

Panasonic®

Operating Instructions and Cook Book 操作指示和食譜

Microwave Oven 微波爐

For home use 家用



Model No. NN-ST253W

Please read these instructions carefully before using this product, and save this manual for future use.

請仔細閱讀這些指示才使用此產品，並保存此手冊供將來使用。

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Safety Instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. 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.
11. Young children should be supervised to ensure that they do not play with the appliance.

Important Instructions

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

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
 - (c) Remove wire twist-ties from bags before placing bag in oven.
 - (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
 - (e) Never leave microwave unattended while cooking or reheating.
7. 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.
8. Do not store or use this appliance outdoors.
9. Do not immerse cord or plug in water.
10. Keep cord away from heated surfaces.
11. Do not let cord hang over edge of table or counter.
12. Do not remove outer panel from oven.

Earthing Instructions

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

WARNING—Improper use of the earthing plug can result in a risk of electric shock.

WARNING

- a) 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 qualified service technician trained by the manufacturer.
- b) It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- c) If the supply cord of this appliance is damaged, it must be replaced by a qualified service technician with the special cord available only from the manufacturer.
- d) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- e) Liquids or other foods must not be heated in sealed containers since they are liable to explode.
- f) 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.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or combination of three things may occur.

They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

Circuits

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **STOP/RESET** Pad and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the Control Panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the Glass Tray. The Glass Tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **DO NOT** use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.

Placement of Oven

1. The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, the other side or top must not be blocked. Do not remove feet.**
 - a. Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Also allow sufficient space on back and both sides of the oven.
 - b. Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. The appliance is freestanding type and shall not be placed in a cabinet.
4. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environments.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of hot liquid. To prevent this possibility the following steps should be taken:
 - a) Avoid using straight-sided containers with narrow necks.
 - b) Do not overheat.
 - c) Stir the liquid before placing the container in the oven and halfway through cooking time.
 - d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Cookware and Utensils Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

How to Test a Container for Safe Microwave Oven Use

TO TEST A CONTAINER FOR SAFE

MICROWAVE OVEN USE: Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at High**. If the container is microwave oven safe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure 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.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **High** power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks). DO NOT COOK IN PLASTIC FOOD STORAGE BAGS. **Plastic Wrap** such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns. Loosen plastic but let dish stand, covered.

Jars and Bottles

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing". Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

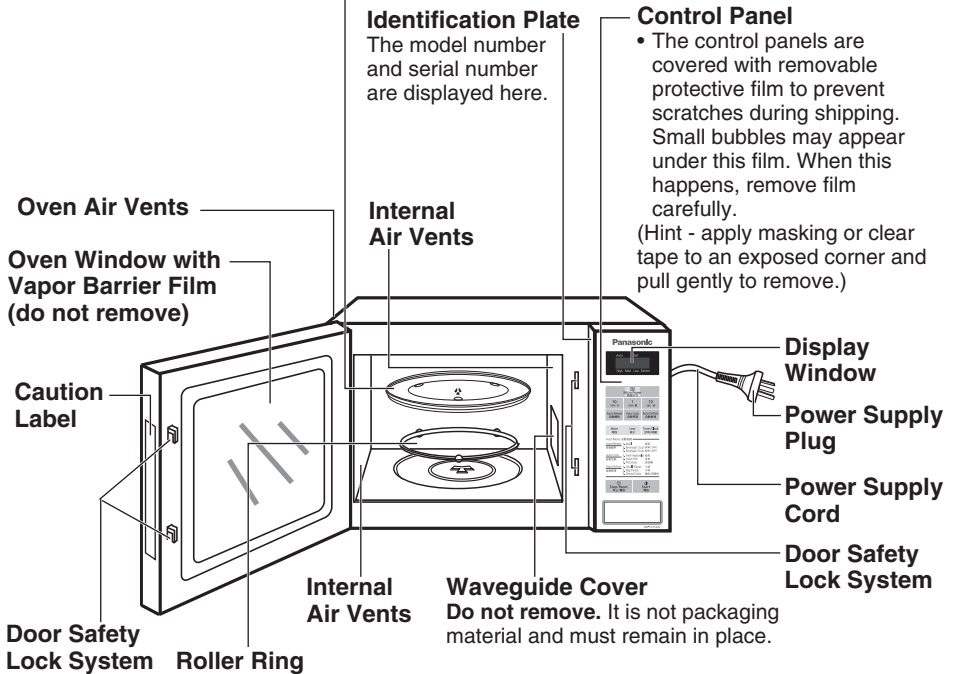
Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

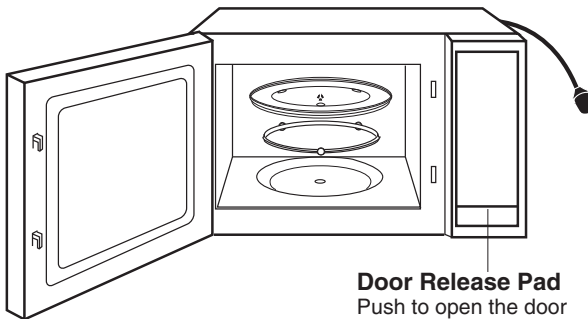
Feature Diagram

Glass Tray

1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



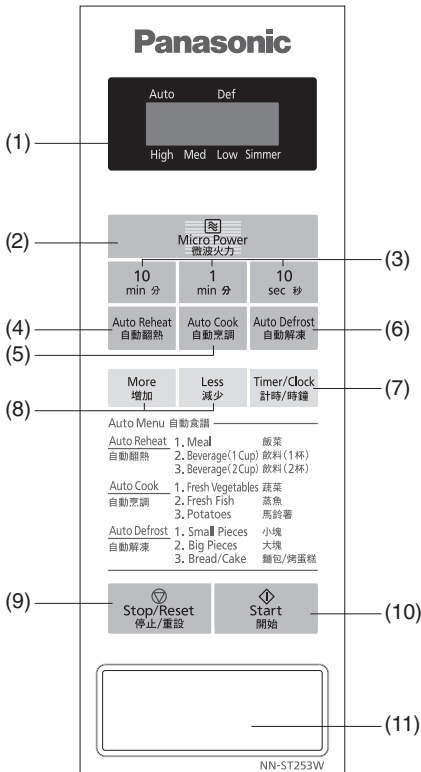
1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise and scratching of painted surface.
2. The Roller Ring must always be used together with the Glass Tray for cooking.



NOTE:

The above illustration is for reference only.

Control Panels



- (1) Display Window
- (2) Microwave Power Levels
- (3) Time Pads
- (4) Auto Reheat Programs
- (5) Auto Cook Programs
- (6) Auto Defrost Pad
- (7) Timer / Clock Pad
- (8) Weight Selection Pads
- (9) Stop/Reset Pad:

Before Cooking:
one press clears your instructions.

During Cooking:
one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.

- (10) Start Pad
- (11) Door Release Pad

General Guidelines

STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meals, vegetables, fish etc require 2-5 minutes standing. If food is not cooked after standing time, return to the oven and cook for additional time. After defrosting food, standing time should also be allowed. See pages 17-19.

QUANTITY



Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.

SPACING



Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.

MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season, particularly jacket potatoes. For this reason cooking times may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ.

DENSITY

Porous airy foods heat more quickly than dense heavy foods.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.

PIERCING



The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**

COVERING



Cover foods with microwave cling film or a lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes or pastry items.

General Guidelines

SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are towards the outside.

CHECKING FOOD



STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5 and 8°C before cooking.

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.

LIQUIDS

All liquids must be stirred **before, during and after** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **DO NOT OVERHEAT.**

DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.

CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning.

Containers to use

Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing Dishes for Suitability



When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300ml ($\frac{1}{2}$ pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

Quick Check Guide to Cooking Utensils

OVEN GLASS



Glass that is heat resistant e.g. Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

POTTERY, EARTHENWARE, STONEWARE



Only use if completely glazed. Do not use if partially glazed or unglazed, as they are able to absorb water which will absorb microwave energy, making the container very hot and slowing food.

CHINA AND CERAMIC



Glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short periods, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

FOIL/METAL CONTAINERS

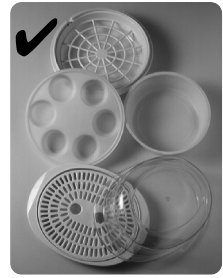


NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Use wooden kebab sticks instead of metal skewers.

Containers to use

PLASTIC

Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine as it will scorch. Do not use plastic for cooking foods high in sugar or fat or foods that require long cooking times e.g. brown rice. Never cook in margarine containers or yogurt pots, as these will melt with the heat from the food.



PAPER

Plain white kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering **ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL.** Avoid kitchen paper containing manmade fibres. Check that branded re-cycled kitchen towel is recommended for microwave use. Do not use waxed or plastic coated cups as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods. White paper plates can be used for **SHORT REHEATING TIMES.**



WICKER, WOOD, STRAW BASKETS

Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.



CLING FILM

Use microwave cling film to cover food that is to be reheated, or cooked, taking care to avoid the film being in direct contact with the food.



ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to **SHIELD** joints of meat during defrosting and cooking. As the microwaves cannot pass through the foil this prevents the shielded parts from overcooking or overdefrosting. The foil must not touch the sides or roof of the oven, as this may cause arching and damage your oven.



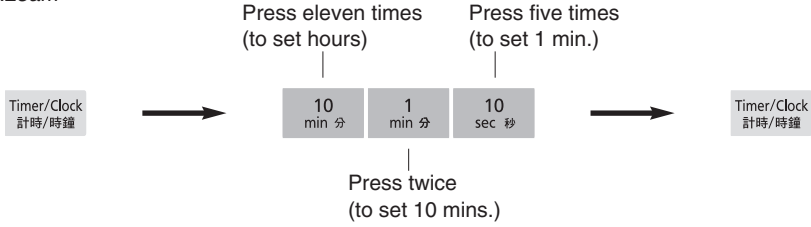
ROASTING BAGS

These are useful when slit up one side to tent a joint of meat when roasting by power and time. Do not use the metal twists supplied.

