prevent overcooking, these thin areas can be shielded with strips of aluminum foil. Wooden toothpicks may be used to hold the foil in place. **CAUTION** is to be exercised when using foil. Arcing can occur if foil is too close to oven wall or door and damage to your oven will result.

## Cooking Time

Cooking times will vary because of food shape variations, starting temperature, and regional preferences. Always cook food for the minimum cooking time given in a recipe and check for doneness. If the food is undercooked, continue cooking. It is easier to add time to an undercooked product. Once the food is overcooked, nothing can be done.

## Stirring

Stirring is usually necessary during microwave cooking. Always bring the cooked outside edges toward the center and the less cooked center portions toward the outside of the dish.

## Rearranging

Rearrange small items such as chicken pieces, shrimp, hamburger patties or pork chops. Rearrange pieces from the edge to the center and pieces from the center to the edge of the dish.

## Turning

It is not possible to stir some foods to distribute the heat evenly. At times, microwave energy will concentrate in one area of the food. To help ensure even cooking, these foods need to be turned. Turn over large foods, such as roasts or turkeys, halfway through cooking.

## Standing Time

Most foods will continue to cook by conduction after the microwave oven is turned off. After cooking meat, the internal temperature will rise 5 °F to 15 °F (3 °C to 8 °C), if allowed to stand, tented with foil, for 10 to 15 minutes. Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking to the center without overcooking on the edges.

## Test for Doneness

The same tests for doneness used in conventional cooking may be used for microwave cooking. Meat is done when fork-tender or splits at fibers. Chicken is done when juices are clear yellow and drumstick moves freely. Fish is done when it flakes and is opaque. Cake is done when a toothpick or cake tester is inserted and comes out clean.

Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

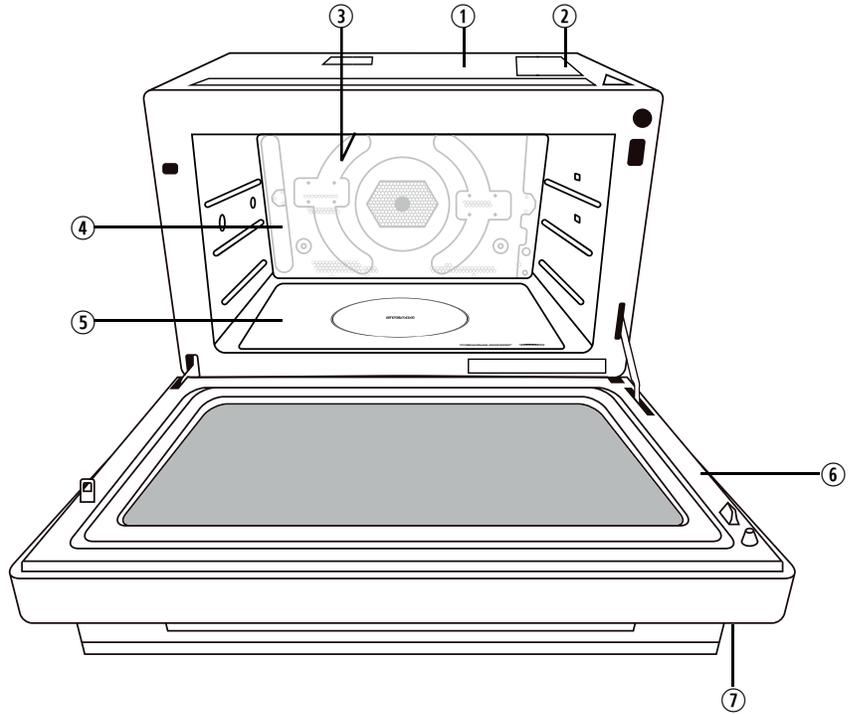
Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from oven. For reasons of personal preference, you may choose to cook food at higher temperatures.

Product	Minimum Internal Temperature & Rest Time
<b>Beef, Pork, Veal &amp; Lamb</b> Steaks, chops, roasts	145 °F (63 °C) and allow to rest for at least 3 minutes
<b>Ground meats</b>	160 °F (71 °C)
<b>Ham</b> , fresh or smoked (uncooked)	145 °F (63 °C) and allow to rest for at least 3 min.
<b>Fully Cooked Ham</b> (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C); all others to 165 °F (74 °C).
<b>All Poultry</b> (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (74 °C)
<b>Eggs</b>	160 °F (71 °C)
<b>Fish &amp; Shellfish</b>	145 °F (63 °C)
<b>Leftovers</b>	165 °F (74 °C)
<b>Casseroles</b>	165 °F (74 °C)

