

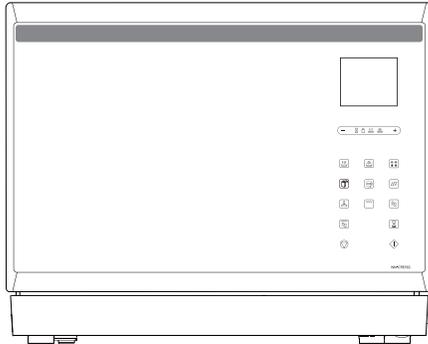
Panasonic®

Operating Instructions

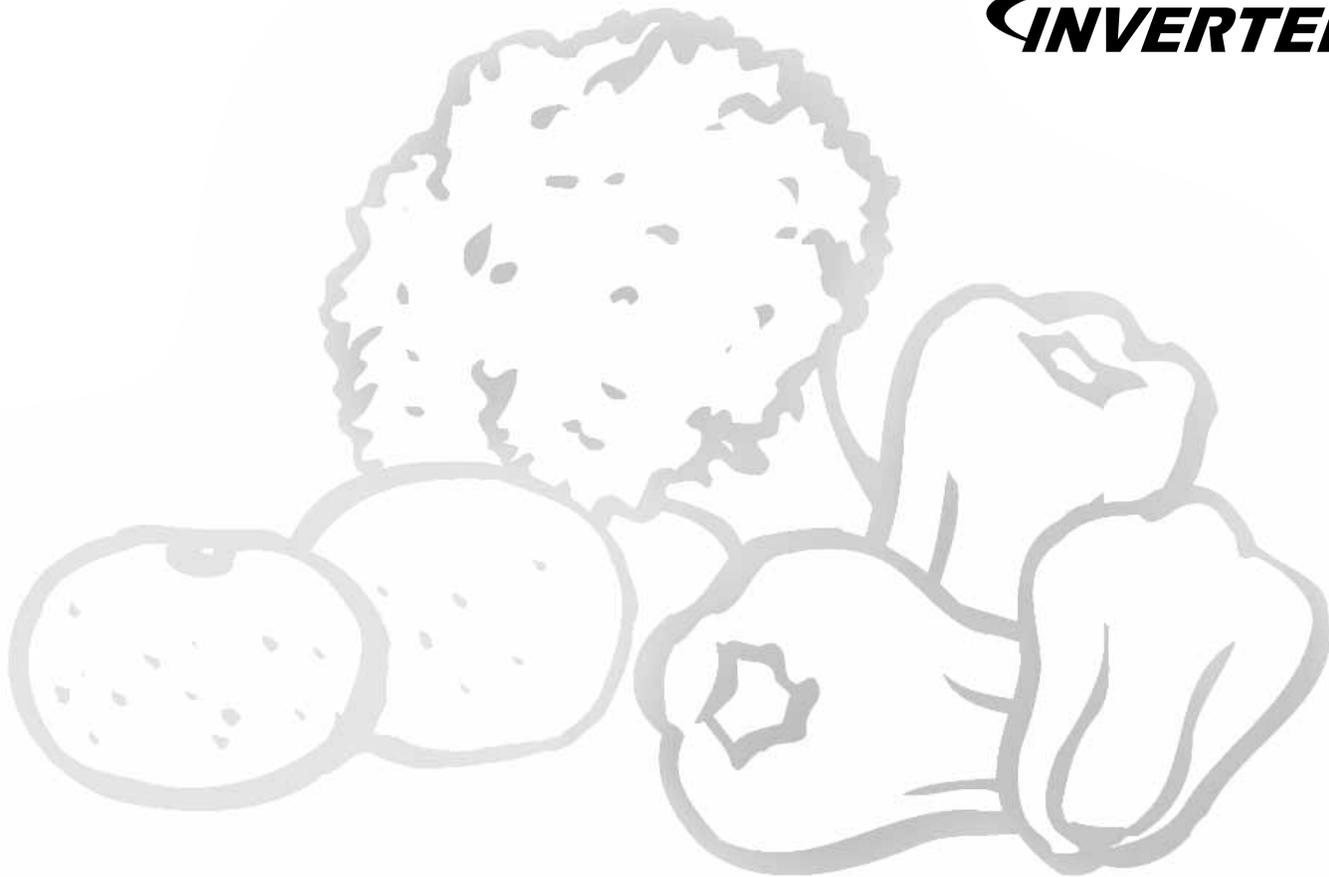
Convection Microwave Oven

Household Use Only

Model No. NN-CF876S



INVERTER



**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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Microwave Oven Safety

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

CAUTION indicates 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 electric appliance, basic safety precautions should be followed, including the following:



IMPORTANT SAFETY INSTRUCTIONS



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," found on page 1.
3. This appliance must be grounded. Connect only to a properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 5.
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.
9. When cleaning surfaces of the door and oven that come together upon 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. **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.
12. **DO NOT** immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. **DO NOT** let cord hang over edge of a table or counter.
15. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service center for examination, repair or adjustment.
16. 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.
17. 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.



IMPORTANT SAFETY INSTRUCTIONS

(continued)

18. 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 IT.**
- (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.

19. **DO NOT** cook directly on the turntable. It can crack, cause injury or damage to the oven.

WARNING

TO AVOID THE RISK OF SHOCK:

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

TO REDUCE THE RISK OF EXPOSURE TO MICROWAVE ENERGY:

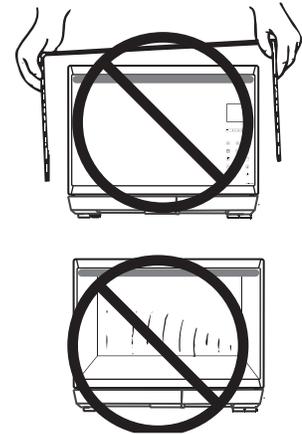
DO NOT tamper with, or make any adjustments or repairs to Door, Control Panel Frame, Safety Interlock Switches, or any other part of oven. Microwave leakage may result.

TO AVOID THE RISK OF FIRE:

1. **DO NOT** operate the microwave oven empty or use metal containers. When using the microwave oven without water or food, microwave energy can not be absorbed and will continuously reflect throughout the cavity. This will cause arcing and damage the oven cavity, door or other components, which can lead to a fire hazard.
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:

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. Care in handling must be exercised.





IMPORTANT SAFETY INSTRUCTIONS

(continued)

WARNING

1. The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
2. Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy.
Repairs should only be done by a qualified service technician.
3. 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. It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
4. If the supply cord of this appliance is damaged, it must be replaced with the special cord available from the manufacturer.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Young children should be supervised to ensure that they do not play with the appliance.
6. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use, including escaping steam. To prevent burns, ensure that children do not touch either the hot inner surfaces or the hot outer casing after operation of the oven.
7. Liquids and foods must not be heated in sealed containers since they are liable to explode.
8. Take CAUTION when sliding out the Enamel Shelf from the sliding rail, do not let the Enamel Shelf rest half way on the sliding rail inside the oven. The sliding rail inside the oven is not designed with a stop-lock and the rail can not hold the Enamel Shelf.

Attention: Hot Surfaces



SAVE THESE INSTRUCTIONS

For proper use of your oven, read remaining safety cautions and operating instructions.

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 91.6 cm (36") height from the ground. Place the front surface of the door three inches 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 15 cm (6") of space on the top of the oven, 10 cm (4") at the back, 5 cm (2") on the left and the other side being open. If one side of the oven is placed flush against wall, the other side or the top must not be blocked. Do not remove the bottom feet from the oven.**
 - (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.



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 3-prong outlet.**
- **DO NOT** remove ground prong.
- **DO NOT** use an adapter.



INSTALLATION AND GROUNDING INSTRUCTIONS *(continued)*

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 a 15 AMP or 20 AMP, 120 VOLT, 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 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 rotate to cool the electric components and "COOLING" 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.

Note: It's normal for the door cooling fan (inside the door) to remain operating after the cooking. No "COOLING" display during this cooling period.

Oven Light

When it becomes necessary to replace the oven light, please consult Panasonic for the nearest authorized service centre for examination or repair. Contact information is provided in the warranty page 52.



SAFETY PRECAUTIONS

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.

2) POPCORN

Popcorn may be popped in a microwave oven corn popper. Microwave popcorn which 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 pad (refer to page 25). Otherwise, the popcorn may not pop adequately or may ignite and cause a fire. Never leave oven unattended when popping popcorn. Allow the popcorn bag to cool before opening, always open the bag 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 perhaps 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 2.5 cm (1-inch) 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 which 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 for longer than 6 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.



SAFETY PRECAUTIONS

(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 (e.g. jelly donuts).

11) GENERAL OVEN USAGE GUIDELINES

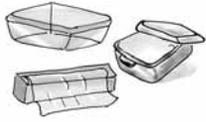
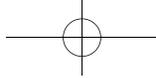
- **DO NOT** use the oven for any purpose other than the preparation of food. This oven is specifically designed to heat or cook food. **DO NOT** use this oven to heat chemicals or other non-food products.
- Before use, check that utensils/containers are suitable for use in microwave ovens.
- **DO NOT** 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 the **Stop/Reset** Pad and leave the door closed in order to extinguish the flames. Disconnect the power cord, or shut off power at the fuse.
- 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 on the cabinet and the oven door will get hot during Convection, Combination or Grill functions. To prevent burns, take care when opening or closing the door and when inserting or removing food and accessories.
- The oven has heaters situated in the top and rear of the oven. During and after using either the Convection, Combination or Grill 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 Convection, Grill 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 at 230°C (450°F), 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)



Cookware Guide

Item		Microwave	Grill	Convection	Combination	Comments
Aluminum Foil		Yes for Shielding only	Yes	Yes	Yes for Shielding only	Small strips of foil can be molded around thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven wall or door and damage to your oven will result.
Browning Dish		Yes	No	No	No	Browning dishes are designed for microwave cooking only. Check browning dish information for instructions and heating chart. Do not preheat for more than 6 minutes.
Dinnerware	Labeled "Oven/Microwave-safe"	Yes	Yes	Yes	Yes	Check manufacturers' use and care directions for use in oven/microwave heating. Some dinnerware may state on the back of the dish, "Oven/Microwave-safe".
	Labeled "Microwave-safe"	Yes	No	No	No	
	Unlabeled	?	No	No	No	
Disposable polyester Paperboard Dishes		Yes	No	No	No	Some frozen foods are packaged in these dishes. Can be purchased in grocery stores.
Fast Food Carton with Metal Handle		No	No	No	No	Metal handle may cause arcing and create a fire hazard.
Frozen Dinner Tray Metal		No	Yes	Yes	No	Metal can cause arcing and damage to your oven in the Microwave and Combination modes.
Frozen Dinner Tray Microwave-safe		Yes	No	No	No	For one time use only. Do not reuse.
Glass Jars		No	No	No	No	Most glass jars are not heat resistant. Do not use for cooking or reheating.
Heat Resistant Oven Glassware & Ceramics		Yes	Yes	Yes	Yes	Ideal for microwave cooking and browning. (See CONTAINER TEST on page 10.)
Metal Convection Bake ware		No	Yes	Yes	No	Metal can cause arcing and damage to your oven in the Microwave and Combination modes.
Metal Twist-Ties		No	Yes	Yes	No	Metal can cause arcing and damage to your oven in the Microwave and Combination modes.
Oven Cooking Bag		Yes	Yes	Yes	Yes	Follow manufacturers' directions. Close bag with the nylon tie provided, a strip cut from the end of the bag, or a piece of cotton string. Do not close with metal twist-tie for the Microwave or Combination mode. Make six 1 cm (1/2-inch) slits near the closure.
Paper bags		No	No	No	No	May cause a fire in the oven.



Cookware Guide

(continued)

Item	Microwave	Grill	Convection	Combination	Comments
Paper Plates & Cups	Yes, with supervision	No	No	No	Use to warm cooked foods, and to cook foods that require short cooking times such as hot dogs in the Microwave mode.
Paper Towels & Napkins	Yes, with supervision	No	No	No	Use to warm rolls and sandwiches, only if labeled safe for microwave use.
Recycled Paper Towels & Napkins	No	No	No	No	Recycled paper products may contain impurities which may cause sparks or create a fire hazard.
Parchment Paper	Yes	Yes	Yes	Yes	Use as a cover to prevent spattering. Safe for use in the Microwave, Convection, Grill and Combination modes.
Plastic, Microwave-safe	Yes, use caution	No	No	No	Should be labeled, "Suitable for Microwave Heating". Check manufacturers' directions for recommended uses. Some microwave-safe plastic containers are not suitable for cooking foods with high fat or sugar content. The heat from hot food may cause the plastic to warp.
Plastic, Melamine	No	No	No	No	This material absorbs microwave energy. Dishes get HOT!
Plastic Foam Cups	Yes, short term only	No	No	No	Plastic foam will melt if foods reach a high temperature. Use caution to reheat foods to a low serving temperature only.
Silicon Rubber Container	Yes	Yes	Yes	Yes	Check Manufacturer's directions for recommended uses.
Plastic Wrap	Yes	No	No	No	Use to cover food during cooking to retain moisture and prevent spattering. Should be labeled "Suitable for Microwave Heating". Check package directions.
Straw, Wicker, Wood	Yes, short term only	No	No	No	Use only for short term reheating and to bring food to a low serving temperature. Wood may dry out & split or crack when used.
Thermometers, Microwave-safe	Yes	No	No	No	Use only microwave-safe meat and candy thermometers.
Thermometers, Conventional	No	Yes	Yes	No	Not suitable for use in microwave oven, will cause sparks and get hot.
Wax paper	Yes	No	No	No	Use as a cover to prevent spattering and to retain moisture in the Microwave mode only.

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 alongside the empty container to be tested; **heat one (1) minute at 1000 W.** 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.



Care and Cleaning of Your Microwave Oven

Caution:

After cooking, the oven should be cleaned with a soft cloth moistened with soapy water. If the oven is not cleaned occasionally to eliminate grease, it can accumulate and cause the oven to "Smoke and Fire" during use.