Setting The Clock

When the oven is first plugged in “88.88” appears in display window

eg. 11.25am



- **Press Timer/Clock Pad twice.** A dot starts blinking.
- **Press Time Pads** - Enter time of day by pressing appropriate Time pads. The time appears in the display. If the pad (10 min / 1 min / 10 sec) is pressed and held, the time will increase rapidly.
- **Press Timer/Clock Pad.** The time of day is entered.

Note:

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. Clock is a 24-hour display.

Timer

This feature operates as a minute timer. During operation there is no microwave energy.



- **Press Timer/Clock Pad** once. Display is blank.
- **Set desired time.** Maximum time is 90 minutes.
- **Press Start.** The time in the display will count down.

Child safety lock

Using this system will make the oven controls inoperable; however, the door can be opened. Child Lock can be set when the display shows a dot or the time of day.

To Set:



- **Press Start Pad three times.** The time of day will disappear. Actual time will not be lost. 'L' is indicated in the display.

To Cancel:



- **Press Stop/Reset Pad three times.** The time of day will re-appear in the display.

Microwave Cooking and Defrosting

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



Wattage

1 Press	<i>High</i>	800 Watts
2 Presses	<i>Defrost</i> **	270 Watts
3 Presses	<i>Medium</i>	700 Watts
4 Presses	<i>Low</i>	360 Watts
5 Presses	<i>Simmer</i>	250 Watts



- **Press the microwave power pad.** Select desired power level. An indicator light appears next to the selected power level.

- Select cooking time by pressing appropriate pads. Your oven can be programmed for up to 90 minutes in Medium, Low, Warm and Defrost power. High power can be programmed for 30 minutes.

- **Press Start.** The cooking program will start and the time in the display will count down.

Note: For defrosting times please refer to defrost chart on page 16.

Multi-Stage Cooking

The oven has 2 stage cooking, so you can program up to 2 different instructions and the oven will switch automatically from power to power (Repeat steps 1 and 2 above but only press Start after both stages have been entered).

Note:

1. Timer Pad can not be programmed in multi-stage cooking.
2. Auto Weight / Defrost Pad can not be programmed.

Auto Defrost

This feature allows you to defrost bread, meat items and joints of meat automatically once you have entered in the weight of the food.



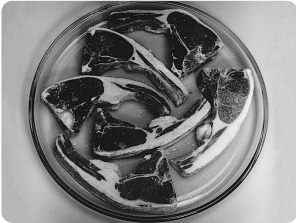
- **Select desired program.** Press the pad once to select Small Pieces, twice to select Big Pieces and 3 times to select Bread/Cake. The program number will appear in the display.
- **Set Weight** using the More and Less pads. If the more / less pad is pressed and held, the weight will increase / decrease rapidly.
- **Press Start.** Remember to stir or turn the food during defrosting.

Program	Min/Max. Weight	Hints
1 Small Pieces	200g - 1000g	Small pieces of meat, escallop, sausages, minced meat, fish fillets, steaks, chops (each 100g to 400g). Turn/stir at beeps.
2 Big Pieces	600g - 1600g	Big pieces of meat, roast, whole chicken, big piece of fish. Turn at beeps.
3 Bread/Cake	100g - 600g	For bread (whole or slices) and cakes. Cream cakes and iced cakes are unsuitable for this program. Turn at beeps.

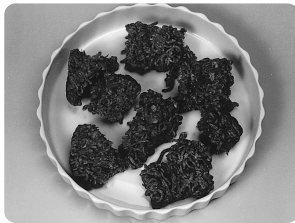
Defrosting Guidelines

For Best Results:

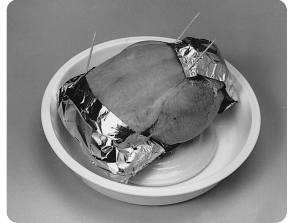
1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 6).
5. Minced meat, chops and other small items should be broken up or separated as soon as possible and placed in a single layer.
6. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast and fat with smooth pieces of aluminium foil secured with cocktail sticks.
7. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.



Turn or break up food as soon as possible.



Shield chickens and joints of meat .

Defrosting Charts

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Meat	Defrosting Time	Method	Standing Time
Beef/Lamb/Pork Joint 450g (1lb)	5-7 mins.	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Minced Beef 450g. (1lb)	8 min. 30 sec. - 11 mins.	Place in a suitable dish. Break up and turn 3-4 times.	15 mins.
Chops 450g. (1lb)	6-7 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages 450g. (1lb)	4 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Bacon rashers 450g. (1lb)	5-6 mins.	Place in a suitable dish. Turn and separate twice. Shield if necessary.	10 mins.
Stewing Steak 450g. (1lb)	7-9 mins.	Place in a suitable dish. Break up frequently.	15 mins.
Whole Chicken 450g. (1lb)	6-7 mins.	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions 450g. (1lb)	5 min. 30 sec. - 7 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15-30 mins.
Fish			
Whole 450g. (1lb)	6-7 mins.	Place in a suitable dish. Turn twice. Shield.	15 mins.
Fillets/Steak 450g. (1lb)	6-7 mins.	Place in a suitable dish. Turn twice, separate and shield if necessary.	15 mins.
Prawns 450g. (1lb)	6-7 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.
General			
Bread Sliced 400g (14oz)	1 min. 30 sec. - 2 mins.	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread 30g. (1oz)	10 -15 sec.	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry 450g. (1lb)	1 min. 30 sec. + rest 1 min. 1 min. 30 sec.	Place on a plate. Turn over after 1 min. resting time.	10-15 mins.
Soft Fruit 450g. (1lb)	7-8 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.

Auto Reheat / Auto Cook Programs

This feature allows you to reheat or cook foods by setting the weight only. The oven determines the Microwave power level then the cooking time automatically. Select the category of food and then just enter the weight. The weight is entered in grams.

eg



- Select desired program by pressing the pad. The program number will appear in the display.
- **Set Weight** using the More and Less pads. If the more / less pad is pressed and held, the weight will increase / decrease rapidly.
- **Press Start.**

Guidelines for Use

The Auto Programs are designed to take the guesswork out of reheating or cooking your food. They must **ONLY** be used for the foods described and within the weight range recommended. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Auto Reheat Programs

Auto Reheat
自動翻熱

1. Reheat Fresh Meal (200-800g)

This program is for reheating a fresh plated meal or casserole. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. 5 degrees. Stir at beeps. Allow a few minutes standing time. Ensure food is piping hot before serving. Large pieces of fish/meat in a thin sauce may require longer cooking.



2. Reheat Beverage (1 cup/150 ml)

This program is for reheating a cup of hot drink (e.g. tea, coffee, milk, and soup). Select reheat 1 cup, enter weight (150ml). At the completion of heating, stir carefully.



Hints for reheating cup

1. Stir the liquid before heating (Heated liquids can erupt if not mixed with air).
2. Do not cover hot drinks such as tea or coffee. Cover soup with a saucer to avoid any risk of eruption.
3. After heating, stir again and allow to stand for a short time.

Auto Reheat Programs

3. Reheat Beverage (2 cups/300 ml)

This program is for reheating two cups of hot drink (e.g. tea, coffee, milk, and soup).

Select reheat 2 cups, enter weight (300ml).

At the completion of heating, stir carefully.



Hints for reheating cup

1. Stir the liquid before heating (Heated liquids can erupt if not mixed with air).
2. Do not cover hot drinks such as tea or coffee. Cover soup with a saucer to avoid any risk of eruption.
3. After heating, stir again and allow to stand for a short time.

Auto Cook Programs

Auto Cook
自動烹調

1. Cook Fresh vegetables (200-800g)

To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 15 ml (1tbsp) water per 100g vegetables. Cover with pierced cling film or lid. Press the Auto Cook pad once. Enter the weight. Press START.



2. Cook Fresh Fish (200-700g)

To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15-45ml (1-3 tbsp) liquid. Cover with pierced cling film or lid. Press the Auto Cook pad twice times. Enter the weight. Press START.



3. Cook Potatoes (200-1000g)

To cook jacket potatoes choose medium sized potatoes 200-250g (7-9oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press Auto Cook pad three times. Enter weight. Press START. DO NOT COVER.



Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 20-24 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

When is food reheated?

Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 4-7 mins. on HIGH power will reheat an average portion. Do not stack meals.

CANNED FOODS

Remove foods from can and place in a suitable dish before heating.

SOUPS

Use a bowl and stir before heating and at least once through reheat time and again at the end.

CASSEROLES

Stir halfway through and again at the end of heating.

MINCE PIES - CAUTION

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items.

Do not leave unattended.

Do not add extra alcohol.

BABIES BOTTLES - CAUTION

Milk or formula **MUST** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 30-50 secs.

CHECK CAREFULLY.

For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 15-20 secs.

CHECK CAREFULLY

N.B. Liquid at top of bottle will be much hotter than at bottom. The bottle must be shaken thoroughly and tested before use.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size etc.

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	2	HIGH	25-30 secs.	Place on microwave safe plate on turntable. Do not cover.
	4	HIGH	45-50 secs.	
Rolls	1	HIGH	10 secs.	
	4	HIGH	20 secs.	
CANNED BEANS, PASTA				
Baked Beans, Ravioli in sauce	200 g	HIGH	2-3 mins.	Place in a microwave safe bowl. Cover and place on turntable. Stir halfway
	420 g	HIGH	4-5 mins.	
Spaghetti in Tomato Sauce	200 g	HIGH	2½ -3 mins.	
CANNED SOUPS				
Cream of Tomato	400 g	HIGH	3-4 mins	Place in a microwave safe bowl. Cover and place on turntable
Minestrone	400 g	HIGH	2½-3 mins.	
CANNED PUDDINGS				
Creamed Rice	425 g	HIGH	3-3½ mins.	Place in a microwave safe bowl. Cover and place on turntable
	624 g	HIGH	4-5 mins.	
Sponge Pudding	310 g	HIGH	2½ mins.	
CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite				
Slice	150 g	HIGH	20-30 secs.	Place in a microwave safe dish. Cover and place on turntable
Small	450 g	HIGH	1½-2 mins.	
Medium	900 g	HIGH	2½-3 mins.	
DRINKS – COFFEE				
1 mug	235 ml	HIGH	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3½ mins.	
DRINKS – MILK				
1 mug	235 ml	HIGH	1½ - 2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	HIGH	5 mins.	