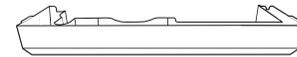
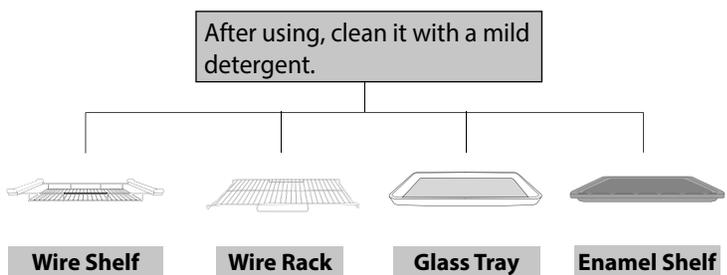
# Care and Cleaning of Your Microwave Oven

Please see below cleaning instructions for each section of the oven. **BEFORE CLEANING: Unplug oven at wall outlet.** If outlet is inaccessible, leave oven door open while cleaning.

- Outside oven surfaces:** Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.
- Label:** Do not remove. Wipe with a damp cloth.
- Upper heater:** Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully.
- Inside the Oven:** Wipe with a damp cloth after using. Mild detergent may be used if needed. Do not use harsh detergents or abrasives.
- Flat table:** Always clean the flat table after cooling down with a mild detergent and wipe to dry.
- Oven Door:** Wipe with a soft dry cloth when steam accumulates inside or around the outside of the oven door. During cooking, especially under high humidity conditions, steam is given off from the food. (Some steam will condense on cooler surfaces, such as the oven door. This is normal.) Inside surface is covered with a heat and vapor barrier film. Do not remove.
- Control Panel:** If the Control Panel becomes wet, clean it with a soft dry cloth. Do not use harsh detergents or abrasives. For some models: The Control Panel is covered with a removable protective film to prevent scratches during shipping.



**AS WITH ANY COOKING APPLIANCE, MICROWAVE OVENS REQUIRE THE SAME LEVEL OF CARE TO PREVENT OVERHEATING OR DAMAGE. IT IS IMPORTANT TO KEEP THE OVEN CLEAN AND DRY. FOOD RESIDUE AND CONDENSATION MAY CAUSE RUSTING OR ARCING AND DAMAGE TO THE OVEN. AFTER USE, WIPE DRY ALL SURFACES, INCLUDING VENT OPENINGS, OVEN SEAMS, AND FLAT TABLE.**



**Drip Tray**

Always keep the drip tray clean. Clean and wipe dry after use. After cleaning, re-connect the drip tray to the plastic feet. **DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.**

## NOTES

- The oven should be cleaned regularly and any food deposits removed.
- When using the Broil, Combination, Convection Bake mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
- After Broil, Combination or Convection Bake cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Broil, Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door. **DO NOT SPRAY DIRECTLY INSIDE THE OVEN.**  
Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass. A steam cleaner is not to be used.
- 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.
- When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

## Shop Accessories

Purchase Parts, Accessories and Instruction Books online for all Panasonic Products by visiting our Web Site at:  
[shop.panasonic.ca](http://shop.panasonic.ca)

### Parts Available to Order

Owner's Manual (this book).....	F0003CJ80CP
Glass Tray.....	F0621CH00BP
Wire Rack.....	F0602BY01XP
Enamel Shelf.....	F0603BH23BP
Wire Shelf .....	F060VCH00BP

## Before Requesting Service

See below before calling for service, as most problems can easily be remedied by following these simple solutions:

Problem	Solution
The oven causes TV interference.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal. After use, the oven should be wiped dry (see page 59).
The oven has an odour and generates smoke when using Convection Bake, Combination and Broil function.	It is essential that your oven is wiped out regularly particularly after cooking by Combination, Convection Bake or Broil. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Smoke and burnt smell will occur after the first use.	This is not a malfunction and will go away after a few uses.
There are humming and clicking noises from my oven when I cook by combination.	The noises occur as the oven automatically switches from one power to another to create the combination setting. This is normal.
Sounds will occur when using the Steam function.	This is caused by air mixed when the water tank is working. It is normal.
The sound of "Bar... Bar..." may be emitted at the back of the oven cavity during and after the use of different kinds of Convection Bake function.	This is a cause of thermal expansion and contraction of the metal material used in the product. It is normal.
Steam leaks out from all four sides of the oven door.	When a function related to steam is used, a lot of steam are generated in the oven cavity during operation of the product. Some steam may leak from all four sides of the oven door. It is normal.
The part where the power supply cord connects to the product's bottom plate has loosened.	It is normal.