BEFORE CLEANING:

Unplug oven at wall outlet. If outlet is inaccessible, leave oven door open while cleaning.

AFTER CLEANING:

Be sure the microwave oven is clean and dry, touch **Stop/Reset Pad** to clear the Display.

Label:

Do not remove, wipe with a damp cloth.

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.**

Rubber Seal:

Wipe with a soft dry cloth. Mild detergent may be used if needed. Do not use knife or sharp edge.

Flat Table

Always clean the flat table after cooling down with a mild detergent and wipe to dry.

Outside oven surfaces:

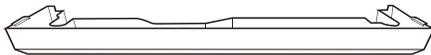
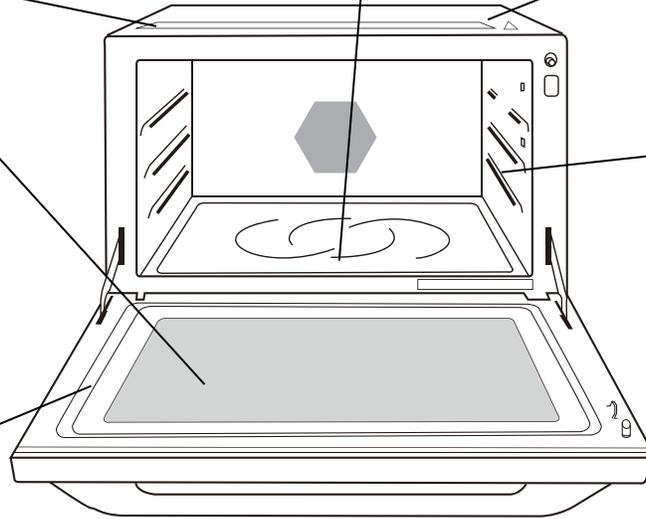
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.

Inside of the oven:

Wipe with a damp cloth after using, mild detergent may be used if needed. Do not use of harsh detergents or abrasives.

Control Panel:

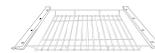
Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray on cleaners on the Control Panel. After cleaning touch Stop/Reset Pad to clear display window.



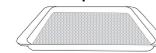
Drip tray

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

After using, clean it with a mild detergent or dishwasher.



Wire shelf



Glass shelf



Enamel Shelf

NOTES:

1. When using the Grill, Convection or cooking in the Combination 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.
2. After Grill, Convection or Combination 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 Grill, Convection or 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.
A steam cleaner is not to be used for cleaning.
3. 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.
4. 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.
5. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

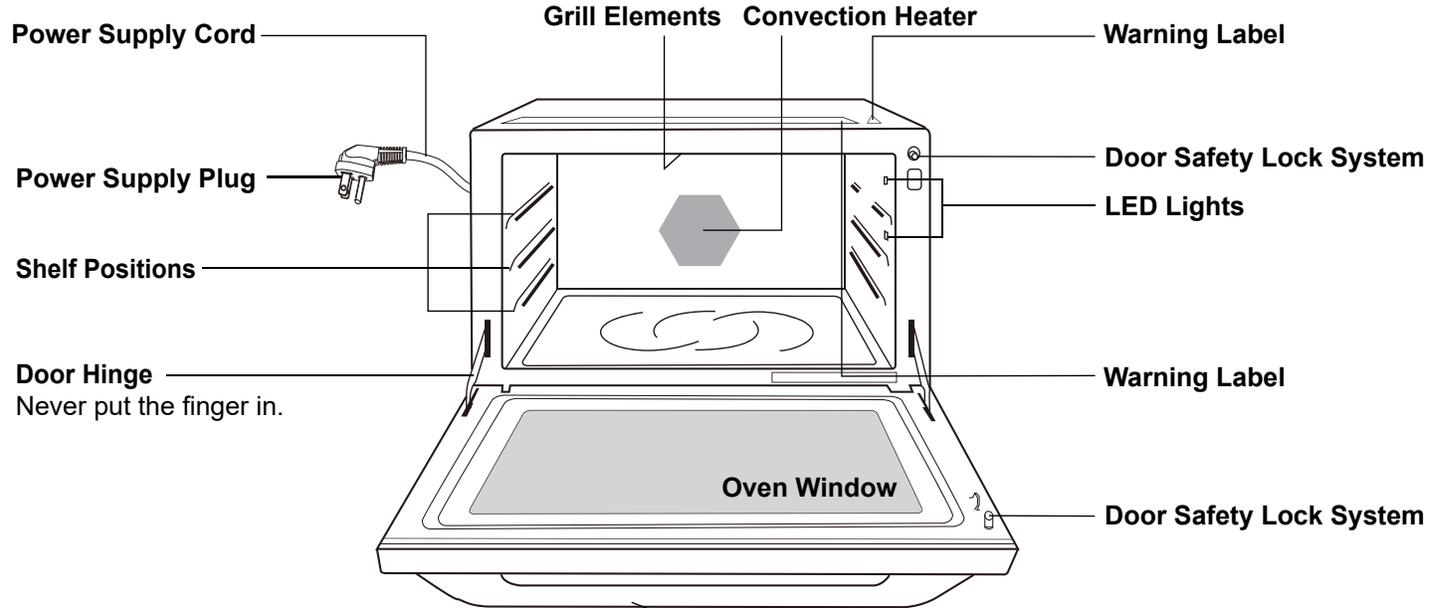
IT IS IMPORTANT TO KEEP THE OVEN CLEAN AND DRY. FOOD RESIDUE AND CONDENSATION MAY CAUSE RUSTING OR ARCING AND DAMAGE TO THE OVEN. AFTER USE, WIPE DRY ALL SURFACES-INCLUDING VENT OPENINGS, OVEN SEAMS.

Oven Components Diagram

Flat Table

If the flat table is hot, allow cooling down before cleaning

Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.



NOTE:

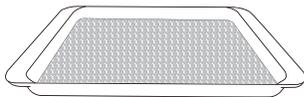
This illustration is for reference only.

Oven Light:

Oven Light will turn on during cooking and also when door is opened.

Pull Door Handle

Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start Pad** is touched. The oven light will turn on and stay on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.



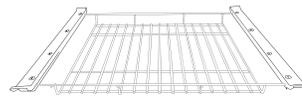
Glass shelf

1. The glass shelf can be used in any of the shelf positions for cooking on any mode.
2. If the glass shelf is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
3. The maximum weight that can be placed on the glass shelf is 4 kg (8.8 lb) (this includes total weight of food and dish).



Enamel Shelf

1. The Enamel Shelf can be used in Grill and Convection mode. Do not use it in Microwave or Combination mode.
2. For 2 level Convection cooking, the wire shelf can be used in the highest shelf position and the Enamel Shelf can be used in the lowest shelf position.
3. The maximum weight that can be placed on the Enamel Shelf is 4 kg (8.8 lb) (this includes total weight of food and dish).



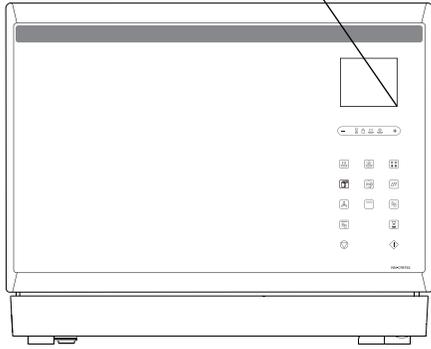
Wire shelf

1. The wire shelf can be used in Grill, Convection or Combination mode.
2. Do not use any metal container directly on the wire shelf in Combination.
3. Do not use the wire shelf in MICROWAVE mode only.
4. The maximum weight that can be placed on the wire shelf is 4 kg (8.8 lb) (this includes total weight of food and dish).

Oven Components Diagram

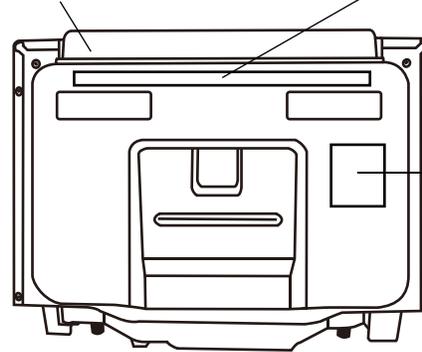
(continued)

Control Panel



Front View

Air Vents Exhaust
(Do not remove)

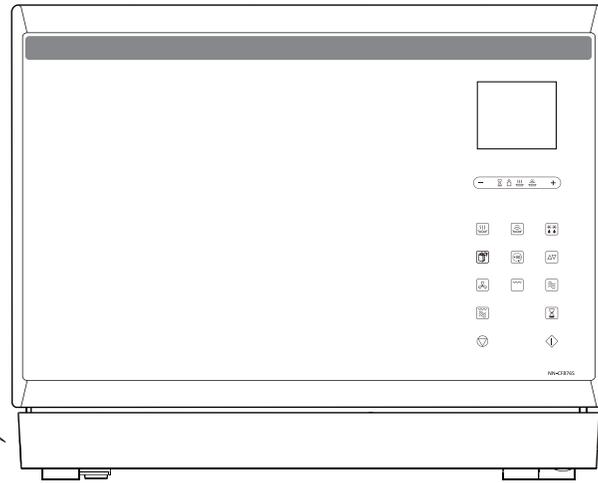
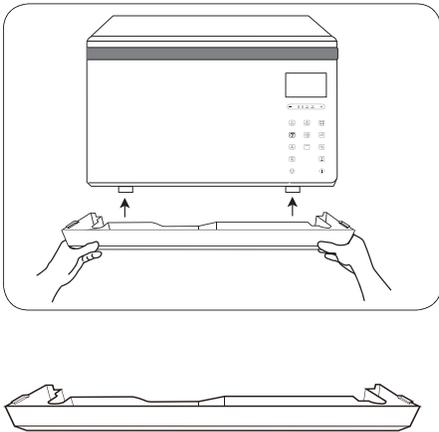


Identification Plate

The model number and serial number are displayed here.

Warning Label

Rear View



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. Clean and wipe dry after use.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water.
4. After cleaning, re-connect the drip tray as shown in the diagram.
5. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven, before using the oven.
6. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.

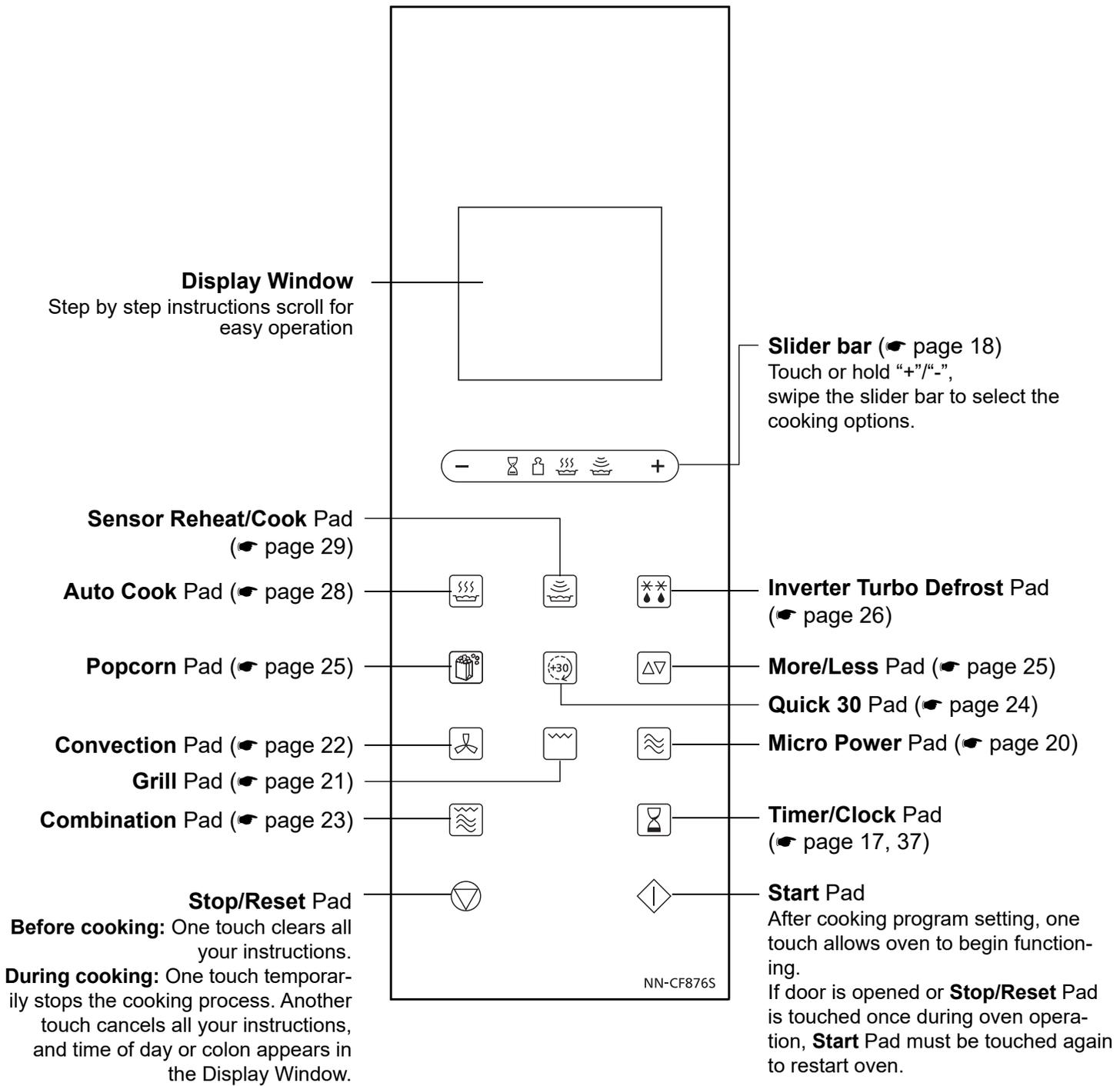
Oven Light:

Oven Light will turn on during cooking and also when door is opened.