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

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.				
Chicken Pie	600 g	HIGH	4-4½ mins.	Place on microwave safe plate on turntable. Do not cover.
Cornish Pasty	227 g (1)	HIGH	2-2½ mins.	
Quiche	400 g (1)	HIGH	4½-5 mins.	
Steak & Kidney Pie	325 g (1)	HIGH	2-2½ mins.	
Sausage Rolls	260 g (4)	HIGH	1½-2 mins.	
Samosas	200 g (4)	HIGH	1½-2 mins.	Place on microwave safe plate on turntable. Do not cover. Turn halfway.
Spring Roll	230 g (4)	HIGH	2-2½ mins.	
Christmas Mince Pies	90 g (2)	HIGH	5-10 secs.	Place on a microwave safe plate on turntable.
PLATED MEALS - HOMEMADE - CHILLED				
Child Size	1	HIGH	3-4 mins.	Place on a microwave safe plate on turntable. Cover and place on turntable
Adult Size	1	HIGH	5½-6 mins.	
PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish				
Bread & Butter Pudding	395 g	HIGH	3-3½ mins.	Place in a microwave safe dish on turntable. Do not cover.
Fruit Crumble	600 g	HIGH	3½-4 mins.	
Fruit Pie, individual	1	HIGH	20-25 secs.	
	4	HIGH	50-60 secs.	
Rice Pudding	400 g	HIGH	2-2½ mins.	Place in a microwave safe dish. Cover and place on turntable
PURCHASED CONVENIENCE FOODS - CHILLED N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	450 g	HIGH	5½-6 mins.	Place in microwave safe dish on turntable. Do not cover.
Cottage Pie	450 g	HIGH	6 mins.	
Lasagne	400 g	HIGH	4½-5 mins.	
Vegetable Bake	400 g	HIGH	5½-6 mins.	
PURCHASED CONVENIENCE FOODS - FROZEN N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Lasagne	400 g	HIGH	4½ -5mins. + rest for 1 min.	Place in a microwave safe dish on turntable. Do not cover.
		+ HIGH	5-5½ mins.	
Salmon Crumble	340 g	HIGH	5½ mins. + rest for 1 min.	
		+ MED	5½-6 mins.	
Shepherd's Pie	460 g	HIGH	5½ mins. + rest for 1 min.	
		+ MED	6-7 mins.	

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BACON – from raw				
Rashers	130 g (4)	HIGH	2-3 or 30-40 secs per rasher.	Place on microwave safe rack or plate on turntable.
BEANS & PULSES – should be pre-soaked (except lentils)				
Chick Peas	225 g	HIGH + LOW	8½ mins. 35-40 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on turntable
Lentils	225 g	LOW	10½-13 mins.	
Red Kidney Beans	225 g	HIGH + LOW	13 mins. 30-35 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Must boil for at least 12 minutes to destroy toxic enzymes.
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care.				
Medium		MEDIUM	7-12 mins. per 450 g (1 lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn halfway. Drain off fat during cooking.
CHICKEN from raw – Caution: Hot fat! Remove dish with care.				
Breasts, boneless	500 g	LOW	10½ -12 mins.	Place on microwave safe rack or plate Cover and place on turntable.
Drumsticks	450 g (4)	LOW	10½ mins.	
Quarters	700 g (2)	LOW	16-17 mins.	
Whole		HIGH	8½-9 mins. per 450 g (1 lb)	Place on upturned saucer breast side down in microwave safe dish. Cover, Cover and place on turntable.
EGGS – Poached.				
Water	45 ml	HIGH	45 secs.	<ul style="list-style-type: none"> • Place in a small bowl and heat for 1st cooking time. • Add egg (medium sized). • Pierce yolk and white. • Cover. • Cook for 2nd cooking time. • Then leave to stand for 1 min.
Egg	1	HIGH	25-35 secs.	
Water	90 ml	HIGH	50 sece.	
Eggs	2	HIGH	45 secs.	
EGGS – Scrambled.				
1 Egg		HIGH	25 secs.	<ul style="list-style-type: none"> • Add 1 tbsp of milk for each egg used. • Beat eggs, milk and knob of butter together. • Cook for 1st cooking time then stir. • Cook for 2nd cooking time then stand for 1 min.
		HIGH	20 secs.	
2 Eggs		HIGH	45 secs.	
		HIGH	35 secs.	

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

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
FISH – FROZEN from raw				
Haddock Fillets	380 g (4)	HIGH +MED	4½ mins. 4½ -5½ mins.	Place in microwave safe dish. Add 30 ml of liquid. Cover and place on turntable.
Whole	450 g (2)	HIGH	8½ -10½ mins.	
Boil in the Bag	170 g (1)	DEFROST	4½ mins.	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife.
		+ rest	2 mins.	
		+ LOW	5½ mins.	
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.				
Apples, Rhubarb, stewed	450 g	HIGH	4½-8 mins.	Only half fill dish. Cover. Stir halfway.
Plums – stewed	450 g	HIGH	7-8 mins.	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover and place on turntable.
LAMB – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops, loin	600 g (4)	HIGH	1½-2½ mins. per 450g (1lb)	Place on microwaveable safe dish or rack. Cover and place on turntable.
		+ LOW	2-3 mins. per 450g (1lb)	
Joints		HIGH	3-4 mins. per 450g (1lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking.
		+ LOW	6-7 mins. per 450g (1lb)	
PASTA – Place in a large 3 litre (6 pint) microwave safe bowl.				
Macaroni	225 g	HIGH	12 mins.	Use 1 litre (1¾ pint) boiling water. Cover and place on turntable.
Spaghetti, Tagliatelli	225 g	HIGH	7-8½ mins.	
PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & Crispy	400 g	HIGH	4½ -5 mins.	Place on heatproof plate on turntable. Do not cover.
Deep Pan	475 g	HIGH	3½ -4½ mins.	
PORK – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops	360 g (2)	HIGH	2-3 mins.	Place in microwave safe dish or rack on turntable. Cover and place on turntable.
		+ LOW	6-7 mins.	
Joints		HIGH	5½ -6 mins. per 450 g (1lb)	Place on upturned saucer in microwave safe dish or rack. Cover and place on turntable. Turn joint over halfway. Drain off fat during cooking.
		+ LOW	8-9 mins. per 450 g (1lb)	
PORRIDGE – N.B. Use a large bowl.				
1 serving	½ cup oats	HIGH	2½-3 mins.	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	HIGH	4-5 mins.	Add 2 cups of water or milk. Stir halfway.
RICE – Place in a large microwave safe bowl. 3 litre (6 pint)				
Basmati	250 g	LOW	10½ -11½ mins.	Use 600 ml (1 pt) to 800 ml (1½ pt) boiling water. Cover and place on turntable
Easycok White	250 g	HIGH	10½ -11½ mins.	

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/ Guidelines
SAUSAGES from raw - CAUTION: HOT FAT! Remove dish with care.				
Thick	240 g (4)	HIGH	2½-3 mins.	Place on microwave safe plate or microwave rack. Cover and place on turntable.
Thin	110 g (4)	HIGH	1½-2 mins.	
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Green Beans	450 g	HIGH	6-7 mins.	Add 90 ml (6 tbsp) water. Cover and place on turntable.
Beetroot	450 g	HIGH	8½ -10½ mins.	
Broccoli + Cauliflower - florets	450 g	HIGH	7-8½ mins.	
Brussel Sprouts	450 g	HIGH	7-8 mins.	
Cabbage – sliced	450 g	HIGH	6-8 mins.	
Carrots, Leeks	450 g	HIGH	6-7 mins.	
Corn on the Cob	450 g	HIGH	6-8 mins.	
Courgettes, Mange Tout	450 g	HIGH	3½ -4½ mins.	
Peas	450 g	HIGH	3½ -5½ mins.	
Potatoes – boiled	450 g	HIGH	5½ -6 mins.	
Potatoes – jacket (225 g / 8 oz each)	1	HIGH	4½ mins.	Wash and prick skins. Place directly on turntable on outer edge. After cooking stand for 5 mins wrapped in foil.
	2	HIGH	7 mins.	
FROZEN VEGETABLES – Place in shallow microwave safe dish.				
Beans – green, Carrots	450 g	HIGH	8½ -10 mins.	Add 30 ml (2 tbsp) water. Cover and place on turntable.
Cauliflower	450 g	HIGH	10½ mins.	
Peas	450 g	HIGH	7-8 mins.	

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

Soup and Snacks

Ingredients

25 g (1oz) butter
1 small onion, chopped
600 ml (1pt) hot chicken stock
225 g (8oz) button mushrooms, sliced
bouquet garni
15 ml (1tbsp) cornflour
300 ml (1/2 pt) milk
salt and pepper
60 ml (4 tbsp) single cream

Ingredients

100 g (4oz) quick cook macaroni
225 g (8oz) courgettes, sliced
100 g (4oz) bacon, chopped
50 g (2oz) butter
50 g (2oz) plain flour
600 ml (1pt) milk
100 g (4oz) cheese, grated
5 ml (1tsp) mustard
salt and pepper
Topping
30 ml (2tbsp) Parmesan cheese
30 ml (2tbsp) wholemeal breadcrumbs

Ingredients

50 g (2oz) green lentils
10 ml (2tsp) oil, 1 small onion, sliced
3 ml (1/2 tsp) grated root ginger
1 garlic clove, crushed
3 ml (1/2 tsp) turmeric
3 ml (1/2 tsp) chilli powder
5 ml (1tsp) curry powder
150 ml (1/4pt) natural yoghurt
50 g (2oz) mushrooms, sliced
2 tomatoes, peeled and chopped
150 ml (1/4pt) hot water
25 g (1oz) cashew nuts
225 g (8oz) cooked basmati rice
Garnish

hard boiled egg slices and
coriander leaves

Cream of Mushroom Soup

Serves 4

Dish: large bowl

1. Place the butter and chopped onion in a large bowl. Cover and cook on HIGH power for 3 mins or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on HIGH power for 11-13 mins, or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on HIGH power for 4½-5½ mins, or until thickened. Season and serve with cream swirled on top.