## Before Requesting Service (continued)

See below before calling for service, as most problems can easily be remedied by following these simple solutions:

Problem	Solution
Oven will not turn on.	<p>The oven is not plugged in securely or needs to be reset; remove plug from outlet, wait ten seconds and re-insert.</p> <p>Main circuit breaker or main fuse is tripped or blown. Reset main circuit breaker or replace main fuse.</p> <p>There is a problem with the outlet; plug another appliance into the outlet to check if it is working.</p>
Oven will not start cooking.	<p>The door is not closed completely. Close the oven door securely.</p> <p><b>Start/Set</b> was not touched after programming; Touch <b>Start/Set</b>.</p> <p>Another program is already entered into the oven; touch <b>Stop/Reset</b> to cancel the previous program and enter new program.</p> <p>The program is not correct; program again according to the Owner's manual.</p> <p><b>Stop/Reset</b> has been touched accidentally; program oven again.</p>
The "🔒" appears in the display window.	The CHILD SAFETY LOCK was activated by touching <b>Start/Set</b> three times; Deactivate CHILD SAFETY LOCK by touching <b>Stop/Reset</b> three times.
The oven stops cooking and "SERVICE" appears in the display window.	The display indicates a problem with microwave generation system. Please contact an authorised Service Center (see next page).
"HOT INSIDE WAIT" appears in the display window.	The cavity is overheated. Operate again after it cools down. Please open the door in order to cool the temperature of the cavity more quickly.
"COOLING" appears in the display window.	The fan is operating to cool the electric components. The word "COOLING" will disappear after the fan stops.
"DEMO MODE PRESS ANY KEY" or "D" appears in the display window.	The oven is under demonstration mode. Touch <b>Microwave</b> once, <b>Start/Set</b> 4 times and <b>Stop/Reset</b> 4 times.
"U14" appears in the display window only	The water tank is empty. Full it with water and tap <b>Stop/Reset</b> to reset.
The control panel keys do not respond when touched.	The oven may be in stand-by mode. Ensure the oven is plugged in. Open and close the door to activate
White powder found at steam outlet, drip tray and oven cavity.	The white powder is mineral crystal from evaporation of water, it is natural substance and harmless to human body. You can use auto cleaning menu with Auto Menu F1&F2 to clean the steam system and water supply pipes to improve condition. If crystal attached to the nozzle or in the oven cavity, please wipe and clean with a wring cloth. After using steam function or cleaning, pour out the water from the drip tray and wipe with a sponge.

# WARRANTY

Panasonic Canada Inc.  
5770 Ambler Drive, Mississauga, Ontario L4W 2T3  
**Panasonic PRODUCT – LIMITED WARRANTY**

Panasonic Canada Inc. warrants this product to be free from defects in material and workmanship under normal use and for a period as stated below from the date of original purchase agrees to, at its option either (a) repair your product with new or refurbished parts, (b) replace it with a new or a refurbished equivalent value product, or (c) refund your purchase price. The decision to repair, replace or refund will be made by Panasonic Canada Inc.

Category	Service type	Parts	Labour	Magnetron
Counter top microwave oven (except Prestige models)	Carry-in	1 Year	1 Year	Additional 4 Years (Part only)
Counter top microwave oven – Prestige model (Genius Prestige, Genius Prestige Plus and Genius Prestige Grill)	In-home	2 Years	2 Years	Additional 3 Years (Part only)
Microwave Convection oven	In-home	2 Years	2 Years	Additional 3 Years (Part only)
Over The Range (OTR) microwave oven	In-home	2 Years	2 Years	Additional 3 Years (Part only)

In-home Service will be carried out only to locations accessible by roads and within 50 km of an authorized Panasonic service facility.

This warranty is given only to the original purchaser, or the person for whom it was purchased as a gift, of a Panasonic brand product mentioned above sold by an authorized Panasonic dealer in Canada and purchased and used in Canada, which product was not sold "as is", and which product was delivered to you in new condition in the original packaging.