NOTE:

The above illustration is for reference only.

Control Panel



Display Window
Step by step instructions scroll for easy operation

Slider bar (☞ page 18)
Touch or hold “+”/“-”, swipe the slider bar to select the cooking options.

Sensor Reheat/Cook Pad
(☞ page 29)

Auto Cook Pad (☞ page 28)

Popcorn Pad (☞ page 25)

Convection Pad (☞ page 22)

Grill Pad (☞ page 21)

Combination Pad (☞ page 23)

Stop/Reset Pad
Before cooking: One touch clears all your instructions.
During cooking: One touch temporarily stops the cooking process. Another touch cancels all your instructions, and time of day or colon appears in the Display Window.

Inverter Turbo Defrost Pad
(☞ page 26)

More/Less Pad (☞ page 25)

Quick 30 Pad (☞ page 24)

Micro Power Pad (☞ page 20)

Timer/Clock Pad
(☞ page 17, 37)

Start Pad
After cooking program setting, one touch allows oven to begin functioning.
If door is opened or **Stop/Reset Pad** is touched once during oven operation, **Start Pad** must be touched again to restart oven.

Beep Sound:

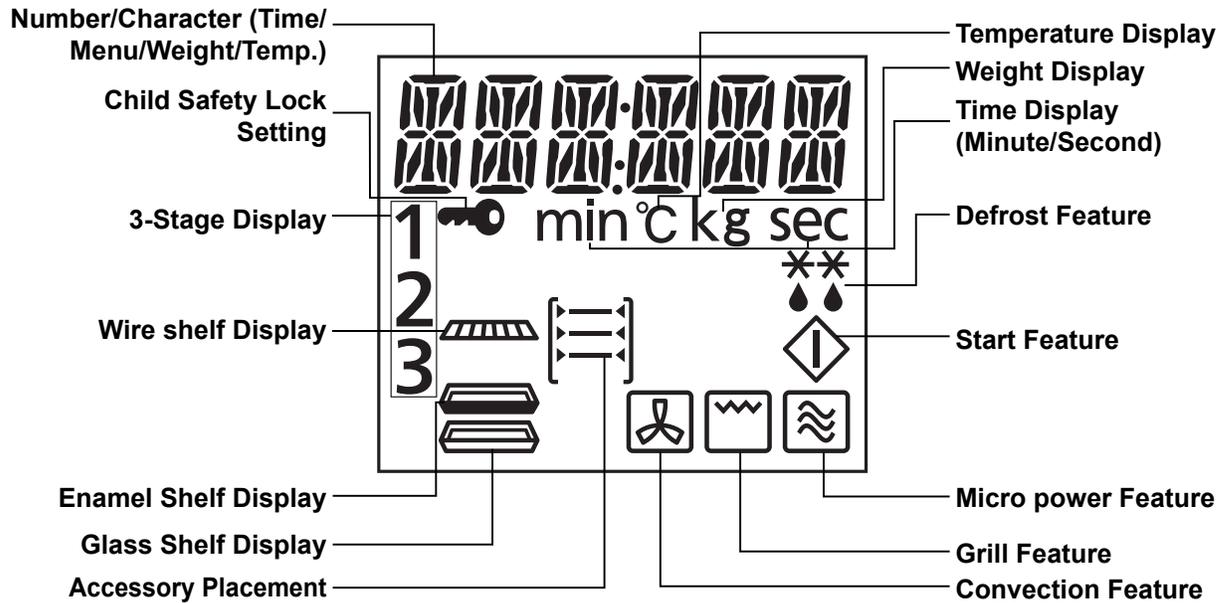
When a pad is touched correctly, a beep will be heard.
If a pad is touched and no beep is heard, the unit did not or cannot accept the instruction. When operating, the oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

Notes:

1. If there is no operation for 6 minutes after setting cooking program, the oven will automatically cancel the cooking program. The display will return to clock or colon display.
2. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the backlight of the display will be reduced and the backlight of key will be turned off.
3. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.
4. If no beep sound is heard, check “Beep ON/OFF” function feature (P18, 19).

Display Window

To help you operate the oven, the following numbers/symbols will appear in the display window.



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 more than one hour, the time will appear in hours and minutes. Time counts down minute by minute until 1 hour remains. The timer will then count down second by second.

Oven Accessories

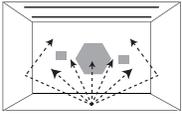
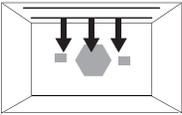
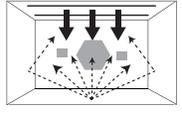
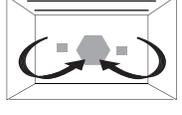
The following chart shows correct use of the accessories in the oven.

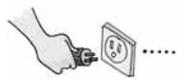
	Glass Shelf	Enamel Shelf	Wire Shelf
MICROWAVE	Yes	No	No
GRILL	Yes	Yes	Yes
CONVECTION	Yes	Yes	Yes
COMBINATION (Microwave + Grill)	Yes	No	Yes

NOTES:

1. Metal containers can not be placed directly on the wire shelf in Combination mode.
2. DO NOT use any metal containers for Microwave mode.
3. After cooking, the accessories and surrounding oven will get very hot. Use oven gloves.

Cooking Modes

Cooking modes	Uses	Recommended accessories	Containers
MICROWAVE 	<ul style="list-style-type: none"> ■ Defrosting ■ Reheating ■ Melting: butter, chocolate, cheese. ■ Cooking fish, vegetables, fruits, eggs. ■ Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. ■ Baking cakes without color. <p>No Preheating</p>	<p>Use your own dishes, plates or bowls, directly on the base of the oven.</p>	<p>Microwaveable, no metal.</p>
GRILL 	<ul style="list-style-type: none"> ■ Grilling of meat or fish. ■ Toast grilling. ■ Coloring of gratin dishes or meringue pies. <p>Preheating advised</p>	<p>Enamel Shelf, glass shelf or wire shelf.</p>	<p>Heat proof, metal tin can be used.</p>
COMBINATION 	<ul style="list-style-type: none"> ■ Roasting chicken wings, seafood, fried foods, meat skewers, frozen potato fries, pizza etc. <p>No Preheating</p>	<p>Wire shelf or glass shelf.</p>	<p>Microwaveable & heat proof.</p>
CONVECTION 	<ul style="list-style-type: none"> ■ Baking of small pastry items with short cooking times: puff, pastry, cookies, choux, short pastry, roll cakes. ■ Special baking: souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc. ■ Baking of quiches, pizza and tarts. <p>Preheating advised</p>	<p>Enamel shelf, glass shelf and or shelf.</p>	<p>Heat proof, metal tin can be used.</p>



Starting to Use Your Oven



Display Window



- Plug into a properly grounded electrical outlet.
- **"WELCOME TO PANASONIC REFER TO OPERATING INSTRUCTIONS BEFORE USE"** scrolls across display window.



Setting the Clock

Example: To set 11:25 a.m. or p.m.

Step 1.



- Touch **Timer/Clock** twice.
- ▶ Colon flashes.

Step 2.



Swipe

- Set time of day by touching "+"/"-" or swipe the slider bar.
- ▶ Time appears in the display window; colon continues flashing.

Step 3.



- Touch **Timer/Clock**.
- ▶ Colon stops flashing; time of day is entered.

NOTES:

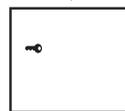
1. To reset the clock, repeat step 1-3.
2. The clock will retain the time of day as long as the oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.
4. Oven will not operate while colon is flashing.



Child Safety Lock

This feature prevents the electronic operation of the oven until cancelled. It does not lock the door.

To set:



- Touch **Start** 3 times. "⌚" appears in the display window.
- ▶ "⌚" continues to be displayed until Child Lock is cancelled. Key pads may be touched but the microwave will not start.

To Cancel:



- Touch **Stop/Reset** 3 times.
- ▶ The display will return to colon or time of day when Child Lock has been cancelled.

NOTES:

1. You can set the Child Lock feature when the display shows a colon or time of day.
2. To set or cancel child safety lock, **Start** or **Stop/Reset** must be touched 3 times within 10 seconds.

Demo Mode

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.

To cancel:

Step 1.



- Touch **Micro Power** once.

Step 2.



- Touch **Start** 4 times.

Step 3.



- Touch **Stop/Reset** 4 times.

NOTES:

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



Slider Bar

	TIME CHOICE Touch “+”/“-” or swipe the slider bar to increase or decrease the cooking time.
	WEIGHT CHOICE Touch “+”/“-” or swipe the slider bar to increase or decrease the weight setting.
	MENU CHOICE Touch “+”/“-” or swipe the slider bar to select the menus.

NOTES:

1. The maximum of programmable time using Slider bar is up to 9 hours.
2. After setting the time by Slider bar, you cannot use **Quick 30 Pad**.



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:

LANGUAGE CHOICE: The oven has a choice of English or French display.

BEEP CHOICE: The oven has both Beep On and Beep Off mode.

Plug into a properly grounded electrical outlet.	
LANGUAGE CHOICE	BEEP CHOICE
<ul style="list-style-type: none"> • Touch Start once. The default display language is English. 	<ul style="list-style-type: none"> • Touch Start twice. The default mode is Beep On.
↓	↓
<ul style="list-style-type: none"> • Touch More/Less once. The display language changes to French. • Touch More/Less twice. The display language return to English. 	<ul style="list-style-type: none"> • Touch Timer/Clock once. The mode changes to Beep Off.
After setting, touch Stop/Reset to exit.	

NOTES:

1. These choices can be selected only when you plug-in the oven.
2. Touch **Stop/Reset** to select default setting.



Function Features

(continued)

Set LANGUAGE and BEEP by following the steps below:

1.	• Plug into a properly grounded electrical outlet.
2.	• Touch Start once to Language Choice.
3.	• Touch More/Less once. The display language changes to French. • Touch More/Less twice. The display language return to English.
4.	• Touch Start once to Beep Choice.
5.	• Touch Timer/Clock once. The mode changes to Beep Off.

NOTE: After setting, it will revert back to Language Choice setting if **Start** pad is touched again, touch **Stop/Reset** to exit.

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.



NOTE:
Default mode is Menu Action on.



Microwave

Example: To cook at 600 W for 1 minute 30 seconds

<p>Step 1.</p>  <p>Touch 3 times</p>	<ul style="list-style-type: none"> • Touch Micro Power until the desired power level appears in the display window.
<p>Step 2.</p>  <p>Swipe</p>	<ul style="list-style-type: none"> • Set cooking time by touching “+”/“-” or swipe the slider bar to 1 minute and 30 seconds.
<p>Step 3.</p> 	<ul style="list-style-type: none"> • Touch Start. <ul style="list-style-type: none"> ▶Cooking will start. The time in the display window will count down.
<p>Touch </p>	<p>Power Level</p>
<p>once twice 3 times 4 times 5 times 6 times</p>	<p>1000 W 800 W 600 W 440 W 300 W 100 W</p>

NOTES:

1. For more than one stage cooking, repeat steps 1 and 2 for each stage of cooking before pressing **Start**. The maximum number of stages for cooking is 3. When operating, two beeps will sound between each stage. Five beeps will sound at the end of the entire sequence. (See page 24 for reference.)
2. When using 1000 W for the first stage, you may skip step 1.
3. When selecting 1000 W, the maximum programmable time is 30 minutes. For other power levels, the maximum time is 90 minutes.
4. For reheating, use 1000 W for liquids, 800 W for most foods and 600 W for dense foods.
5. For defrosting, use 300 W.

DO NOT OVERCOOK. This oven requires less time to cook than an older unit. 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.



Grill Feature

This feature allows you to grill, crisp or toast the surface of your food.

When grilling, heat is radiated from the two elements at the top of the oven. The grilling elements do not require preheating. Grilling is particularly useful for reheating crispy foods such as fried chicken or chicken nuggets. It is also suitable for hot sandwiches and au gratin dishes. There are 2 different grill settings available.

Without Preheating:

Example: To cook bread for 5 minutes by Grill 1	
Step 1.  Touch once	<ul style="list-style-type: none"> • Touch Grill until the desired power level appears in the display window.
Step 2.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 5 minutes.
Step 3. 	<ul style="list-style-type: none"> • Touch Start. ►Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

Touch 	Power Level
once	Grill 1 (HIGH)
twice	Grill 2 (MEDIUM)
3 times	Grill 3 (LOW)

NOTES:

1. Use only heat-safe dishes.
2. The maximum time for cooking in this mode is 90 minutes.
3. Do not use plastic wrap or wax paper.

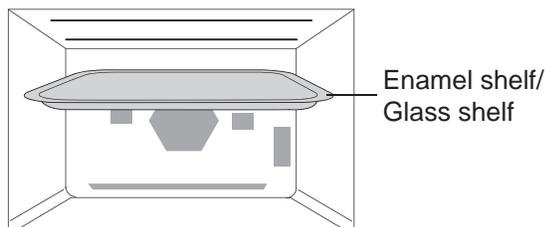
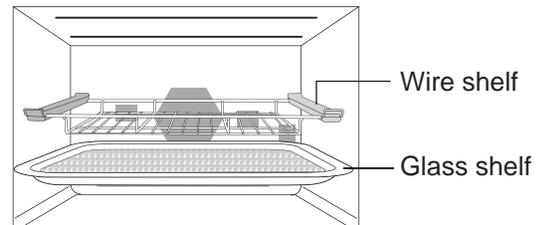
Oven accessories to use

The oven supplies three kinds shelf position for your choice. Use the highest shelf position for thin foods and use the middle shelf position for thick foods.

When grilling foods the wire shelf should be in the highest or middle shelf position and the glass shelf in the lowest position to catch drips. Alternatively you can use the enamel shelf or glass shelf in the highest or middle shelf positions for cooking small pieces food or fish. When positioning the wire shelf, the vertical wires of the shelf should sit the lowest than the sides of the shelf.