Macaroni Cheese with Courgettes and Bacon

Dish: 20 cm (8") casserole

Serves 2

1. Cover and cook macaroni in 450 ml (3/4pt) boiling water on HIGH power for 8½ mins, or until soft. Drain.
2. Place courgettes and bacon in a bowl. Cover and cook on HIGH power for 3-4 mins, or until soft. Drain.
3. Place the butter in a large jug. Cook on HIGH power for 40-50 secs. Stir in the flour and cook for 30-40 secs, on HIGH power. Gradually add milk, stir well and cook on HIGH power for 4-4½ mins, or until the sauce is thick and bubbling. Stir frequently.
4. Add mustard and cheese. Mix in the macaroni, courgettes and bacon. Season and pour into a casserole dish, sprinkle over the topping and cook on HIGH power for 3-4 mins, or until the cheese has melted.

Lentil Biryani

Serves 2

Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3-4 mins, or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on HIGH power for 13-17 mins, or until the lentils are tender and the liquid has evaporated.
To cook rice: add 350 ml boiling water to rice in large bowl and cook on HIGH power, covered, for 13 mins, stirring halfway.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary to ensure food is piping hot. Garnish and serve.

Meat and Poultry

Ingredients

3-4 cloves garlic, crushed
1 cm ($\frac{1}{4}$ ") piece fresh ginger, grated
50 g (2 oz) ground almonds
45 ml (3 tbsp) water
3 whole cardamon pods
2 cloves
2.5 cm (1") stick of cinnamon
1 onion chopped
30 ml (2 tbsp) oil
450 g (1 lb) boned lamb, trimmed and cut into cubes
5 ml (1 tsp) ground coriander
5 ml (1 tsp) ground cumin
1.5 ml ($\frac{1}{4}$ tsp) garam masala
1.5 ml ($\frac{1}{4}$ tsp) cayenne pepper
150 ml ($\frac{1}{4}$ pt) single cream
salt and pepper

Lamb in a Spicy Cream and Almond Sauce

Serves 4

Dish: Large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamon pods, cloves, cinnamon, onion and oil in the casserole dish cook on HIGH power for 3 mins.
3. Add the lamb and cook for 4½ mins. on HIGH power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on LOW power for about 35-40 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamon pods, cloves and cinnamon before serving with rice or other vegetables.

Ingredients

25 g (1 oz) butter
2 medium onions, sliced
2 sticks celery, trimmed and chopped
100 g (4 oz) mushrooms, sliced
4 chicken quarters, skinned
300 ml ($\frac{1}{2}$ pt) hot chicken stock
300 g (11 oz) can tomatoes
salt and pepper
30 ml (2 tbsp) cornflour

Chicken Casserole

Serves 4

Dish: 3 litre (6 pt) casserole

1. Place vegetables and butter in dish. Cover and cook on HIGH power for 4-6 mins. or until soft.
 2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
 3. Cover and cook on HIGH power for 4½ mins. then LOW power for 30-35 mins. or until well cooked through.
 4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on HIGH power for 2 mins. Serve chicken with sauce poured over.
- N.B.** If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 10-14 mins. on LOW power or until well cooked through. Stir halfway.

Ingredients

225 g (8oz) pork fillet, diced

Sweet & Sour Sauce:

15 ml (1tbsp) oil

1 small carrot cut into matchsticks

1 spring onion, thinly sliced

small green pepper, cut into strips

225 g (8oz) can pineapple chunks, drained (reserve juice)

10 ml (2tsp) soft brown sugar

5 ml (1tsp) cornflour

pinch garlic salt

5 ml (1tsp) cider vinegar

10 ml (2tsp) soy sauce

5 ml (1tsp) tomato ketchup

Ingredients

1 small onion, diced

1 clove garlic, crushed

5 ml (1tsp) oil

200 g (7oz) can chopped tomatoes

15 ml (1tbsp) tomato puree

5 ml (1tsp) mixed herbs

225 g (8oz) minced beef

salt and pepper

Ingredients

50 g (2oz) creamed coconut

45 ml (3tbsp) crunchy peanut butter

45 ml (3tbsp) lemon juice

30 ml (2tbsp) soy sauce

large pinch of chilli powder

150 ml (1/4pt) water

2 chicken breast fillets, skinned

15 ml (1tbsp) vegetable oil

1 garlic clove, crushed

3 ml (1/2tsp) ground turmeric

3 ml (1/2tsp) five-spice powder

3 ml (1/2tsp) coriander seeds

3 ml (1/2tsp) cumin seeds

Pork with Sweet & Sour Sauce

Serves 2

Dish: small casserole

1. Place pork in dish, cover and cook on LOW power for 7-9 mins. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2-3 mins. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 2-3 mins. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1-2 mins. on HIGH power or until piping hot.

Savoury Mince

Serves 2

Dish: 1.5 litre (3pt) casserole dish

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2-3 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 4½ mins. then LOW power for 15-20 mins. or until the meat is cooked.

Chicken Satay

Serves 2

Dish: 4 wooden skewers + shallow dish

1. For the serving sauce: Crumble 25 g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15 ml (1tbsp) of the soy sauce, the chilli powder and 150 ml (1/4pt) water. Cook on HIGH power for 3-4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
4. Thread the chicken onto wooden skewers. Place in a shallow dish, cover with any remaining marinade and cook covered on HIGH power for 5½-7 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

Fish

ARRANGING

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

LIQUID

Fresh fish should always be sprinkled with 30ml (2tbsp) of water, lemon juice or white wine.

When cooking **Frozen** fish, add liquid as above for even cooking.

Do not sprinkle salt onto fish before cooking as this may make the fish dry.

NOISE

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking the fish if the skin and flesh is pierced several times with a cocktail stick.

Ingredients

25 g (1 oz) butter
1 clove garlic, crushed
1 small onion, finely chopped
15 ml (1tbsp) plain flour
15 ml (1tbsp) curry powder
grated rind and juice of 1/2 lemon
300 ml (1/2pt) hot fish stock
25 g (1oz) sultanas
10 ml (2tsp) tomato puree
30 ml (2tbsp) sweet chutney
450 g (1lb) haddock, skinned and chopped
salt and pepper
75 g (3oz) creamed coconut

Ingredients

450 g (1 lb) smoked haddock
30 ml (2tbsp) lemon juice
15 ml (1tbsp) oil
1 large onion, sliced
600 g (1lb 5oz) cooked jacket potatoes, sliced, see pages 22 + 28
40 g (1 1/2oz) butter
40 g (1 1/2oz) flour
3 ml (1/2tsp) mustard
600 ml (1pt) milk
salt and pepper
100 g (4oz) Red Leicester cheese
75 g (3oz) wholemeal breadcrumbs

Fish Curry

Serves 2

Dish: casserole dish (1.5 litre (3pt))

1. Melt the butter in the casserole dish on HIGH power for 30-40 secs. or until melted.
2. Stir in the garlic and onion and cook covered on HIGH power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on HIGH power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on HIGH power for 4-5 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry.

Family Fish Pie

Serves 4

Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on HIGH power for 3-4 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on HIGH power for 3 mins. or until the onion is soft.
3. Melt the butter on HIGH power for 30-40 secs. Stir in the flour and mustard and cook for a further 20 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on HIGH power for 5-6 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on LOW power for 10-15 mins. or until the mixture has been completely reheated.

Vegetables

Ingredients

40 g (1½oz) dried *Cep* mushrooms
50 g (2oz) butter
1 clove garlic, finely chopped
1 small onion, finely chopped
freshly ground black pepper
250 g (8oz) Arborio rice
300 ml (½pt) hot vegetable stock
12 basil leaves, torn

Ingredients

1 medium aubergine, diced
salt, 15 ml (1tbsp) oil
1 clove of garlic, chopped
pinch cayenne pepper
5 ml (1tsp) ground coriander
3 ml (½tsp) ground cumin
3 ml (½tsp) turmeric
2.5 cm (1") root ginger, peeled & sliced
½ small cauliflower, divided into florets
1 medium potato, diced
50 g (2oz) green beans, sliced
½ fresh chilli, deseeded and sliced
150 ml (¼pt) vegetable stock
200 g (7oz) can chopped tomatoes
50 g (2oz) cashew nuts

Ingredients

1 cauliflower, trimmed and cut into florets
90 ml (6tbsp) water
25 g (1oz) butter
25 g (1oz) flour
3 ml (½tsp) French mustard
300 ml (½pt) milk
seasoning to taste

Topping:

75 g (3oz) grated red cheese
15 ml (1tbsp) brown breadcrumbs

Wild Mushroom and Basil Risotto Serves 4

Dish: 3 litre (6pt) casserole dish

1. Soak mushrooms in 300 ml (½pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on HIGH power for 3-4 mins. or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 4½ mins on HIGH power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 4½ mins. on HIGH power.
5. Stir and add the basil. Continue to cook for the final 4½ mins. on HIGH power. Leave to stand for approx. 10 mins. and then stir with a fork.

Vegetable Curry Serves 2

Dish: 3 litre (6pt) casserole

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine oil, garlic and spices in the casserole, cover and cook on HIGH power for 2 mins.
3. Add all other ingredients to casserole, except cashews. Cover and cook on HIGH power for 4½ mins. then LOW power for 25-30 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

N.B. This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

Cauliflower Cheese Serves 2

Dish: large bowl + shallow casserole

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on HIGH power for 7 mins. or until tender. Drain.
2. Melt butter on HIGH power for 30-40 secs. Stir in flour and mustard. Cook for a further 20-30 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on HIGH power for 1-2 mins. or until cheese melts.