**IN ORDER TO BE ELIGIBLE TO RECEIVE WARRANTY SERVICE HEREUNDER, A PURCHASE RECEIPT OR OTHER PROOF OF DATE OF ORIGINAL PURCHASE, SHOWING AMOUNT PAID AND PLACE OF PURCHASE IS REQUIRED**

## **LIMITATIONS AND EXCLUSIONS**

This warranty ONLY COVERS failures due to defects in materials or workmanship, and DOES NOT COVER normal wear and tear or cosmetic damage. The warranty ALSO DOES NOT COVER damages which occurred in shipment, or failures which are caused by products not supplied by Panasonic Canada Inc., or failures which result from accidents, misuse, abuse, neglect, mishandling, misapplication, alteration, faulty installation, set-up adjustments, misadjustment of consumer controls, improper maintenance, power line surge, lightning damage, modification, introduction of sand, humidity or liquids, commercial use such as hotel, office, restaurant, or other business or rental use of the product, or service by anyone other than a Authorized Servicer, or damage that is attributable to acts of God.

**Over-The-Range cooktop light bulbs are excluded from coverage under this warranty.**

**In the case where the microwave oven is built-in, the warranty will be voided if using a non-Panasonic trim kit.**

THIS EXPRESS, LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT WILL Panasonic Canada Inc. BE LIABLE FOR ANY SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT OR ARISING OUT OF ANY BREACH OF ANY EXPRESS OR IMPLIED WARRANTY. (As examples, this warranty excludes damages for lost time, travel to and from the Authorized Servicer, loss of or damage to media or images, data or other memory or recorded content. This list of items is not exhaustive, but for illustration only.)

In certain instances, some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, or the exclusion of implied warranties, so the above limitations and exclusions may not be applicable. This warranty gives you specific legal rights and you may have other rights which vary depending on your province or territory.

## **WARRANTY SERVICE**

### **PRODUCT OPERATION ASSISTANCE**

For product information and operation assistance, please visit our Support page: [www.panasonic.ca/english/support](http://www.panasonic.ca/english/support)

### **PRODUCT REPAIRS**

Please locate your nearest Authorized Servicentre: [panasonic.ca/english/support/servicentrelocator](http://panasonic.ca/english/support/servicentrelocator)

#### **IF YOU SHIP THE PRODUCT TO A SERVICENTRE**

Carefully pack and send prepaid, adequately insured and preferably in the original carton.  
Include details of the defect claimed, and proof of date of original purchase.

## Specifications

Power Source.....	120 V, 60 Hz
Power Consumption	
Microwave.....	8.2 Amps, 980 W
Heater (Steam).....	10.8 Amps, 1,300W
Heater (Broil).....	11 Amps, 1,330 W
Heater (Convection Bake).....	11.1 Amps, 1,350 W
Combination.....	11.1 Amps, 1,350 W
Cooking Power	
Microwave*.....	1,000 W
Heater (Steam).....	1,300 W
Heater (Broil).....	1,300 W
Heater (Convection Bake).....	1,350 W
Operating Frequency.....	2,450 MHz
Outside Dimensions (W x H x D)**.....	19 <sup>5</sup> / <sub>8</sub> " x 15 <sup>3</sup> / <sub>8</sub> " x 17 <sup>3</sup> / <sub>16</sub> "
	(500 mm x 391 mm x 437 mm)
	19 <sup>5</sup> / <sub>8</sub> " x 15 <sup>3</sup> / <sub>8</sub> " x 18 <sup>7</sup> / <sub>8</sub> "
	(500 mm x 391 mm x 480 mm)
Oven Cavity Dimensions (W x H x D).....	16 <sup>1</sup> / <sub>8</sub> " x 9 <sup>7</sup> / <sub>16</sub> " x 12 <sup>9</sup> / <sub>16</sub> "
	(410 mm x 240 mm x 320 mm)
Net Weight.....	Approx. 47.4 lbs (21.5 kg)

\*IEC Test procedure

Specifications subject to change without notice.

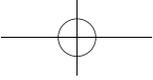
\*\* 17 <sup>3</sup>/<sub>16</sub>" (437 mm) is the dimension without handle

18 <sup>7</sup>/<sub>8</sub>" (480 mm) is the dimension with handle

## Trim Kit Information

### Trim Kit for NN-CS89LB

Model Number.....	NN-TK81LC
Outside Dimensions (W x H).....	23 <sup>7</sup> / <sub>16</sub> " x 19 <sup>7</sup> / <sub>16</sub> "
	(596 mm x 494 mm)
Cabinet Opening (W x H x D).....	22 <sup>1</sup> / <sub>8</sub> " x 18 <sup>7</sup> / <sub>8</sub> " x 21 <sup>5</sup> / <sub>8</sub> "
	(562 mm x 479 mm x 550 mm)



## User's Record

The serial number of this product may be found on the back side of the oven or on the left side of the control panel. You should note the model number and the serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

Date of Purchase \_\_\_\_\_