With Preheating:

Example: To bread for 3 minutes by Grill 1. Need preheat.	
Step 1.  Touch once	<ul style="list-style-type: none"> • Touch Grill until the desired power level appears in the display window.
Step 2. 	<ul style="list-style-type: none"> • Touch Start to preheat the oven. ►“Preheat” will scrolls 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.
Step 3.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 3 minutes.
Step 4. 	<ul style="list-style-type: none"> • Touch Start. ►Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

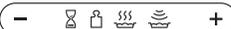




Convection Feature

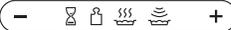
This feature offers a choice of convection temperature 40 °C (104 °F) and 100 °C - 230 °C (212 °F - 446 °F) in 10 °C (18 °F) increments. Most baked items require preheating the oven. For quick selection of the most commonly used temperatures, the temperatures start at 150 °C (302 °F) and count up to 230 °C (446 °F) then 40 °C (104 °F) and 100 °C (212 °F). There are 3 different convection settings available.

Without Preheating:

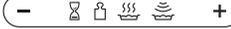
Example: To cook at 150 °C (302 °F) for 20 minutes. Without preheating.	
Step 1.  Touch once	<ul style="list-style-type: none"> • Touch Convection until the desired temperature appear in the display window.
Step 2.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 20 minutes.
Step 3. 	<ul style="list-style-type: none"> • Touch Start. ►Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

With Preheating:

For best results always place food in a preheated oven.

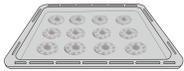
Example: To cook at 150 °C (302 °F) for 20 minutes. Need preheating.	
Step 1.  Touch once	<ul style="list-style-type: none"> • Touch Convection until the desired temperature appear in the display window.
Step 2. 	<ul style="list-style-type: none"> • Touch Start to preheat the oven. ►“Preheat” will scrolls 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.
Step 3.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 20 minutes.
Step 4. 	<ul style="list-style-type: none"> • Touch Start. ►Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

Ferment:

Example: To ferment food for 40 minutes.	
Step 1.  Touch 10 times	<ul style="list-style-type: none"> • Touch Convection until 40 °C (104 °F) appear in the display window.
Step 2.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 40 minutes.
Step 3. 	<ul style="list-style-type: none"> • Touch Start. ►Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

NOTES:

1. The oven can not preheat to 40 °C (104 °F).
2. The maximum time for cooking in this mode is 9 hours.
3. After touching **Start**, the selected temperature can be recalled and changed. Touch **Convection** once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature [except 40 °C (104 °F)] by tapping **Convection**.
4. The oven will maintain the selected preheated temperature for approximately 30 minutes without the door opened. If no food has been placed inside the oven or a cooking time set, then it will beep 5 times and automatically cancel the cooking program and revert to colon or time of day.
5. Once you open the door and **Start** is not pressed, after 6 minutes, the oven will automatically cancel the preheated program. This display will revert back to clock or colon mode.
6. Do not preheat with enamel shelf in position.



Convection Feature

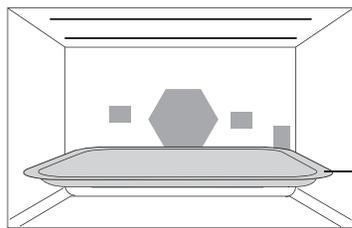
(continued)

Oven accessories to use

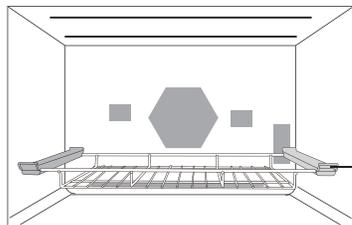
If cooking on one level, you can use the enamel shelf, glass shelf or wire shelf in the lowest shelf positions.

When cooking food easy to burnt, such as pie, pizza and quiche etc., we suggest to put them in the highest shelf position.

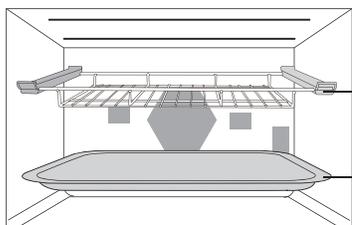
When cooking on two levels use the enamel shelf on the lowest shelf position and the wire shelf in the highest shelf position.



Glass shelf/
Enamel shelf



Wire shelf



Wire shelf

Enamel shelf



Combination Feature

This feature is a grill and microwave combined heating method by adjusting the settings. You can cook your food evenly and retain crispness as well as easy grilling of certain foods.

Example: To cook chicken pieces for 10 minutes by Combination 1.

Step 1.



Touch once

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

Step 2.



Swipe

- Set cooking time by touching “+”/ “-” or swipe the slider bar to 10 minutes.

Step 3.



- Touch **Start**.
▶Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

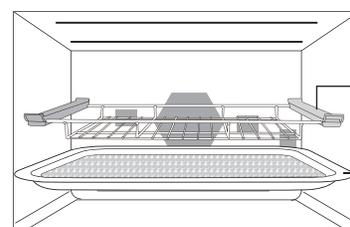
Touch	Power Level
once	Combination 1 (1000 W + Grill 1)
twice	Combination 2 (1000 W + Grill 1)
3 times	Combination 3 (1000 W + Grill 1)

NOTES:

1. Use only microwavable and heat-safe dishes.
2. The maximum time for cooking in this mode is 9 hour.
3. Metal cook wave should be avoided in Combination cooking.
4. Do not use plastic wrap or wax paper.

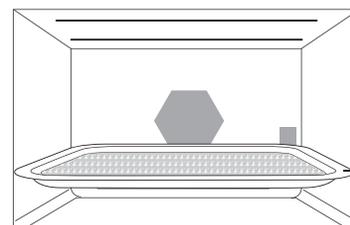
Oven accessories to use

Food can be placed directly onto the wire shelf in the middle shelf position. The glass shelf can be placed underneath to catch any drips. When cooking fish or small items, food can be placed directly on the glass shelf in either shelf position.



Wire shelf

Glass shelf



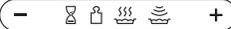
Glass shelf



3-Stage Cooking

This feature allows you to program 2-3 Stages of cooking continuously.

Example: Continually set 600 W for 5 minutes, Grill 2 for 3 minutes and Combination 1 for 5 minutes.

Step 1.  Touch 3 times	<ul style="list-style-type: none"> • Touch Micro Power until the desired power level appears in the display window.
Step 2.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 5 minutes.
Step 3.  Touch twice	<ul style="list-style-type: none"> • Touch Grill until the desired power level appears in the display window.
Step 4.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 3 minutes.
Step 5.  Touch once	<ul style="list-style-type: none"> • Touch Combination until the desired power level appears in the display window.
Step 6.  Swipe	<ul style="list-style-type: none"> • Set cooking time by touching “+”/ “-” or swipe the slider bar to 5 minutes.
Step 7. 	<ul style="list-style-type: none"> • Touch Start. ►Cooking will start. The time in the display window will count down.

NOTES:

1. The maximum number of stages for cooking is 3.
2. When using 1000 W for the first stage, you may skip step 1.
3. When operating, two beeps will sound between each stage.
4. This feature is only available for Microwave, Grill (without preheating), Combination, Timer and Convection (without preheating) feature.
5. Auto program (such as popcorn, inverter turbo defrost, auto cook and sensor cook feature) can't be use in 3-stage cooking.



Quick 30 Feature

This feature allows you to set or add cooking time in 30 seconds increments up to 5 minutes.

To Set Time using Quick 30:

Example: To cook at 600 W for 1 minute 30 seconds

Step 1.  Touch 3 times	<ul style="list-style-type: none"> • Enter the desired Micro Power (see page 20 for directions).
Step 2.  Touch 3 times	<ul style="list-style-type: none"> • Touch Quick 30 until the desired cooking time (up to 5 minutes) appears in the display window.
Step 3. 	<ul style="list-style-type: none"> • Touch Start. ►Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

NOTES:

1. When using 1000 W for the first stage, you may skip step 1.
2. This feature is only available for Microwave, Grill (without preheating), Combination, Timer and Convection (without preheating) feature.
3. Auto program (such as popcorn, inverter turbo defrost, auto cook and sensor cook feature) can't be use in **Quick 30** feature.
4. After setting the time by **Quick 30** Pad, you cannot use Slider bar.

To Add Time using Quick 30:

Example: Add 3 minutes, when using grill feature.

 ↓  Touch 6 times ↓ 	<ul style="list-style-type: none"> • During manual cooking, touch Quick 30 until the desired cooking time (up to 5 minutes) appears in the display window.
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

NOTES:

1. This feature is only available for Microwave, Grill, Combination, Timer and Convection feature.
2. Auto program (such as popcorn, inverter turbo defrost, auto cook and sensor cook feature) can't be use in **Quick 30** feature.



Popcorn Feature

Example: To pop popcorn.

<p>Step 1.</p>  <p>Touch once</p>	<ul style="list-style-type: none"> • Touch Popcorn.
<p>Step 2.</p>  <p>Optional</p>	<ul style="list-style-type: none"> • (see More/Less Feature.)
<p>Step 3.</p> 	<ul style="list-style-type: none"> • Touch Start. ▶ After several seconds, cooking time appears in the display window and begins to count down.

NOTES ON POPCORN FEATURE:

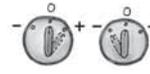
1. The recommended weight of popcorn is 42-99 g (1.5-3.5 oz). When you pop beyond the recommended weight range, please use manual cooking.
2. Pop one bag at a time.
3. Place bag in oven according to manufacturers' directions.
4. Start with popcorn at room temperature.
5. Allow popped corn to sit unopened for a few minutes.
6. Open bag carefully to prevent burns, because steam will escape.
7. Do not reheat unpopped kernels or reuse bag.
8. If the temperature of the cavity is high, popcorn feature can not be used. Display window will display "HOT". popcorn feature can not be used until the "HOT" disappears.

NOTE:

If popcorn is of a different weight than listed, follow instructions on popcorn package. **Never leave the oven unattended.** If popping slows to 2 to 3 seconds between pops, stop oven. **Overcooking can cause fire.**

REMARKS:

When popping multiple bags one right after the other, the cooking time may vary slightly. This does not affect the popcorn results.



More/Less Feature

For Popcorn:

By using the **More/Less** pad, the programs can be adjusted to cook popcorn for a longer or shorter time if desired.

- 1 tap = Adds approx. 10% time.
- 2 taps = Adds approx. 20% time.
- 3 taps = Subtracts approx. 10% time.
- 4 taps = Subtracts approx. 20% time.
- 5 taps = Original setting

Touch **More/Less** pad before touching **Start**.

For Sensor Reheat/Cook:

Preferences for food doneness vary with each individual. After having used the **Sensor Reheat/Cook** feature a few times, you may decide you would prefer your food cooked to a different doneness.

- 1 tap = More (Adds approx. 20% time)
- 2 taps = Less (Subtracts approx. 20% time)
- 3 taps = Original setting

Touch **More/Less** pad before touching **Start**.



Inverter Turbo Defrost Feature

This feature allows you to automatically defrost foods such as: meat, poultry and seafood simply by entering the weight.

Example: To Defrost 700 g (1.5 lb) of meat

Place food on microwave-safe dish.

Step 1. 	<ul style="list-style-type: none"> • Touch Inverter Turbo Defrost.
Step 2.  Swipe	<ul style="list-style-type: none"> • Set weight of the food by touching “+”/“-” or swipe the slider bar to 700 g (1.5 lb).
Step 3. 	<ul style="list-style-type: none"> • Touch Start. ▶ Defrosting will start. The time will count down. Larger weight foods will cause a signal midway through defrosting. If 2 beeps sound, turn over, rearrange foods or shield with aluminum foil.

Conversion Chart:

Follow the chart to convert ounces or hundredths of a pound into tenths of a pound. To use Inverter Turbo Defrost, enter the weight of the food in lbs. (1.0) and tenths of a lb. (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

NOTE:

1. The maximum weight for Inverter Turbo Defrost is 3 kg (6 lb).
2. If the temperature of the cavity is high, Inverter Turbo Defrost feature can not be used. Display window will display “HOT”. Inverter Turbo Defrost feature can not be used until the “HOT” disappears.



Defrosting Tips & Techniques

Preparation for freezing:

1. Freeze meats, poultry, and fish in packages with only 1 or 2 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.
7. Shield edges and ends if needed. (See Cooking Techniques).

After Defrosting:

1. Large items may be icy in the centre. Defrosting will complete during STANDING TIME.
2. Let stand, covered, following stand time directions on page 27.
3. Rinse foods as indicated in the chart.
4. Items which have been layered should be rinsed separately or have a longer stand time.



Defrosting Tips & Techniques

(continued)

FOOD	MANUAL DEFROST TIME at 300 W (min/kg) (min/lb)		DURING DEFROSTING	AFTER DEFROSTING	
	Stand Time	Rinse			
Fish and Seafood [up to 1.4 kg (3 lbs.)] Crabmeat	12	6	Break apart/Rearrange	5 min.	YES
Fish Steaks	8 to 12	4 to 6	Turn over		
Fish Fillets	8 to 12	4 to 6	Turn over/Rearrange/Shield ends		
Sea Scallops	8 to 12	4 to 6	Break apart/ Remove defrosted pieces		
Whole fish	8 to 12	4 to 6	Turn over		
Meat Ground Meat	8 to 10	4 to 5	Turn over/ Remove defrosted portion/ Shield edges	10 min.	NO
Roasts [1.1-1.8 kg (2½ - 4 lbs.)]	10 to 16	5 to 8	Turn over/ Shield ends and defrosted surface	30 min. in refrig.	
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	----	
Poultry Chicken, Whole [up to 1.4 kg (3 lbs.)]	8 to 12	4 to 6	Turn over/Shield	20 min. in refrig.	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 [2.3 - 2.7 kg (5 - 6 lbs.)]	12	6	Turn over/Shield	20 min. in refrig	



Auto Cook Feature

This feature allows you to cook most of your favourite foods by setting the weight only. The oven determines the power setting, then the cooking time automatically. Select the category of food and then just enter the weight. Do not include the weight of any added water or the container weight.