Desserts / Cakes

Ingredients

150 g (5oz) self-raising flour
pinch of salt
50 g (2oz) caster sugar
50 g (2oz) suet
1 egg
150 ml ($\frac{1}{4}$ pt) milk
30 ml (2 tbsp) jam or golden syrup
Optional:
add 1 tbsp of sultanas to dry ingredients

Ingredients

15 ml (1tbsp) golden syrup
2 pineapple slices, drained
2 glacé cherries
50 g (2oz) margarine
50 g (2oz) caster sugar
1 egg
50 g (2oz) self raising flour
15 ml (1tbsp) milk

Ingredients

75g (3 oz) self-raising flour
3 ml ($\frac{1}{2}$ tsp) baking powder
3 ml ($\frac{1}{2}$ tsp) mixed spice
25 g (1oz) butter
1 egg
30 ml (2tbsp) treacle
60 ml (4 tbsp) stout
15 ml (1tbsp) rum or brandy
200 g (7oz) mincemeat
25 g (1oz) apple, grated
75 g (3oz) currants
25 g (1oz) chopped nuts

Steamed Suet Sponge Pudding Serves 4

Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on HIGH power for 6-7 mins. until firm.

Individual Pineapple

Upside Down Pudding Serves 2

Dish: 2 ramekin dishes, base lined

1. Put $\frac{1}{2}$ tbsp golden syrup in the base of each ramekin; arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on HIGH power for 3-4 mins. or until cooked. Leave to cool slightly before turning upside down onto a serving plate.

Christmas Puddings Serves 4

Dish: 4 deep ramekins, base lined

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the turntable and cook on HIGH power for 4-5 mins. or until cooked.

Ingredients

200 g (7 oz) fresh dates, stoned and finely chopped

175 g (6 oz) self-raising flour

5 ml (1 tsp) baking powder

5 ml (1 tsp) vanilla essence

15 ml (1 tbsp) Camp coffee essence

100 ml (3½ fl. oz) milk

75 g (3 oz) butter

150 g (5 oz) caster sugar

2 eggs lightly beaten

Butterscotch sauce

45 g (1¾ oz) butter

120 ml (8 tbsp) soft brown sugar

200 ml (7 fl. oz) whipping cream

15 ml (1 tbsp) vanilla essence

Ingredients

75 g (3oz) butter or margarine

30 ml (2tbsp) golden syrup

75 g (3oz) light brown sugar

150 g (5oz) porridge oats

50 g (2oz) raisins

Ingredients

100 g (4oz) plain chocolate

100 g (4oz) butter

100 g (4oz) soft dark brown sugar

100 g (4oz) self-raising flour

10 ml (2tsp) cocoa powder

pinch salt

2 eggs, beaten

3 ml (½ tsp) vanilla essence

100 g (4oz) walnuts, chopped

Date Puddings and Butterscotch Sauce

Serves 6

Dish: 3 pint pudding basin

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in pudding basin. Cook on HIGH power for 7-8½ mins. and leave to stand for 10 mins.

Sauce

1. Place butter in a large jug and cook on HIGH power for 50 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved, cooking for 1 minute at a time on HIGH power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on HIGH power.
3. Slowly pour in the cream and bring to the boil on HIGH power for 2-3 mins. Add essence. Stir, continue to boil on HIGH power 30 sec. at a time until it starts to thicken.

Chewy Flapjacks**Dish: 20 cm (8") round dish**

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on HIGH power for 2-3 mins. or until the centre is bubbling. Allow to cool slightly then cut into 8 pieces.

Boston Brownies**Dish: 20 cm (8") dish lined with greaseproof**

1. Place chocolate and butter in a bowl and cook on HIGH power for 1-2 mins. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on LOW power for 8-10 mins. or until just slightly sticky. Allow to cool and then cut.

Sauces

Ingredients

30 ml (2tbsp) custard powder
15 ml (1tbsp) sugar
600 ml (1pt) cold milk

Ingredients

30 g (1oz) butter
30 g (1oz) flour
600 ml (1pt) milk

Ingredients

450 g (1 lb) soft fruit, washed
450 g (1 lb) caster sugar
30 ml (2 tbsp) lemon juice
5 ml (1 tsp) butter

Custard

Dish: 1 litre (2pt) jug

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-5 mins. Whisk well halfway through cooking time and again at the end.

White Pouring Sauce

Dish: 1 litre (2pt) jug

1. Melt butter in jug on HIGH power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 3 mins. on HIGH power. Stir and cook for a further 4 mins. Stir and cook for a further 2 mins. Sauce should be smooth and glossy and coat the back of a spoon.

Jam

Soft Fruit Jam

Makes approx. 1½ lbs jam

Dish: large bowl

1. Place all ingredients in a large bowl and stir. Cook on HIGH power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

N.B. Do not double this mixture as it will boil over.

Before Requesting Service

THESE THINGS ARE NORMAL

The oven causes interference with my TV.

Some radio and TV 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, hair dryers, etc. It does not indicate a problem with your oven.

The oven lights dim.

When cooking with a power other than HIGH power, the oven must cycle to obtain the lower power levels. The oven light will dim and clicking noises can be heard when the oven cycles.

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.

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

Running the oven empty for a short time will not damage the oven. However, we do not recommend this.

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.

Circuit breaker or fuse is tripped or blown.

Reset circuit breaker or replace 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.

Press **Start** Pad.

Another program has already been entered into the oven.

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

The program has not been entered correctly.

Program again according to the Operating Instructions.

Stop/Reset Pad has been pressed accidentally.

Program oven again.

When the oven is turning on, there is noise coming from Glass Tray.

The roller ring and oven bottom are dirty.

Clean these parts according to care of your oven (See next page).

The word "Child" appears in the **Display Window**.

The Child Lock was activated by pressing **Start** Pad 3 times.

Deactivate Lock by pressing **Stop/Reset** Pad 3 times.

"H00" appears in the display window.

The display indicates a problem with microwave generation system.

Contact the specified service centre.

If it seems there is a problem with the oven, contact an authorized Service Centre.

Care of your Microwave Oven

Note: The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

BEFORE CLEANING:

Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:

Be sure to replace the Roller Ring and Glass Tray in the proper position and press **Stop/Reset** Pad to clear the Display Window.

Inside of the oven:

Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Glass Tray:

Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a nonabrasive nylon mesh scouring pad and a non-abrasive cleanser.

Outside oven surfaces and back vents.

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.

Control Panel:

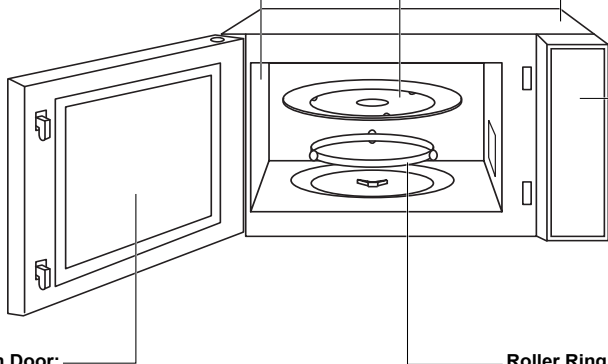
- May be covered with removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. When this happens, remove film carefully.
(Hint - apply masking or clear tape to an exposed corner and pull gently to remove.)
- If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.

Oven Door:

Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or of microwave leakage.

Roller Ring and oven cavity floor:

Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.



Technical Specifications

Power Supply:	220 V, 50 Hz
Power Consumption:	5.8 A 1,250 W
Output*:	800 W
Outside Dimensions (W x H x D):	443 mm (W) x 258 mm (H) x 340 mm (D)
Oven Cavity Dimensions (W x H x D):	306 mm (W) x 215 mm (H) x 308 mm (D)
Overall Cavity Volume:	20 L
Glass Tray Diameter:	Ø255 mm
Operating Frequency:	2,450 MHz
Net Weight:	Approx. 11.0 kg

* IEC Test Procedure
Specifications subject to change without notice.

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安全措施

仔細閱讀並妥善保存

使用微波烹調應注意之事項

檢查有否損壞。使用微波爐前應先按下列各項檢查：

1. 爐門是否妥當，可開關如常。
2. 門栓是否妥當。
3. 爐門上鑲着金屬絕緣孔網的金屬板不可弄曲或變形。
4. 爐門上的絕緣孔網不可沾上食物或積聚油污。

預防事項。請注意以下事項。(否則可能會微波外洩)

1. 切勿損壞爐門的安全鎖。
2. 當微波爐操作時，請勿置入任何物品，特別是金屬物體。
3. 切勿放置任何金屬物體於爐內，包括金屬容器，碟或任何裝飾品等。
4. 也不可讓其他金屬物體如速食食品之鋁箔包裝，碰觸爐壁。
5. 經常清潔爐內，使用溫和洗潔液清理爐門及絕緣孔網。不可使用具腐蝕性的清潔劑，以免損壞爐門。
6. 使用微波爐時必須應用附設的轉盤。
7. 使用微波爐時，爐內應放有可吸收能量的物質。(例如：食物、水)。除本說明書特別許可的情況外。
8. 爐門開啟時，請勿在爐門上置重物。
9. 切勿使用密封的容器於微波爐內。嬰兒用的奶瓶亦算密封容器。
10. 本微波爐不能由身體虛弱等(包括未成年人)或缺乏經驗和相關知識的人來操作，除非在監護人的監督指導下安全使用。
11. 要照看好兒童以免兒童把微波爐當成玩具玩耍。

使用要點說明

使用本電子設備時，必須注意下列基本安全要點：

注意：為避免產生意外。(否則可能會微波外洩)