For best results, some menu need preheat oven before cooking

For Menu 1-7 and 10-11, please operate as follows:

Example: To cook 300 g (10.5 oz.) of frozen potato products	
Step 1.  Touch once.	<ul style="list-style-type: none"> • Touch Auto Cook.
Step 2.  Swipe	<ul style="list-style-type: none"> • Select the desired auto menu using the slider bar.
Step 3.  Touch once.	<ul style="list-style-type: none"> • Touch Auto Cook to verify the menu.
Step 4.  Swipe	<ul style="list-style-type: none"> • Select the desired weight using the slider bar.
Step 5. 	<ul style="list-style-type: none"> • Touch Start. ▶ Cooking starts.

For Menu 8-9 please operate as follows:

Example: To cook 300 g (10.5 oz.) of chilled pizza.	
Step 1.  Touch once.	<ul style="list-style-type: none"> • Touch Auto Cook.
Step 2.  Swipe	<ul style="list-style-type: none"> • Select the desired auto menu using the slider bar.
Step 3.  Touch once.	<ul style="list-style-type: none"> • Touch Auto Cook to verify the menu.
Step 4.  Swipe	<ul style="list-style-type: none"> • Select the desired weight using the slider bar.
Step 5. 	<ul style="list-style-type: none"> • Touch Start to preheat the oven. ▶ “Preheat” will scrolls 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.
Step 6. 	<ul style="list-style-type: none"> • Touch Start. ▶ Cooking starts.

NOTES:

1. When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.
2. Most foods benefit from a **STANDING** time after cooking on an auto program, to allow heat to continue conducting to the centre.
3. If the temperature of the cavity is high, auto cook feature can not be used. Display window will display “HOT”. auto cook feature can not be used until the “HOT” disappears.
4. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
5. For some menus, oven will beep to ask you stir or turn over the food during the cooking.



Sensor Reheat Feature

This sensor feature allows you to reheat food without setting time. The oven simplifies programming.

For Menu 13 is Sensor Reheat feature:

Example: To reheat a plate of food

Step 1.  Touch once.	• Touch Sensor Reheat/Cook .
Step 2.  Swipe	• Select the sensor reheat using the slider bar.
Step 3.  Optional	• (see More/Less Feature .) (☛ page 25)
Step 4. 	• Touch Start . ▶ Cooking starts.
Cooking is complete when 5 beeps sound. (When steam is detected by the Genius Sensor and 2 beeps sound, the remaining cooking time will appear in the display window.)	

NOTE:

Casseroles - Add 3 to 4 tablespoons of liquid, cover with lid or vented plastic wrap. Stir when time appears in the display window.

Canned foods - Empty contents into casserole dish or serving bowl, cover dish with lid or vented plastic wrap. After reheating, let stand for a few minutes.

Plate of food - Arrange food on plate; top with butter, gravy, etc. Cover with lid or vented plastic wrap. After reheating, let stand for a few minutes.

DO NOT USE SENSOR REHEAT

1. To reheat bread, meat pie and pastry products. Use manual power and time for these foods.
2. For raw or uncooked foods.
3. If oven cavity is warm.
4. For beverages.
5. For frozen foods.



Sensor Cook Feature

This sensor feature allows you to cook food without setting time. The oven simplifies programming.

For Menu 14-32 is Sensor Reheat/Cook feature:

Example: To cook Frozen Entrées

Step 1.  Touch once.	• Touch Sensor Reheat/Cook .
Step 2.  Swipe	• Select the desired sensor menu using the slider bar.
Step 3.  Optional	• (see More/Less Feature .) (☛ page 25)
Step 4. 	• Touch Start . ▶ Cooking starts.
Cooking is complete when 5 beeps sound. (For some menus, when steam is detected by the Genius Sensor and 2 beeps sound, the remaining cooking time will appear in the display window.)	

For the best results with the GENIUS SENSOR, follow these recommendations.

BEFORE Reheating/Cooking:

1. The room temperature surrounding the oven should be below 35 °C (95 °F).
2. Food weight should exceed 110 g (4 oz.).
3. Be sure the flat table, the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
4. Cover food with lid, or with vented plastic wrap. Never use tightly sealed plastic containers—they can prevent steam from escaping and cause food to overcook.
5. If the temperature of the cavity is high, sensor cook/reheat feature can not be used. Display window will display "HOT". Sensor Reheat/Cook feature can not be used until the "HOT" disappears.
6. When you select an automatic program, symbols will appear in the display window to show the cooking mode that will be used and the accessories that are needed.

DURING Reheating/Cooking:

DO NOT open the oven door until beeps sound. Doing so will cause inaccurate cooking since the steam from food is no longer contained within the oven cavity. Once the cooking time begins to count down, the oven door may be opened to stir, turn or rearrange foods for some menus.

AFTER Reheating/Cooking:

All foods should have a stand time.



Menu Chart

Menu No.	Menu	Recommended Weight	Accessory and Placement	Auto Feature
1	Beef (rare)	500 g - 1500 g (1.1 lb - 3.3 lb)	Glass shelf in the lowest shelf position.	Auto cook (with grill or/ and convection) 
2	Beef (medium)	500 g - 1500 g (1.1 lb - 3.3 lb)	Glass shelf in the lowest shelf position.	
3	Beef (well done)	500 g - 1500 g (1.1 lb - 3.3 lb)	Glass shelf in the lowest shelf position.	
4	Lamb (medium)	1500 g - 2500 g (3.3 lb - 5.5 lb)	Glass shelf in the lowest shelf position.	
5	Lamb (well done)	1500 g - 2500 g (3.3 lb - 5.5 lb)	Glass shelf in the lowest shelf position.	
6	Roasted potatoes	400 g - 1000 g (0.9 lb - 2.2 lb)	Wire shelf in the middle shelf position.	
7	Frozen potato products	200 g - 450 g (7 oz. - 16 oz.)	Glass shelf in the middle shelf position.	
8	Chilled pizza	150 g - 400 g (5 oz. - 14 oz.)	Enamel shelf in the lowest shelf position	
9	Frozen pizza	100 g - 450 g (3.5 oz - 16 oz.)	Enamel shelf in the lowest shelf position	
10	Roast pork	600 g - 1200 g (1.3 lb - 2.6 lb)	Glass shelf in the lowest shelf position.	
11	Chicken pieces	400 g - 1000 g (0.9 lb - 2.2 lb)	Wire shelf in the middle shelf position with glass shelf underneath.	
12	Deodorization	Cleaning feature.		



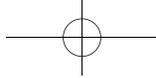
Menu Chart

(continued)

Menu No.	Menu	Recommended Weight	Accessory and Placement	Auto Feature
13	Sensor reheat	110 g - 450 g (4 oz. - 16 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	Sensor reheat/cook 
14	Oatmeal	125 ml - 250 ml (½ cup - 1 cup)	Microwave-safe dish directly on the bottom of the oven.	
15	Breakfast sausage	2-8 links	Microwave-safe dish directly on the bottom of the oven.	
16	Omelet	2-4 eggs	Microwave-safe dish with wrap directly on the bottom of the oven.	
17	Quinoa	60 ml - 250 ml (¼ cup - 1 cup)	Microwave-safe dish with wrap directly on the bottom of the oven.	
18	Soup	250 ml - 500 ml (1 cup - 2 cups)	Microwave-safe dish with wrap directly on the bottom of the oven.	
19	Frozen Entrées	220 g - 800 g (8 oz. - 28 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	
20	Frozen pizza (single)	220 g (8 oz.)	Microwave-safe dish directly on the bottom of the oven.	
21	Frozen pocket sandwich	1 sandwich (130 g) (4.5 oz.)	Microwave-safe dish directly on the bottom of the oven.	
22	Potatoes (pierce skin)	1 - 4 potatoes (170 g - 220 g each) (6 oz. - 8 oz. each)	Microwave-safe dish directly on the bottom of the oven.	
23	Fresh vegetables	110 g - 450 g (4 oz. - 16 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	
24	Frozen vegetables	170 g - 450 g (6 oz. - 16 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	
25	Canned vegetables	430 g (15 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	
26	White rice	125 ml - 375 ml (½ cup - 1½ cups)	Microwave-safe dish with wrap directly on the bottom of the oven.	
27	Brown rice	125 ml - 375 ml (½ cup - 1½ cups) (maximum)	Microwave-safe dish with wrap directly on the bottom of the oven.	
28	Frozen dinners	300 g - 450 g (10.5 oz. - 16 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	
29	Pasta	55 g - 220 g (2 oz. - 8 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	
30	Stew	4 Serv.	Microwave-safe dish with wrap directly on the bottom of the oven.	
31	Ground Meat	450 g - 900 g (16 oz. - 32 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	
32	Fish fillets	110 g - 450 g (4 oz. - 16 oz.)	Microwave-safe dish with wrap directly on the bottom of the oven.	

NOTE:

For information on individual menu refer to follow page:



Menu Chart

(continued)

1. Beef (rare)

It is suitable for roasting joints of beef to a rare result. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lowest shelf position. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. DO NOT USE PLASTIC WRAP OR LID.

2. Beef (medium)

It is suitable for roasting joints of beef to a medium result. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lowest shelf position. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. DO NOT USE PLASTIC WRAP OR LID.

3. Beef (well done)

It is suitable for roasting joints of beef to a well done result. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lowest shelf position. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. DO NOT USE PLASTIC WRAP OR LID.

4. Lamb (medium)

It is suitable for roasting joints of lamb to a medium result. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lowest shelf position. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. DO NOT USE PLASTIC WRAP OR LID.

5. Lamb (well done)

It is suitable for roasting joints of lamb to a well done result. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lowest shelf position. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. DO NOT USE PLASTIC WRAP OR LID.

6. Roasted potatoes

It is suitable for roasting roasted potatoes. Cut potatoes into even sized pieces. Place on glass shelf. Add 15 - 45 ml (1 - 3 tablespoon) olive oil. Place shelf in the middle shelf position. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. DO NOT USE PLASTIC WRAP OR LID.

7. Frozen potato products

It is suitable for cooking FROZEN oven chips and potato products, such as hash browns, croquettes, etc. Spread potato products out on glass shelf and place in the middle shelf position. For best results cook in a single layer. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.

NOTE: Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning.

DO NOT USE PLASTIC WRAP OR LID.

8. Chilled pizza

It is suitable for reheating and browning chilled, purchased pizza. Select the program and weight then touch **Start** to preheat the oven. Remove all packaging for the pizza. After preheating is completed, place pizza on enamel shelf in the lowest shelf position. Close the door and touch **Start** to continue. Open the door to **TURN AROUND ENAMEL SHELF WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.

DO NOT USE PLASTIC WRAP OR LID.

NOTE: This program is not suitable for deep pan pizzas or very thin pizzas.



Menu Chart

(continued)

9. Frozen pizza

It is suitable for reheating and browning frozen, purchased pizza. Select the program and weight then touch **Start** to preheat the oven. Remove all packaging for the pizza. After preheating is completed, place pizza on enamel shelf in the lowest shelf position. Close the door and touch **Start** to continue.

DO NOT USE PLASTIC WRAP OR LID.

NOTE: This program is not suitable for deep pan pizzas or very thin pizzas.

10. Roast pork

It is suitable for roasting joints of pork. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lowest shelf position. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.

DO NOT USE PLASTIC WRAP OR LID.

11. Chicken pieces

It is suitable for roasting chicken pieces. Each chicken pieces should weigh between 100 g - 270 g (3.5 oz. - 8.8 oz.) each. Brush with oil and sprinkle with salt. Place chicken pieces on wire shelf in the middle shelf position and glass shelf underneath. Select the program and weight then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. DO NOT USE PLASTIC WRAP OR LID.

13. Sensor reheat

It is suitable for reheating food. All foods, such as casseroles, plated dinners, soups, stews, pasta dishes (except lasagne) and canned foods, must be precooked. Foods should be reheated from refrigerator or room temperature, do not reheat frozen foods on this setting. Do not reheat in foil or plastic containers as unsuccessful reheating times will result. Put food into a microwave-safe dish and covered securely with vented plastic wrap. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. At the end of heating, allow to stir foods and stand covered for 3 to 5 minutes before serving.

14. Oatmeal

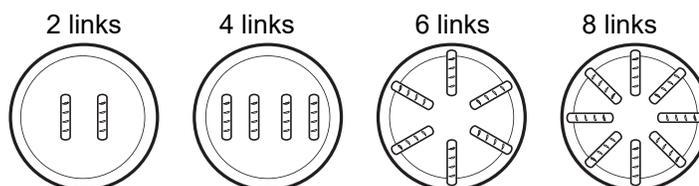
It is suitable for cooking oatmeal. Place oatmeal and tap water into a microwave-safe dish. See chart below for quantities.

Oatmeal	Tap Water	Dish Size
125 ml (½ cup)	250 ml (1 cup)	1 litre (4 cups)
250 ml (1 cup)	550 ml (1¾ cups)	1.5 litre (6 cups)

Do not cover. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. At the end of cooking time, allow to stir food and stand for 5-10 minutes before serving.

15. Breakfast sausage

It is suitable for cooking breakfast sausage that has been chilled in refrigerator. Place breakfast sausage links on paper plate in a radial pattern. See diagram below. Do not cover. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.



16. Omelet

It is suitable for cooking Omelet. See chart below for quantities.

Butter (melted)	Eggs	Milk	Salt and pepper
15 ml (1 tablespoon)	2	30 ml (2 tablespoons)	taste

If you want to make 4 eggs, please double the ingredients. Turn a microwave-safe plate to coat the bottom with butter. Meanwhile, combine the remaining ingredients in a separate bowl, beat together, and pour into the plate. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**.



Menu Chart

(continued)

17. Quinoa

It is suitable for cooking quinoa. Place quinoa in a microwave-safe casserole dish. Use the above chart as a guide:

Quinoa	Tap water	Dish Size
60 ml ($\frac{1}{4}$ cup)	125 ml ($\frac{1}{2}$ cup)	2 litre (4 cups)
125 ml ($\frac{1}{2}$ cup)	250 ml (1 cup)	2.5 litre (6 cups)
180 ml ($\frac{3}{4}$ cup)	375 ml (1 $\frac{1}{2}$ cups)	3 litre (8 cups)
250 ml (1 cup)	500 ml (2 cups)	3.5 litre (10 cups)

Allow at least $\frac{1}{2}$ depth of volume for evaporation to prevent boiling over. Soak in water for 10 - 15 minutes. Cover securely with plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. At the end of the cooking, let stand 10-15 minutes.

18. Soup

It is suitable for reheating soup. Pour soup into a microwave-safe serving bowl. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. Stir after cooking.

19. Frozen Entrées

It is suitable for reheating frozen entrées. Follow manufacturers' directions for preparation. Cover securely with vented plastic wrap. Place food on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. Be careful when removing the film cover after cooking. Remove facing away from you to avoid steam burns. At the end of cooking time, allow to stir food and stand for 2 minutes before serving.

If additional time is needed, continue to cook manually.

Note: This is not suitable for cooking without covering the container.

20. Frozen pizza (single)

It is suitable for cooking frozen pizza. Follow manufacturers' directions for preparation. Do not cover. Place food on the bottom of the oven. Select the program then touch **Start**. If additional time is needed, continue to cook manually.

21. Frozen pocket sandwich

It is suitable for cooking frozen pocket sandwich. Follow manufacturer's directions for preparation. Do not cover. Place it on the bottom of the oven. Select the program then touch **Start**.

22. Potatoes (pierce skin)

It is suitable for cooking whole potatoes. **Pierce each potato with a fork 6 times spacing around surface.** Place potato or potatoes on a paper towel-lined microwave-safe dish, at least 2.5 cm (1 inch) apart. Place it on the bottom of the oven. Do not cover. Select the program then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. Let stand 5 minutes to complete cooking.

23. Fresh vegetables

It is suitable for cooking fresh vegetables. All pieces should be the same size. Wash thoroughly. Put food into a microwave-safe dish, add 15 ml (1 tablespoon) of water per 100 g ($\frac{1}{2}$ cup) of vegetables, and cover securely vented with plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.

Do not salt/butter until after cooking.

24. Frozen vegetables

It is suitable for cooking frozen vegetables. Wash thoroughly. Put food into a microwave-safe dish, add 15 ml (1 tablespoon) of water per 100 g ($\frac{1}{2}$ cup) of vegetables, and cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. Do not salt/butter until after cooking. (Not suitable for vegetables in butter or sauce.)



Menu Chart

(continued)

25. Canned vegetables

It is suitable for cooking canned vegetables. Pour vegetables into a microwave container and cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.

26. White rice

It is suitable for cooking white rice. Place rice with hot tap water in a microwave-safe casserole dish. See chart below for quantities.

Rice	Hot tap water	Dish Size
125 ml (½ cup)	250 ml (1 cup)	1.5 litre (6 cups)
250 ml (1 cup)	500 ml (2 cups)	2 litre (8 cups)
375 ml (1½ cups)	750 ml (3 cups)	3 litre (12 cups)

Allow at least ½ depth of volume for evaporation to prevent boiling over. Soak in water for 10 - 15 minutes. Cover securely with plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. At the end of cooking time, allow to stand for 5 minutes before serving.

27. Brown rice

It is suitable for cooking brown rice. Place rice with hot tap water in a microwave-safe casserole dish. See chart below for quantities.

Rice	Hot tap water	Dish Size
125 ml (½ cup)	250 ml (1 cup)	1.5 litre (6 cups)
250 ml (1 cup)	500 ml (2 cups)	2 litre (8 cups)
375 ml (1½ cups)	750 ml (3 cups)	3 litre (12 cups)

Allow at least ½ depth of volume for evaporation to prevent boiling over. Soak in water for 10 - 15 minutes. Cover securely with plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. At the end of cooking time, allow to stand for 5 minutes before serving.

28. Frozen dinners

It is suitable for cooking frozen dinners. Follow manufacturers' directions for covering or removing covers. Do not use frozen foods pack-aged in foil trays. Cover securely with vented plastic wrap. Place it on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.

29. Pasta

It is suitable for cooking pasta. Place pasta and hot tap water in a microwave-safe casserole, salt and oil, if desired. See chart below for quantities.

Pasta	Salt	Oil	Water	Dish Size
60 g (2 oz.)	0.5 ml (⅛ teaspoon)	3 ml (½ teaspoon)	750 ml (3 cups)	2 litre (8 cups)
110 g (4 oz.)	1 ml (¼ teaspoon)	5 ml (1 teaspoon)	1000 ml (4 cups)	2 litre (8 cups)
160 g (6 oz.)	3 ml (½ teaspoon)	7 ml (½ tablespoon)	1500 ml (6 cups)	3 litre (12 cups)
220 g (8 oz.)	5 ml (1 teaspoon)	15 ml (1 tablespoon)	1750 ml (7 cups)	3 litre (12 cups)

Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. At the end of cooking time, allow to stand for 5 minutes before serving.

30. Stew

It is suitable for cooking stew. In a 3 litre (12 cups) microwave-safe casserole dish, crumble 450 g (1 pound) lean ground beef and stir in 2 medium onions (chopped), ¼ teaspoon dried garlic pieces. Cover with plastic wrap and cook on 1000 W for 6 minutes. Stir after cooking. Drain. Add 450 g (1 pound) pinto or red kidney beans, 425 g (15 oz.) stewed tomatoes (chopped), 425 g (15 oz.) tomato sauce, 5 g (1 teaspoon) salt and 20 - 30 g (2 - 3 tablespoons) chili powder. Cover securely with vented plastic wrap and place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR AND REMOVE THE COVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. At the end of cooking time, allow to stir and stand for 5 minutes with cover before serving.



Menu Chart *(continued)*

31. Ground Meat

It is suitable for cooking ground meat. Break apart ground meat in microwave-safe casserole dish. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue. After cooking, Juices should be clear. Drain.

32. Fish fillets

It is suitable for cooking fish fillets. Put fish into a microwave-safe plate and arrange in a single layer. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program then touch **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, touch **Start** to continue.



Cleaning feature

12. Deodorization

This feature is suitable for cleaning the particular smell from the microwave oven. (30 minutes is needed)

<p>Step 1.</p>  <p>Touch once.</p>	<ul style="list-style-type: none"> • Touch Auto Cook
<p>Step 2.</p>  <p>Swipe</p>	<ul style="list-style-type: none"> • Select the desired feature using the slider bar.
<p>Step 3.</p>  <p>Touch once.</p>	<ul style="list-style-type: none"> • Touch Auto Cook to verify the feature.
<p>Step 4.</p> 	<ul style="list-style-type: none"> • Touch Start. <ul style="list-style-type: none"> ▶ The time appears in the display window and begins to count down.



Timer Feature

This feature allows you to program the oven as a kitchen timer. It can also be used to program a standing time after cooking is completed and/or to program a delay start.

To Use as a Kitchen Timer:

Example: To count down 5 minutes.	
Step 1.  Touch once	• Touch Timer/Clock once.
Step 2.  Swipe	• Set time by touching “+”/“-” or swipe the slider bar to 5 minutes.
Step 3. 	• Touch Start . ▶ Time will count down without oven operating.

To Set Stand Time:

Example: To cook at 600 W power for 3 minutes with stand time of 5 minutes.	
Step 1.  Touch 3 times.	• Touch Micro Power until the desired power level appears in the display window.
Step 2.  Swipe	• Set cooking time, touching “+”/“-” or swipe the slider bar to 3 minutes.
Step 3.  Touch once	• Touch Timer/Clock once.
Step 4.  Swipe	• Set stand time, touching “+”/“-” or swipe the slider bar to 5 minutes.
Step 5. 	• Touch Start . ▶ Cooking will start. After cooking, stand time will count down without oven operating.

CAUTION:

If oven lamp is lit while using the timer feature, the oven is incorrectly programmed. Stop oven immediately and re-read instructions.

To Set Delay Start:

Example: To delay the start of cooking for 5 minutes, and cook at 600 W for 3 minutes.	
Step 1.  Touch once	• Touch Timer/Clock once.
Step 2.  Swipe	• Set delay time by touching “+”/“-” or swipe the slider bar to 5 minutes.
Step 3.  Touch 3 times	• Touch Micro Power until the desired power level appears in the display window.
Step 4.  Swipe	• Set cooking time, touching “+”/“-” or swipe the slider bar to 3 minutes.
Step 5. 	• Touch Start . ▶ Delay time will count down. Then cooking will start.

NOTES:

1. When each stage finishes, a two-beep signal sounds. At the end of the program, the oven will beep five times.
2. If oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the display window will continue to count down.
3. This feature is only available for Microwave, Grill (without preheating), Combination, Timer and Convection (without preheating) feature.
4. Delay Start/Standing Time cannot be programmed before/after any Auto program (such as popcorn, inverter turbo defrost, auto cook and sensor cook feature). This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results and/or food may deteriorate.
5. When using Standing time or Delay Start, it's up to 2 power stages.
6. The maximum programmable time of Standing Time, Kitchen Time or Delay Time is up to 90 minutes.



Shortcuts

To select the correct power level for cooking different foods, refer to the chart below.

Micro Power

1000 W	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
800 W	Cook fish and seafood, meat, poultry, eggs and cakes.
600 W	Cook cakes, stew food, and melt butter and chocolate.
440 W	Cook tough meat, stew soup and soften butter.
300 W	Defrost meat, poultry or seafood.
100 W	Keep food warm and soften ice cream.

Grill

Grill 1	Grill garlic Bread, Toast.
Grill 2	Grill seafood.
Grill 3	Grill slice meat or poultry pieces.

Convection

40 °C (104 °F)	Ferment.
150 °C (302 °F)	Bake cheesecake
160/170 °C (320 °F / 338 °F)	Bake gingerbread, butter cake and cookies
180 °C (356 °F)	Bake fairy cakes and meat joints
190 °C (374 °F)	Bake gratins, pastry pies and chicken
200 °C (392 °F)	Bake scones, swiss Roll and Muffins
220 °C (428 °F)	Bake puddings and Bread
230 °C (446 °F)	Bake garlic bread, roast potatoes and baking pizza

Combination

Combination 1	Cook sea food and puddings
Combination 2	Roast beef and lamb
Combination 3	Roast whole poultry



Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants / brioche	1	1000 W	10 sec.	Place in glass dish in the bottom of the oven. Do not cover.
	4	1000 W	30 sec.	
	any	200 °C (392 °F)	2 to 3 min.	Preheat oven, then place enamel shelf in the lowest shelf position.
CANNED PASTA				
Ravioli	400 g (14 oz.)	1000 W	2½ min.	Place in a heatproof bowl and cover. Place in the bottom of the oven. Stir halfway through cooking.
Macaroni cheese			2½ min.	
Spaghetti			3 min.	
CANNED PUDDINGS				
Rice pudding	400 g (14 oz.)	1000 W	2 min.	Place in a heatproof bowl and cover. Place in the bottom of the oven. Stir halfway through cooking.
Custard - small jug	400 g (14 oz.)	1000 W	2 min.	Place in a heatproof bowl and cover. Place in the bottom of the oven. Stir halfway through cooking.
CANNED SOUPS				
Condensed	300 g (10.5 oz.)	1000 W	4 to 5 min.	Place in a heatproof bowl and stir in one can of water. Cover and place in the bottom of the oven. Stir halfway through cooking.
Healthy option	430 g (15 oz.)		2 min.	
Luxury/vegetable/ broth	400/430 g (14/15 oz.)		3 min.	
Creamed	400 g (14 oz.)		3 min.	
CHILLED SOUPS				
1 Portion	250 ml (1 cup)	1000 W	2½ min.	Place in a heatproof bowl and cover. Place in the bottom of the oven. Stir halfway through cooking.
2 Portion	500 ml (2 cups)		4½ min.	
DRINKS - Room Temperature				
1 Mug cold milk	250 ml (1 cup)	1000 W	1½ min.	Place in a heatproof mug in the bottom of the oven. Stir halfway through cooking and after reheating.
1 Jug cold milk	625 ml (2 ½ cups)		4 min.	
1 Mug cold coffee/ tea	250 ml (1 cup)		1 min 20 sec.	
1 Mug cold milky coffee			1 min 20 sec.	



Reheating Charts

(continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
CANNED VEGETABLES				
Baked beans	200 g (7 oz.)	1000 W	1½ min.	Place in a heatproof bowl and cover. Place in the bottom of the oven. Stir halfway through cooking.
	430 g (15 oz.)		2½ min.	
Broad beans	300 g (10.5 oz.)		2 min.	
Butter beans	210 g (7.5 oz.)		2½ min.	
Mushrooms	280 g (10 oz.)	1000 W	2 min.	
SAVOURY PASTRY PRODUCTS - PRECOOKED PASTRIES REHEATED BY MICROWAVE WILL HAVE A SOFT BASE				
Pasties/slices	150 g (5 oz.)	Combination 2 then 220 °C (428 °F)	5 min. then 9 to 10 min.	Place on glass shelf in the lowest shelf position.
	300 g (10.5 oz.)	Combination 2 then 220 °C (428 °F)	10 to 11 min. then 9 to 10 min.	
Meat pies	300 g (10.5 oz.)	Combination 2 then 220 °C (428 °F)	4 to 5 min. then 20 to 25 min.	Remove product from foil container and place on glass shelf in the lowest shelf position.
PUDDINGS AND DESSERTS - WHERE MICROWAVE ONLY IS INVOLVED TRANSFER FOOD FROM FOIL CONTAINER TO A SIMILAR SIZED HEATPROOF DISH				
Chilled custard	500 g (17.5 oz.)	1000 W	3½ min.	Place in large jug. Cover and place in the bottom of the oven. Stir halfway through cooking.
Chilled rice pudding	150 g (5 oz.)	1000 W	1 min	Place in the bottom of the oven.
Fruit pie - large	600 g (21 oz.)	220 °C (428 °F)	20 min.	Remove product from foil container and place on the glass shelf in the lowest shelf position.