1. 在使用本設備前，請參閱使用要點。
2. 生雞蛋及密封盒之類的東西，例如：密封的玻璃瓶及嬰兒用奶瓶容易引起爆裂，故不能放入爐內加熱烹煮。
3. 本設備隻適用於本冊所指示之用途。
4. 小孩使用本設備時必須注意看管。
5. 當微波爐操作不正常、或受損壞及跌撞時，應停止繼續使用。
6. 為避免微波爐起火：
 - (a) 不可過度烹煮食物。注意放入爐內的材料如：紙、塑膠或其他易燃物品等。
 - (b) 不建議加熱治療麥枕。加熱時，請勿離開並仔細按照製造商的指示。
 - (c) 放盒子入微波爐時，請撤去金屬包裝帶。
 - (d) 萬一爐內的東西着火，請保持爐門緊閉，然後拔去電源插頭，或關掉屋內電源總開關。
 - (e) 烹調或加熱時，請勿離開。
7. 要保持微波爐處於清潔狀態，否則可導致表面退化而嚴重影響電器的壽命，並有可能引致生命危險。
8. 不可用於室外。
9. 不可將電線或插頭浸入水中。
10. 不可將電線接近高溫處。
11. 不可將電線掛在桌子或櫃台邊。
12. 切勿拆開爐身。

接地說明

本設備必須接地。萬一漏電，則接地可以提供電流回路以避免觸電。本設備配有一條接地電線和一個接地插頭。這插頭必須接插在確實接地的插座上。

注意：錯誤地使用接地插頭會有觸電的危險。

警告

- a) 爐門上的絕緣孔網及其部位應使用濕布清潔。應檢查電器爐門上的絕緣孔網及其部位是否有損壞，如有發現應立即停止使用直至由製造商的合資格技術員維修。
- b) 除受過專業培訓的有資格的維修人員外，其他人員來進行檢修操作是非常危險的，包括拆下防止微波能量洩漏的機殼等操作。
- c) 如電器電源線已損壞，則必須由合資格服務技術員更換只由製造商提供的特殊電線。
- d) 使用前，使用者應檢查盛載器皿是否適合在微波爐使用。
- e) 液體或其他食物不能在密封容器內加熱，因為它們容易爆炸。
- f) 除非足夠安全指示指導已提供兒童使用，並瞭解不正確使用的危險，否則不得單獨讓兒童使用微波爐。

微波爐的原理

微波爐是一種高頻率無線電波，類似收音機使用的，包括AM、FM和CB。與電視機相似，其無線電波是轉換至圖片然後在畫面顯示。不過，微波與無線電波是較短；電波長度大約12厘米。電力是由磁電管轉換至微波能量（即是微波爐的核心）。從磁電管，微波能量是透過一件細小塑膠蓋傳輸到爐腔。食物中的微波已轉為熱力。來自食物外面的微波進入並穿透食物，藉此每兩至三厘米失去一半電量。繼續烹調至中心由導體輸送進行。即使起搏器以前也是由微波影響（以及其他無線電波），它們現已受到保護並不被這些干擾影響。這讓使用起搏器人士安靜地坐在收音機或電視機旁時，可使用微波爐烹調。

當微波與物質接觸時，任何一件或三合一事件可能會發生。

可能會：

1. 反射
2. 傳導
3. 吸收

反射：

金屬物質反射微波能量，由於無吸收作用，所以無熱力。所以微波爐內部是不銹鋼或環氧鋼，確保微波保留在爐腔內並用轉盤協助均勻分發到食物各部位。

傳導：

那些物質如紙張、玻璃和塑膠傳輸微波會不會變熱，除了來自食物。由於這些物質不會反射或吸收微波能量，所以是微波烹調容器的理想物料。

吸收：

包含水份的食物會吸收微波能量，也會引致食物內的水分子以驚人速率（每秒2,450,000,000次）震動。由震動建立的摩擦力，所產生的熱能源傳導電力到食物。

電源：

Panasonic微波爐從其他電器中分出專用的電量為10安培的供電系統。如不用於這系統，可能會熔斷電路保險絲，並/或會延長烹調時間。不可用大容量之保險絲於電路。

裝置及一般說明

一般使用

- 切勿讓微波爐空着操作，因為當沒有食物或水份在爐內吸收能量的情況下，微波能量會不停地在爐內反射。這可導致微波爐損毀包括爐腔內發出火花。
- 如發現微波爐起煙，請緊閉爐門，並按「停止/重設」鍵以熄滅爐內之火焰。然後中斷電源和/或關閉電路開關板或保險絲處的開關。
- 不要在爐內烘乾布類、報紙或其他東西。它們可能會著火。
- 除非紙產品是標籤為微波爐安全使用，否則不可使用再生紙製品類，因其含有容易引起火花和/或着火的雜質。
- 不可將報紙或紙盒用於微波爐。
- 不可敲打控制面板以免導致控制器破損。
- 取出已煮完的食物時必須使用鍋夾，因為熱力會從高溫的食物傳至烹調容器，然後再由烹調容器傳至玻璃盛盒，當烹調容器從爐內取出，玻璃盛盒會非常熱。
- 不可將易燃物放在爐內或爐頂以免導致起火。沒有放入玻璃盤和軸環時則不可使用微波爐。
- 如非食譜所指定，不可直接在玻璃盤上烹煮食物。(食物必須放入適合的烹調器皿中)
- 請勿使用該微波爐加熱化學劑或其他非食物製品。不可用含有腐蝕性化學劑的製品清洗微波爐。在爐內加熱腐蝕性化學劑可能會引起微波外洩。
- 使用可丟棄的塑膠、紙或其他易燃物料的容器烹調或加熱時，請勿離開，因為這些類型的容器過熱時會著火。
- 本微波爐不得透過外部計時器或獨立遙控系統操作。

微波爐的放置

- 本微波爐必須放置在離地面85cm以上的平面。正常地使用，爐的周圍必需保持空氣流通。爐的頂端需留15cm及左右兩壁需留5cm空隙，後壁需留10cm。不可取去爐腳。
 - 不可堵塞頂上的通氣口。如在使用過程中被堵塞，令微波爐過熱並損毀。當使用任何抹布時，不應阻塞吸氣和排氣風口。讓微波爐後面和兩側有足夠空間。
 - 不可放置微波爐於高溫潮濕地方例如煤氣爐、帶電區或水槽等。
 - 如室內溫度過高則不能使用微波爐。
- 本微波爐的製造只供家庭應用。
- 本微波爐屬獨立式類型，不能置放於櫥櫃內。
- 本微波爐只適用於家庭及類似應用，如：
 - 商店、辦公室及其他工作環境中的廚房員工；
 - 農家；
 - 旅館、汽車旅館及其他住宿環境中的顧客；
 - 住宿加早餐類型的環境。

食物

- 不可將密封罐裝食物或瓶子放入微波爐，當氣壓增加，瓶子可能會爆炸，而且微波爐不能使食物維持在適當的溫度，可能會引致罐裝食物變質並造成有害進食。
- 不可用微波爐煎炸食物。
- 不可煮帶殼蛋和已煮熟的整隻雞蛋（除烹飪食譜指明外），因壓力會使蛋爆裂。
- 馬鈴薯、蘋果、蛋黃、雞翼、板栗、紅腸等帶皮的食物在烹煮前必須用叉或刀穿孔以防止燒焦。
- 當加熱湯、汁料或飲品等液體食物時，若加熱過度超過沸點便會有滾瀉的現象出現。要避免這種情況發生，請留意以下各點：
 - a) 避免使用“直身窄口”或壁厚細長的容器。
 - b) 不要加熱過度。
 - c) 加熱前以及加熱中途略加攪拌。
 - d) 加熱後先讓食物於爐內放置片刻，略加攪拌才將之取出。
- 使用微波爐用測肉溫計檢查牛肉或雞肉的烹調結果。如果烹煮不足則再放入爐內用適當的火力及時間多煮數分鐘。不可使用一般的測肉溫計於微波爐。(詳細情況則請參閱您的烹飪食譜)。
- 烹飪食譜提供了烹調的大約時間。影響烹調時間的因素有：所喜歡的生熟程度、開始溫度、海拔高度、份量、大小、食物形狀和盛載器皿。如果您熟悉爐的操作，則可以適當參照以上這些因素加以修正烹調時間。
- 烹調食物時最好是寧可烹煮不足也不要烹煮過度。如果食物烹煮不足則可重新再加以烹調，但如果烹調過度則無法補救。請時常選用最短時間。
- 爆米花必須用微波爐專用的爆米花器皿盛載。另外一些紙袋包裝的微波爆米花亦適用於微波爐烹調。請依照食品製造商的說明指示及用法。烹調爆米花時，請加倍注意，切勿離開。
- 當使用原帶的塑料、紙或其他易燃材料的容器加熱或烹調時，請時常留意加熱情況，以免容器過熱而燃燒。
- 在給嬰兒餵食裝在奶瓶或其它容器中的嬰兒食品之前，要對這些食品進行攪拌或搖晃並試一試溫度以防止燙傷嬰兒。

器皿和用具指南

必須使用正確的容器進行微波爐烹調。以下步驟可協助您抉擇。

如何測試容器以供微波爐安全使用

要測試容器是否適合微波爐安全使用：裝滿1玻璃杯冷水然後與空容器一起放入微波爐進行測試；以高火力加熱1分鐘。如容器微波爐專用（透明微波能量），容器應保持冷卻，量杯中的水應該是熱的。如容器是熱的，它吸收部分微波爐能量並不應使用。塑膠容器無法進行這個測試。

紙質產品和冷凍保鮮紙

蠟紙、紙碟、杯子和餐巾紙不適用於加熱或烹調食品。不應使用冷凍保鮮紙，因為它們不耐熱並有可能溶解。如使用紙巾，油脂紙和燒烤紙短期包裹食物，是安全的。

玻璃、陶瓷和瓷器

防熱玻璃廚具是最適合微波烹調，包括玻璃瓶、攪拌碗、麵包盤、有蓋蒸鍋、橢圓形烤盤、餡餅盤和圓形或方形蛋糕盤。廚具類型有：Pyrex® 和 Corningware®。