Reheating Charts

(continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
READY MEALS - Chilled. Transfer food from foil container to a similar sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content.				
Cauliflower cheese	350 g (12 oz.)	Combination 2 then 220 °C (428 °F)	5 min. then 8 to 10 min.	Place on glass shelf in the lowest shelf position.
Cottage/shepherds pie	450 g (1 lb)	Combination 1 then 230 °C (446 °F)	6 to 7 min. then 12 to 15 min.	Place on glass shelf in the lowest shelf position.
Fish/veg bake	450 g (1 lb)	Combination 2 then 230 °C (446 °F)	8 min. then 12 min.	Place on glass shelf in the lowest shelf position.
Lasagne	450 g (1 lb)	1000 W or Combination 1 then 230 °C (446 °F)	4 min. 6 min. then 12 to 15 min.	Place in the bottom of the oven. Place on glass shelf in the lowest shelf position.
	600 g (21 oz.)	Combination 1 then 230 °C (446 °F)	8 min. then 16 to 18 min.	Place on glass shelf in the lowest shelf position.
	1.5 kg (3.3 lb)	Combination 1 then 230 °C (446 °F)	10 min. then 18 to 20 min.	Place on glass shelf in the lowest shelf position.
Macaroni cheese	450 g (1 lb)	Combination 2 then 230 °C (446 °F)	8 to 10 min. then 10 to 12 min.	Place on glass shelf in the lowest shelf position.
READY MEALS - Frozen. Transfer food from foil container to a similar sized heatproof dish. Remove any covering/lid film lid.				
Cauliflower cheese	400 g (14 oz.)	Combination 2 then 220 °C (428 °F)	8 min. then 10 to 12 min.	Place on glass shelf in the lowest shelf position.
Cottage/fish/ shepherds pie	400 g (14 oz.)	1000 W	10 min.	Add 30 ml (2 tablespoons) water. Place in the bottom of the oven. Stir halfway through cooking.
		or Combination 2	15 min.	Place on glass shelf in the lowest shelf position.
Lasagne/cannelloni	320 g (11 oz.)	1000 W or Combination 2	8 to 9 min. 15 min.	Add 30 ml (2 tablespoons) water. Place in the bottom of the oven. Stir halfway through cooking.
Macaroni cheese	400 g (14 oz.)	1000 W	9 to 10 min.	Add 30 ml (2 tablespoons) water. Place in the bottom of the oven. Stir halfway through cooking.
		or Combination 2	15 min.	Place on glass shelf in the lowest shelf position.



Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BREAD				
Part-baked rolls	270 g (6) (9 oz.)	220 °C (428 °F)	12 min.	Place on wire shelf in the lowest shelf position.
Part-baked garlic baguette/ciabatta	130 g (4.5 oz.)	220 °C (428 °F)	7 to 8 min.	Place on wire shelf in the lowest shelf position.
Garlic doughballs x 12	170 g (6 oz.)	220 °C (428 °F)	9 to 10 min.	Place on wire shelf in the lowest shelf position.
BACON AND PORK - from raw - CAUTION: Hot fat! Remove accessories with care.				
Bacon rashers	150 g (4) (5 oz.)	Grill 1	7 min.	Place on plate on wire shelf in the highest shelf position.
Pork joint	per 500 g (17.5 oz.)	600 W then 200 °C (392 °F)	10 min. then 30 min.	Place joint on glass shelf in the lowest shelf position. Let stand for 10 minutes after cooking .
Pork loin steaks	500 g (5) (17.5 oz.)	Grill 1	20 to 22 min.	Place on enamel shelf in the highest shelf position. Turn halfway through cooking.
Gammon joint	800 g (28 oz.)	180 °C (356 °F)	30 min.	Preheat oven, then place joint on enamel shelf in the lowest shelf position.
BEANS - should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked.				
Black eyed peas	270 g (9 oz.)	1000 W then 300 W	10 min. then 40 min.	Use 600 ml (2½ cups) boiling water in a large bowl. Cover and place in the bottom of the oven.
Chick peas	270 g (9 oz.)	1000 W then 300 W	10 min. then 40 min.	Use 600 ml (2½ cups) boiling water in a large bowl. Cover and place in the bottom of the oven.
Haricot beans	270 g (9 oz.)	1000 W then 300 W	10 min. then 40 min.	Use 600 ml (2½ cups) boiling water in a large bowl. Cover and place in the bottom of the oven.
Lentils	270 g (9 oz.)	1000 W	12 min.	Use 600 ml (2½ cups) boiling water in a large bowl. Cover and place in the bottom of the oven.
BEANS - should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked.				
Marrowfat peas	270 g (9 oz.)	1000 W then 300 W	3 min. then 40 min.	Use 600 ml (2½ cups) boiling water in a large bowl. Cover and place in the bottom of the oven.
Red kidney beans	270 g (9 oz.)	1000 W then 300 W	15 min. then 40 min.	Use 600 ml (2½ cups) boiling water in a large bowl. Cover and must boil for at least 12 min. to destroy toxic enzymes. Place in the bottom of the oven.
Split yellow peas	270 g (9 oz.)	1000 W then 300 W	10 min. then 30 min.	Use 600 ml (2½ cups) boiling water in a large bowl. Cover and place in the bottom of the oven.



Cooking Charts

(continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BEEF - CAUTION: Hot fat! Remove dish with care. Recommended temperatures for beef are: Rare 60 °C; medium 70 °C; well done 80 °C.				
Beef burgers (fresh)	350 g (2) (12 oz.)	Grill 1	18 to 20 min.	Place on enamel shelf in the highest shelf position. Turn halfway through cooking.
Beef burgers (frozen raw)	350 g (4) (12 oz.)	300 W then Grill 1	3 min. then 15 min.	Place on enamel shelf in the highest shelf position. Turn halfway through cooking.
Joint	500 g (17.5 oz.)	180 °C (356 °F)	Rare: 60 min. Medium: 70 min. Well done: 80 min.	Preheat oven, then place on glass shelf in the lowest shelf position. Turn halfway through cooking.
Mince	per 500 g (17.5 oz.)	1000 W then 300 W	10 min. then 15 min.	Place in micro safe dish with enough stock to cover meat. Add seasonings. Cover and place in the bottom of the oven. Stir halfway through cooking.
Rump/ sirloin	270 g (9 oz.)	Grill 1	Medium: 14 min. Well done: 18 min.	Place on enamel shelf in the highest shelf position. Turn halfway through cooking.
BEEF - CAUTION: Hot fat! Remove dish with care.				
Stewing steak	450-675 g (1 - 1½ lb)	800 W then 300 W	10 min. then 1 hour	Place in casserole dish with lid. Add stock and vegetables. Cover and place in the bottom of the oven. Stir halfway through cooking.
CHICKEN from raw - CAUTION: Hot fat! Remove accessory with care.				
Whole	450 g (1 lb)	Combination 1	20 to 25 min.	Place chicken breast side down on an upturned saucer in glass dish and place in the bottom of the oven. Turn halfway through cooking.
EGGS - Poached.				
1 Egg	45 ml (¼ cup) water	1000 W then 600 W	1 min 10 sec. then 60 sec.	Place water in a shallow dish and heat for 1st cooking time in the bottom of the oven. Add egg. Pierce yolk and white. Cover and cook for 2nd cooking time. Let stand for 1 minute after cooking.
2 Egg	90 ml (½ cup) water	1000 W then 600 W	1 min 40 sec. then 1 min 30 sec.	
4 Egg	180 ml (¾ cup) water	1000 W then 600 W	3 min. then 3 min.	
EGGS - Scrambled. Use microwave-safe bowl.				
1 Egg		1000 W then 1000 W	30 sec. then 30 sec.	Add 1 tablespoon of milk for each egg used. Beat eggs, milk and knob of butter together. Place bowl on the bottom of the oven. Cook for 1st cooking time then stir. Cook for 2nd cooking time stirring halfway, then let stand for 1 minute.
2 Eggs		1000 W then 1000 W	1 min then 30 sec.	
4 Eggs		1000 W then 1000 W	1 min 30 sec. then 1 min 30 sec.	



Cooking Charts

(continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
FISH - FRESH from raw.				
Breaded Fillets	320 g (2) (11 oz.)	200 °C (392 °F) then Grill 1	20 min. then 6 min.	Place on enamel shelf in the lowest shelf position.
Cakes	270 g (2) (9 oz.)	180 °C (356 °F) then Grill 1	18 to 20 min. then 4 min.	Place on glass shelf in the lowest shelf position.
Fillets	300 g (10.5 oz.)	600 W	7 min.	Place in a glass dish. Add 15 ml (1 tablespoon) water. Cover with pierced cling film and place in the bottom of the oven.
	700 g (25 oz.)	600 W	9 min.	
Steaks	300 g (2) (10.5 oz.)	440 W then 200 °C (392 °F)	5 min. then 15 to 18 min.	Place on glass shelf in the lowest shelf position.
Whole x 1	220 g/300 g (8 oz./10.5 oz.)	800 W	4 min.	Place in a glass dish and pierce skin. Add 15 ml (1 tablespoon) of liquid. Cover with pierced cling film and place in the bottom of the oven.
Whole x 2	500-600 g (17.5-21 oz.)	800 W	8 to 9 min.	Place in glass dish and pierce skin. Add 30 ml (2 tablespoons) of liquid. Cover with pierced cling film and place in the bottom of the oven.
FISH - FROZEN from raw.				
Breaded fillets	320 g (8) (11 oz.)	Combination 2 then 230 °C (446 °F)	10 min. then 20 min.	Place on glass shelf in the middle shelf position. Turn halfway through cooking.
Cakes	270 g (2) (9 oz.)	Combination 2 then 230 °C (446 °F)	8 min. then 16 to 18 min.	
Boil in the bag	150 g (5 oz.)	1000 W	6 to 8 min.	Place bag sauce side down in a glass dish. Pierce top. Shake bag halfway through cooking.
FRUIT - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish.				
Pears - stewed	500 g (17.5 oz.)	1000 W	8 min.	Place on glass shelf in the lowest shelf position.
Plums - poached	400 g (14 oz.)	1000 W	6 min.	Add 300 ml (1¼ cups) of water. Only half fill dish. Cover.
GAME- Caution: Hot fat! Remove dish with care.				
Duck breast fillets	400 g (14 oz.)	200 °C (392 °F)	30 min.	Preheat oven, then prick the skin and place on enamel shelf in the lowest shelf position.
Duck, whole	per 450 g (1 lb)	190 °C (374 °F)	25 to 27 min.	
Crispy duck-reheat	500 g (17.5 oz.)	230 °C (446 °F)	20 min.	Preheat oven, then place duck on enamel shelf in the lowest shelf position.
Pheasant, whole	per 450 g (1 lb)	180 °C (356 °F)	20 min.	Preheat oven, then place on enamel shelf in the lowest shelf position.



Cooking Charts

(continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
LAMB - from raw - CAUTION: Hot Fat! Remove accessory with care.				
Joint	per 450 g (1 lb)	180 °C (356 °F)	Medium: 50 to 55 min. Well done: 65 to 70 min.	Preheat oven, then place joint on enamel shelf in the lowest shelf position. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve.
Loin/ leg steaks	600 g (4) (21 oz.)	Grill 1	Medium: 19 to 20 min. Well Done: 22 to 25 min.	Place on enamel shelf in the highest shelf position. Turn halfway through cooking.
Chops/cutlets	400 g (4) (14 oz.)	Grill 1	Medium: 12 to 14 min. Well Done: 16 to 18 min.	
Casserole/stewing Lamb	1 kg (2.2 lb)	800 W then 300 W	10 min. then 1 hour	Place in casserole, add stock and vegetables, cover with lid and place on the bottom of the oven. Stir halfway through cooking.
PASTA. Use 3 litre (6 pt) large bowl				
Fusilli/ macaroni/ penne	200 g (7 oz.)	1000 W	12 min.	Use 550 ml (2 cups) boiling water. Add 15 ml (1 tablespoon) oil. Cover. Stir halfway through cooking.
Linguine/tagliatelle	270 g (9 oz.)		12 min.	Use 700 ml (3 cups) boiling water. Add 15 ml (1 tablespoon) oil. Cover. Stir halfway through cooking.
Spaghetti	270 g (9 oz.)		8 to 10 min.	
PIZZA - FRESH chilled - N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep pan	450 g (1 lb)	200 °C (392 °F)	13 to 15 min.	Preheat oven, place on enamel shelf in the highest shelf position.
Thin and crispy	150 g (5 oz.)	200 °C (392 °F)	4 min.	Preheat oven, place on enamel shelf in the highest shelf position.
	270 g (9 oz.)		6 min.	
	335 g (12 oz.)		7 to 8 min.	
PIZZA - FROZEN - N.B. Remove all packaging.				
Deep pan	440 g (6 lb)	Combination 1 then 230 °C (446 °F)	10 to 11 min. then 14 to 16 min.	Place directly on wire shelf in the middle shelf position. Turn around halfway through cooking.
Individual deep	200 (7 oz.)	Combination 1 then 200 °C (392 °F)	5 min. then 12 min.	
Thin and crispy	400 g (14 oz.)	Combination 1 then 230 °C (446 °F)	9 to 10 min. then 6 to 7 min.	