餐具可用於微波爐加熱。很多餐具品牌均可於微波爐內安全使用。參考護理資訊關於供微波爐使用的餐具和食用餐具的說明。如餐具是標示為可用於焗爐，通常都可於微波爐內安全使用。不過，要確定是否認可，請按照上述的說明進行微波爐盤測試。

多種玻璃器皿和餐具類型不建議放入微波爐使用。請勿使用有金屬裝飾的碟或金屬部件的容器。請勿使用有粘貼柄子的杯或杯子，繼續加熱時可能會脫掉。請勿使用精緻的玻璃器皿。即使玻璃器對微波能量可能是透明的，來自食物的熱力可導致玻璃破裂。

塑膠

膠碟、杯子和部分冷凍容器放入微波爐時應小心使用。請小心選取塑膠容器，因為部分塑膠容器可能會變軟的、溶解或燒焦。大部分的塑膠餐盤，即使那些專為微波爐設計的，均不適用於烹調高脂肪或含糖份食物，或長時間烹調時間。大部分膠碟不應以高火力使用超過3-5分鐘。這些餐菜，即使不適合延長烹調，可成功用作解凍或以低火力使用。

煮食袋的設計是要防止煮滾、冷凍或普通加熱，它們都是符合微波爐安全使用。按照製造商的指示準備袋。使用微波爐烹調時，請勿用綁紮包裝袋的金屬線綁紮食物袋。可能會引起火花現象。請勿用塑膠食物保存袋烹調。

保鮮卷例如GLAD WRAP可用來包裹大部分食譜的餐菜。過了延長加熱時間，部分錫紙可能變形。當移除專用保鮮紙「包裹」時，以及任何玻璃蓋，請小心取出，要遠離自己以免蒸氣燙傷。鬆脫塑膠，讓餐盤擱置，加蓋。

罐子和瓶子

如蓋已拿開，罐子和瓶子可用來將食物保溫至進食時溫度。不應使用這些容器烹調，因為大部分不是防熱並且在延長加熱時間期間，來自食物的熱力可引致破裂或破壞。

金屬

金屬廚具或餐具、或那些有金屬裝飾的，不應放入微波爐使用。由於微波能量是由金屬反射，所以金屬容器內的食物不會均勻烹調。有可能會出現「火花」。即使應避免使用金屬用具微波爐進行烹調，如使用正確，部分金屬可能有用。如某些指引已遵守，使用鋁錫紙是安全的，可防止過度烹調。小塊錫紙是用來包裹例如雞翼、烤肉、或其他較簿部分，因為剩餘食譜完成前會烹調。請確保錫紙已安全包裹，並不會觸碰爐邊，否則會發生火花。已墊錫紙容器、紙板或塑膠，均不應在微波爐使用，因為會起火花。

綁紮包裝袋的金屬線、紙或塑膠的，不應在微波爐使用。冷凍餐盤可在微波爐使用，如容器深度不超過2厘米並裝滿食物。金屬烤肉串不適用於微波爐，因為會起火花。木質烤肉串可供使用並提供相同效果。

貝殼：扇貝烤殼只適用於翻熱和短暫烹調。

溫度計是供微波爐使用。烹調食物期間請勿使用傳統水銀類型的糖果或肉類溫度計測試食物。

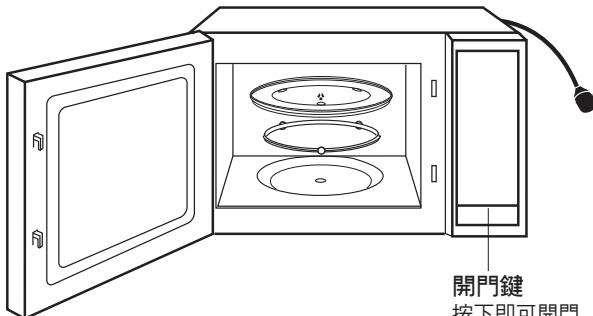
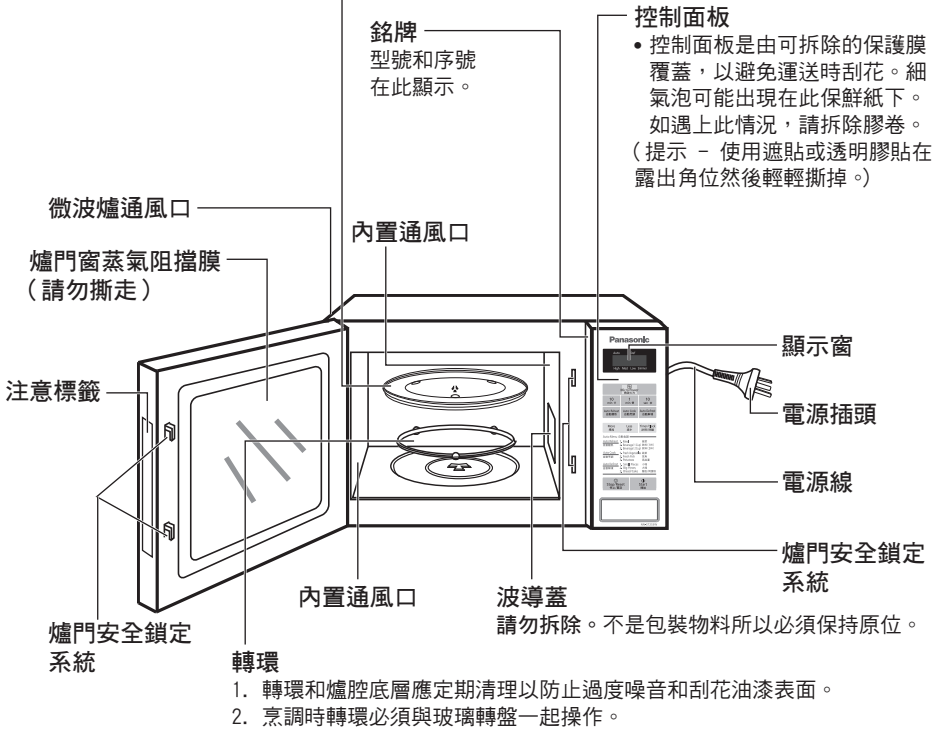
麥稈、柳條和木材

可以短時間使用麥稈、柳條和木材保溫卷或麵包。大型木質用具，例如大碗或針板不應用作長時間加熱，因為微波能量可能會導致木質變乾和易碎。

功能指示

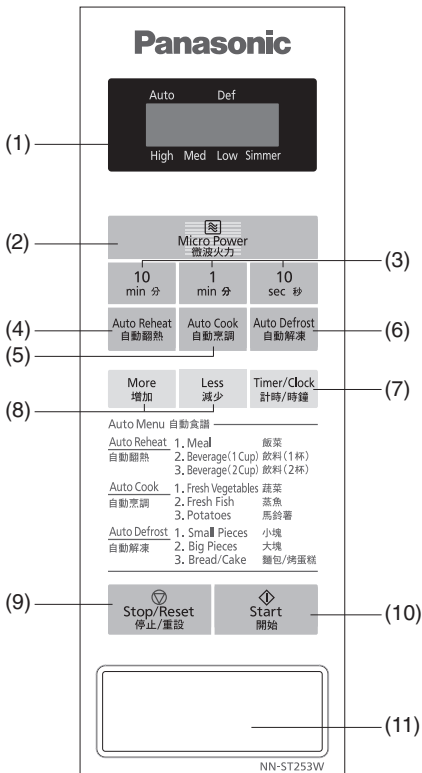
玻璃轉盤

1. 請放好轉環和玻璃轉盤才操作微波爐。
2. 只可使用微波爐專用設計的玻璃轉盤。請勿交換另一玻璃轉盤。
3. 如玻璃轉盤是熱，讓它冷卻才清潔或浸入水。
4. 請勿在玻璃轉盤上直接烹調。總是將食物放入微波爐專用盤，或微波爐專用盤烤架上。
5. 如玻璃轉盤的食物或用具觸碰爐壁而引致轉盤停止移動，轉盤則向相反方向自動旋轉。這是正常的。
6. 玻璃轉盤可以任何一方旋轉。



注意事項：
以上圖解只供參考。

控制面板



- (1) 顯示窗
 - (2) 微波火力
 - (3) 時間鍵
 - (4) 自動翻熱程序
 - (5) 自動烹調程序
 - (6) 自動解凍鍵
 - (7) 計時 / 時鐘鍵
 - (8) 重量選擇鍵
 - (9) 停止 / 重設鍵：
- 烹調前：
按一下清除您的指示。
- 烹調期間：
按一下暫時停止烹調程序。按多一下可取消所有指示，當天時間會出現在顯示上。
- (10) 開始鍵
 - (11) 開門鍵

一般指引

擱置時間

較小空隙的食物例如：肉類，烤馬鈴薯和糕餅，烹調後需要擱置時間（微波爐內外），讓食物中央充分導熱。擱置時用錫紙包裹肉類關節和烤馬鈴薯。肉類關節需要大約10-15分鐘，烤馬鈴薯5分鐘。其他例如盤菜、蔬菜、魚類等需要2-5分鐘擱置。如食物在擱置時間後未烹調，再放入微波爐並烹調多一段時間。解凍食物後，應允許擱置時間。參考第50-52頁。

份量



份量小比份量多可更快烹調，另外小餐菜比大餐盤更快翻熱。

食物擺放間隔



如食物分開放置，以助食物均勻和更快烹調。請勿將食物逐層疊上。

水分含量

很多新鮮食品例如蔬菜和水果，會因季節的濕度變動而異，特別是烤馬鈴薯。基於這個原因烹調時間可能需要調校。米飯、通心粉等乾材料可在保存期間變乾，所以烹調時間可能有異。