Cooking Charts

(continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PORRIDGE - N.B. Use a large bowl.				
1 serving	30 g (1 oz.) oats 150 ml (½ cup) milk	1000 W	2 min.	Place in the bottom of the oven. Stir halfway through cooking.
2 servings	60 g (2 oz.) oats 275 ml (1 ¼ cups) milk		3 min. 30 sec.	
4 servings	150 g (5 oz.) oats 550 ml (2 cups) milk		6 min. 30 sec.	
POTATO PRODUCTS part cooked - FROZEN				
Croquettes/ smiley faces	300 g (10.5 oz.)	800 W then 200 °C (392 °F) then Grill 1	5 min. then 20 min. then 3 min.	Place on glass shelf in the middle shelf position. Turn halfway through cooking.
Hash browns			230 °C (446 °F)	
Oven fries		15 min.		
Potato wedges		10 min. then 5 min.		
Southern fries				
Waffles				
RICE Use 3 litre (6 pt) large bowl				
Basmati	270 g (9 oz.)	1000 W	10 min.	Use 560 ml (2¼ cups) boiling water. Cover and stir halfway through cooking.
Easy cook long grain			12 min.	
Long grain white			10 min.	
SAUSAGES from raw - CAUTION: Hot Fat! Remove accessory with care.				
Cocktail sausages	400 g (30) (14 oz.)	Grill 1	14 min.	Place on enamel shelf in the highest shelf position. Turn halfway through cooking.
Thick	450 g (8) (1 lb)		12 to 15 min.	
Thin	350 g (12) (12 oz.)		12 min.	
Vegetarian	300 g(6) (10.5 oz.)		12 min.	
TURKEY				
Whole	per 450 g (1 lb)	300 W then 190 °C (374 °F)	10 min. then 10 to 12 min.	Place in a glass roasting dish on an upturned saucer on the bottom of the oven. Turn halfway through cooking.



Cooking Charts

(continued)

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
FRESH VEGETABLES				
Jacket potatoes - 270 g (9 oz.) each	x 1	1000 W	6 min.	Place on glass shelf in the lowest shelf position.
	x 2		11 min.	
	x 4		23 min.	
	x 6		40 min.	
	x 1	600 W then 230 °C (446 °F)	9 to 10 min. then 15 min.	Place on wire shelf in the lowest shelf position.
	x 2		12 to 15 min. then 16 min.	
	x 4		15 to 18 min. then 18 min.	
	x 6		22 to 25 min. then 25 min.	
FROZEN VEGETABLES				
Battered onion rings	270 g (9 oz.)	230 °C (446 °F)	20 min.	Place on enamel shelf in the highest shelf position.

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.



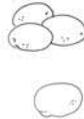
Density

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 strip of skin peeled before cooking. Score sausages and frankfurters. Do not Cook/Reheat whole eggs with or without the shell. Steam build up 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.





Cooking Techniques

(continued)

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 stand 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

A range of cooking time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, 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 insure even cooking, these food need to be turned. Turn over large foods, such as roasts or turkeys, halfway through cooking.

Stand Time

Most foods will continue to cook by conduction after the microwave oven is turned off. In meat cookery, the internal temperature will rise 3 °C to 8 °C (5 °F to 15 °F), 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.

ABOUT FOOD SAFETY AND COOKING TEMPERATURE

Check foods to see that they are cooked at the recommended temperatures.

TEMP	FOOD
71 °C (160 °F)	...for fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
74 °C (165 °F)	...for leftover, ready-to-reheat refrigerated, and deli and carry out "fresh" food.
77 °C (170 °F)	...white meat of poultry.
82 °C (180 °F)	...dark meat of poultry.

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.



Before Requesting Service

THESE THINGS ARE NORMAL

The oven causes interference with my TV.

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 the 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 and safe. After use, the oven should be wiped dry. (see page 11)

I accidentally operated my microwave oven without any food in it.

Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.

There are humming and clicking noises from my oven when I cook using Combination.

These noise occur as the oven automatically switches from microwave power to Grill, to create the Combination setting. This is normal.

The oven has an odour and generates smoke when using Convection, Combination and Grill function.

It is essential that your oven is wiped out regularly particularly after cooking using Convection, Combination or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

The fan motor continues operating after cooking is over.

After using the microwave oven, the fan motor will operate for several minutes to cool the electric components.

Some smoke is given off from the cavity when using grill, combination or convection for the first time.

This is caused by the excessive oil in the cavity and oil used for rust protection.



Before Requesting Service

PROBLEM

POSSIBLE CAUSE

REMEDY

Oven will not turn on.

The oven is not plugged in securely.

Remove plug from outlet, wait 10 seconds and re-insert.

Main circuit breaker or main fuse is tripped or blown.

Reset main circuit breaker or replace main fuse.

There is a problem with the outlet.

Plug another appliance into the outlet to check if the outlet is working.

Oven will not start cooking.

The door is not closed completely.

Close the oven door securely.

Start Pad was not pressed after programming.

Touch **Start Pad**.

Another program has already been entered into the oven.

Touch **Stop/Reset Pad** to cancel the previous program and program again.

The program is not correct.

Program again according to the Operating Instructions.

Stop/Reset Pad has been touched accidentally.

Program oven again.

“HOT” appears in the display window.

The cavity is overheated.

Operate again after it cools down.

“COOLING” appears in the display window.

The fan is operating to cool the electric components.

The word “COOLING” will disappear after the fan stops.

The “” appears in the display window.

The Child Safety Lock was activated.

Deactivated Lock by touching **Stop/Reset Pad** 3 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 page 52).

“DEMO MODE PRESS ANY KEY” or “D” appears in the display window.

Demo mode was selected “On”.

Deactivate mode by touching **Micro Power Pad** once **Start Pads** 4 times and **Stop/Reset Pads** 4 times.

The control panel Pads do not respond when tapped.

The oven may be in stand-by mode.

Ensure the oven is plugged in. Open and close the door to activate.

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

PRODUCT REPAIRS

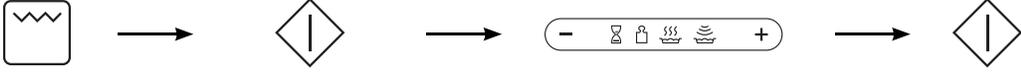
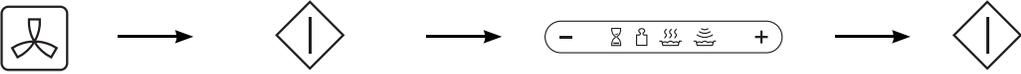
Please locate your nearest Authorized Servicentre: panasonic.ca/english/support/servicentrelocator

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.

Quick Guide to Operation

Feature	How to Operate	
To set Clock (☛page 17)	 <p data-bbox="569 514 1590 546">Touch twice. Enter time of day. Touch once.</p>	
To Use Child Safety Lock (☛page 17)	To Set:  <p data-bbox="569 661 888 697">Touch 3 times.</p>	To Cancel:  <p data-bbox="1119 661 1437 697">Touch 3 times.</p>
To cooking use Microwave Power and Time (☛page 20)	 <p data-bbox="569 840 1590 902">Touch to select Power Level. Set time. Touch once.</p>	
To cooking use Grill (☛page 21)	With preheating:  <p data-bbox="569 1069 1590 1134">Touch to select Power Level. Touch once. Set time. Touch once.</p>	
	Without preheating:  <p data-bbox="569 1299 1590 1368">Touch to select Power Level. Set time. Touch once.</p>	
To cooking use Convection (☛page 22)	With preheating:  <p data-bbox="569 1538 1590 1600">Touch to select desired Temp. Touch once. Set time. Touch once.</p>	
	Without preheating:  <p data-bbox="569 1770 1590 1832">Touch to select desired Temp. Set time. Touch once.</p>	
	Ferment:  <p data-bbox="569 1999 1590 2066">Touch to select 40°C (104 °F). Set time. Touch once.</p>	

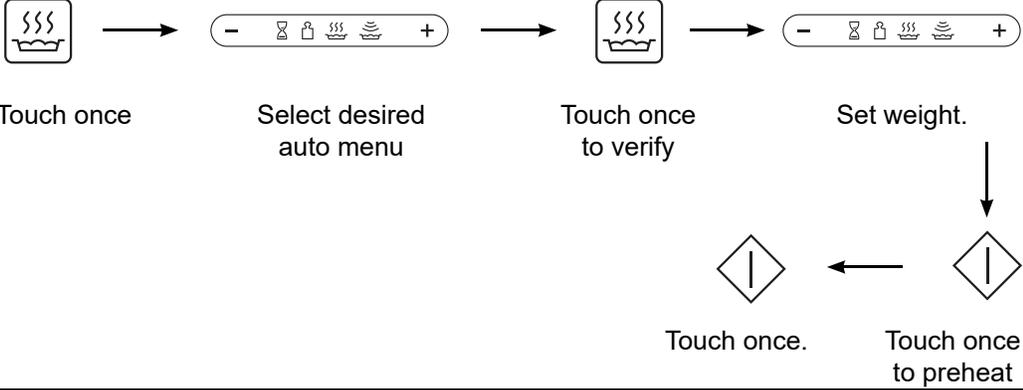
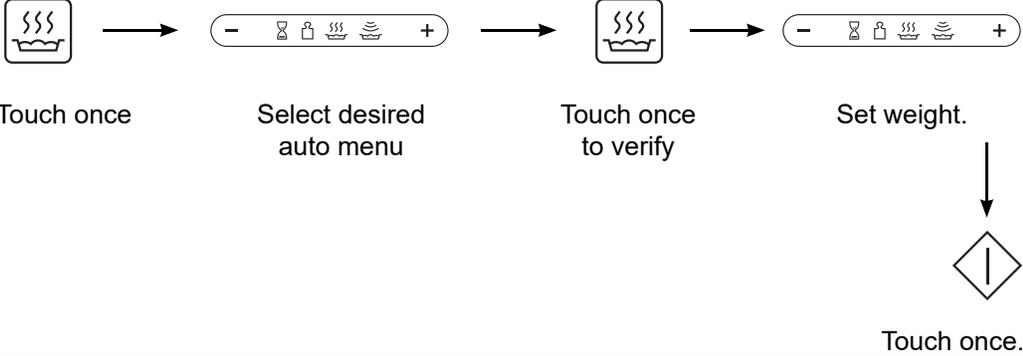
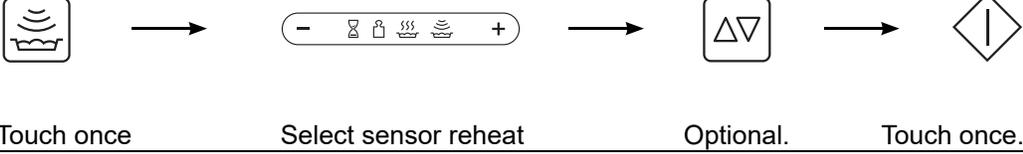
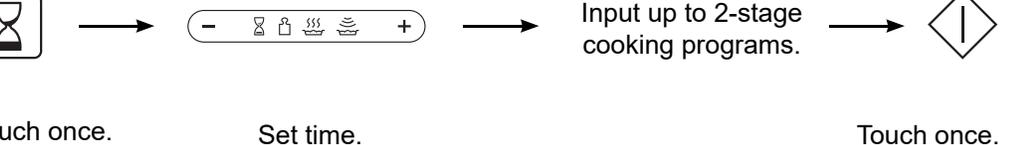
Quick Guide to Operation

(continued)

Feature	How to Operate		
To cooking use Combination (page 23)	 →	→	 Touch once.
To cook using Quick 30 (page 24)	To Set Time:  →	 →	 Touch once.
	To Add Time: During manual cooking. →		 Touch to add time. (up to 5 min.)
To cook using Popcorn (page 25)	 →	 →	 Touch once.
To defrost using Inverter Turbo Defrost (page 26)	 →	→	 Touch once.

Quick Guide to Operation

(continued)

Feature	How to Operate
To cook using Auto Cook (☛page 28)	<p>With preheating:</p>  <p>Touch once → Select desired auto menu → Touch once to verify → Set weight. → Touch once to preheat</p> <p>Without preheating:</p>  <p>Touch once → Select desired auto menu → Touch once to verify → Set weight. → Touch once.</p>
To reheat using Sensor Reheat (☛page 29)	 <p>Touch once → Select sensor reheat → Optional. → Touch once.</p>
To cook using Sensor Cook (☛page 29)	 <p>Touch once → Select desired sensor menu → Optional. → Touch once.</p>
To use as a Kitchen Timer (☛page 37)	 <p>Touch once. → Set time. → Touch once.</p>
To set Stand Timer (☛page 37)	<p>Input up to 2-stage cooking programs. →</p>  <p>Touch once. → Set time. → Touch once.</p>
To set Delay Start (☛page 37)	 <p>Touch once. → Set time. → Touch once.</p>



Specifications

Models Number:		NN-CF876S
Power Source:		120 V, 60 Hz
Power Consumption:	Microwave	8.1 A, 970 W
	Heater	10.7 A, 1,290 W
	Combination	10.7 A, 1,290 W
	Convection	11.1 A, 1,350 W
Cooking Power: *	Microwave*	1,000 W
	Heater	1,300 W
	Convection	1,350 W
Outside Dimensions (W x H x D):		494 mm x 390 mm x 438 mm (19 ⁷ / ₁₆ " x 15 ³ / ₈ " x 17 ¹ / ₄ "
Oven Cavity Dimensions (W x H x D):		410 mm x 250 mm x 320 mm (16 ¹ / ₈ " x 9 ³ / ₁₆ " x 12 ² / ₁₆ "
Operating Frequency:		2,450 MHz
Net Weight:		Approx. 19.6 kg (43.2 lb)

Trim Kit

Model Number:	NN-TK816C
Outside Dimensions (W x H):	596 mm x 494 mm (23 ⁷ / ₁₆ " x 19 ⁷ / ₁₆ "
Cabinet Opening (W x H x D):	562 mm x 479 mm x 550 mm (22 ¹ / ₈ " x 18 ⁷ / ₈ " x 21 ⁵ / ₈ "

*IEC Test procedure

Specifications subject to change without notice.

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 _____