密度

多孔通風食品比較少空隙食品更快加熱。

保鮮紙

保鮮紙保存食品濕潤，並且被困蒸氣有助加快烹調時間。烹調前刺穿食物可讓過量蒸氣冒出。撕走餐菜錫紙時總是小心，因為冒起的蒸氣很熱。

刺穿食物



部分食物的皮或膜會引致蒸氣在烹調期間冒起。這些食物必須刺穿或去皮才烹調，以助蒸氣冒出。烹調前需要刺穿雞蛋、馬鈴薯、蘋果、香腸等。請勿嘗試加熱帶殼蛋類。

食物覆蓋



用微波爐錫紙包裹食物或加蓋。包裹魚、蔬菜、蒸鍋菜、湯。請勿覆蓋糕餅、汁料、烤馬鈴薯或糕點。

一般指引

食物形狀

均勻形狀的食物有助均勻烹調。使用圓形容器烹調比方形容器烹調食物更佳。



開始溫度

食物越冷、需要越長時間加熱。雪櫃的食物比房間溫度的食物需要較長時間翻熱。食物溫度應介乎5和8°C才可烹調。

液體

所有液體必須在翻熱前，期間和完成後攪拌。加熱前後必須攪勻，特別是水，以免噴出。請勿加熱先前已煮滾的液體。請勿過度加熱。



翻轉並攪拌

烹調期間部分食物需要攪拌。烹調途中，應反轉肉類和家禽。

重新放置

個別食品，例如雞肉部分或豬排，應讓較厚部分向外擺放在餐盤上。

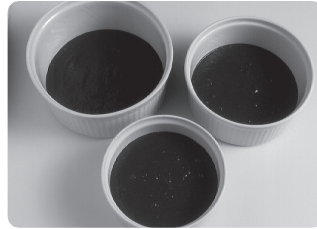
檢查食物



建議烹調的前後時間，必需檢查食物，即使自動程式已被使用（如使用傳統微波爐檢查食物一樣）。如有需要將食物放入微波爐進一步烹調。

餐盤大小

按照食譜內的餐飲大小，因為會影響烹調和翻熱時間。食物份量分佈在較大盤可更快烹調和翻熱。



清潔

由於微波與食物因子合作，任何時候請保持微波爐清潔。食品難除污點可使用微波爐專用的噴劑清除，只需噴到軟布上。清潔後總是拭乾微波爐。

可用容器

選取正確的容器是決定烹調成功或失敗的重要因素。

測試餐盤適用性



對烹調容器是否適合在微波爐內使用有懷疑，請按照以下測試檢查：

1. 將微波爐量瓶裝滿 300 毫升 (½ 品脫) 凍水。
2. 放在轉盤上，與要測試的餐菜一同擺放。如您要測試大盤菜，將量瓶放在空盤上擱置。
3. 以高火力加熱 1 分鐘。

結果

如餐盤適用於微波，它會保持冷卻，同時瓶內的水會開始變暖。如測試餐盤是暖的，則切勿使用，因為它肯定會吸收微波爐能源。注意：這個測試不適用於塑膠或金屬容器，例如：Le Creuset® 式樣的餐盤不應使用，因為它們是以瓷漆塗上的鑄鐵。

烹調用具入門檢查指南

微波爐玻璃



請使用耐熱玻璃，例如 Pyrex®。請勿使用精緻玻璃，來自食物的熱力可能會令其破裂。請勿使用可能破裂或變弧的鉛晶。

陶器、陶碗、石器



只有完全是玻璃才可使用。請勿使用局部有玻璃或無玻璃的陶器，因為其吸收水份的功能可吸收微波能源，令容器更熱和增加烹煮食物的時間。

瓷器 and 陶瓷



可使用耐熱的玻璃陶瓷碟、茶碟、碗子、茶杯和杯子。瓷器和陶瓷均適合使用。骨製瓷器只適用於短時間翻熱，否則溫度變更可能令餐盤破裂或產生裂紋。請勿使用有金屬邊框或圖形的盤。請勿使用有粘貼柄子的瓶罐或杯子，因為粘貼可以在微波爐內熔解。

錫紙／金屬容器



切勿嘗試在箔紙或金屬容器中烹調 - 微波無法通過，食品便不會均勻加熱 - 並會損壞微波爐。使用木質串燒，不要使用金屬烤肉串。

可用容器

塑膠

很多塑膠容器是專為微波爐而設定計的。僅使用 Tupperware® 容器，如其設定是微波爐專用的。請勿使用三聚氰胺因為會燒焦。請勿使用塑膠烹調糖粉或脂肪高的食物，因為它們需要長時間烹調，例如：糙米。切勿使用人造牛油容器或乳酪壺烹調，因為會與來自食物的熱力而熔解。



紙張

純白廚紙（廚房毛巾）可以用來覆蓋預先烘烤糕點盒和覆蓋煙肉以防止濺出，只限短烹調時間。請勿再使用廚房毛巾。避免人造纖維的廚房紙。建議使用指定微波爐專用的再循環廚房毛巾清潔微波爐。請勿使用塗蠟或塑膠杯因為漆可能會在微波爐內熔解。防油紙可以用來墊底盤並覆蓋脂肪多的食物。短時間加熱可使用白紙碟。



柳條、木材和麥稈

請勿使用這些材料。
繼續使用和長期暴露可能會破裂並可燃點。請勿使用木盤烹調。



保鮮紙

使用微波爐保鮮紙覆蓋要翻熱或加熱的食物，請小心避免保鮮紙與食物有直接接觸。

錫紙

解凍和烹調時，可用小量平滑錫紙來保護肉類關節。由於微波無法通過錫紙，所以阻止保護部分被過度烹調或過度解凍。避免錫紙觸碰側邊或微波爐頂部，因為有可能引致火花和損毀微波爐。



烘烤袋

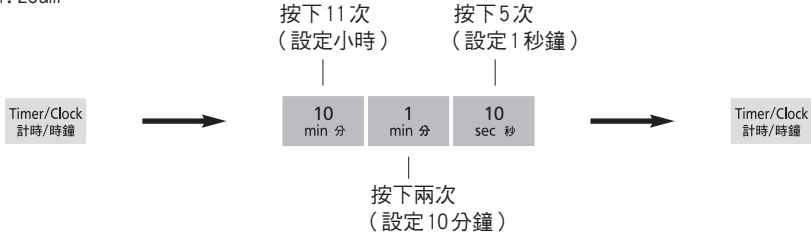
當以強火和長時間烤肉時，可用烘烤袋遮蓋肉類關節。
請勿使用供應的金屬綁紮。



時鐘設定

當微波爐首次被插入後，「88.88」會出現在顯示窗

例如 11.25am



- 按計時/時鐘鍵兩次。顯示點開始閃爍。
- 按時間鍵 - 按合適時間鍵輸入當天的時間。時間出現在顯示。如鍵(10分 / 1分 / 10秒)已長按住，時間會快速增加。
- 按計時/時鐘鍵。當日時間已輸入。

注意事項：

1. 要重設當日時間，重複步驟1到步驟3。
2. 只要將微波爐插上電源插頭並提供電源，時鐘可追蹤當天時間。
3. 時鐘顯示是24小時模式。

計時

這功能以分鐘計時操作。操作期間不會有微波能源。



- 按計時/時鐘鍵一次。顯示是空白的。
- 設定所需烹調時間。時間上限為90分鐘。
- 按開始。顯示窗的時間會倒數。

兒童安全鎖

使用本系統會使微波爐控制無法操作，不過爐門可以打開。當顯示窗出現點號或當天時間時，可以設定兒童安全鎖。

要設定：



- 按開始鍵三次。日期時間會消失。實際時間不會失去。「L」出現在顯示窗。

要取消：



- 按停止/重設鍵三次。日期會重新出現在顯示。

微波烹調和解凍

使用微波爐時玻璃轉盤必須總是固定。



瓦特

1 按	高	800 W
2 按	解凍**	270 W
3 按	中	700 W
4 按	低	360 W
5 按	文火	250 W



- 按微波火力鍵。選擇想要的微波火力。指示燈在所選火力側出現。
- 按合適鍵選擇烹調時間。微波爐可設定中、低、暖和解凍火力程序長達90分鐘。高火力可設定為30分鐘。
- 按開始。烹調程序會開始，顯示窗時間隨即倒數。

注意事項：有關解凍時間請參考第52頁的解凍圖表。

多步驟煮食

微波爐有2個烹調步驟，你可以設定2個不同指示然後微波爐會自動切換不同火力（重複以上步驟1和2但只在兩個步驟均輸入後才按下開始）。

注意事項：

1. 不可在設定多步驟烹調程序時使用計時鍵。
2. 不可設定自動磅重／解凍程序。

自動解凍

這個功能可自動解凍麵包，肉類和肉類關節，只需輸入食物的重量隨即啟動。



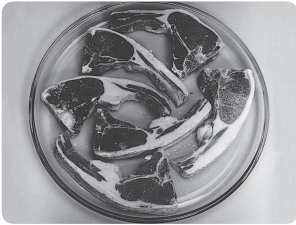
- 選擇想要程序。按下鍵1次以選擇小塊，2次以選擇大塊和3次以選擇麵包/烤蛋糕。程序編號會出現在顯示窗。
- 使用增加和減少鍵設定重量。如增加/減少鍵長按住，重量會快速增加/減少。
- 按開始。解凍時請緊記攪拌或翻轉食物。

程式	重量下限/上限	提示
1 小塊	200克 - 1000克	小塊肉類、扇貝、香腸、碎肉、魚類、扒類、排類（每類100克到400克）。嗶聲時翻轉/攪拌。
2 大塊	600克 - 1600克	大塊肉類、烤肉、整隻雞、大塊魚類。嗶聲時翻轉。
3 麵包/烤蛋糕	100克 - 600克	麵包（整塊或切片）和蛋糕。忌廉蛋糕和雪糕蛋糕不適用於此程序。嗶聲時翻轉。

解凍指引

最佳效果：

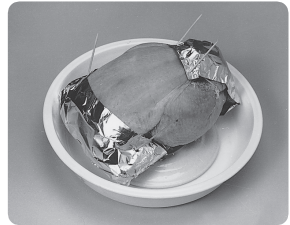
1. 將食物放入合適容器內。肉類關節和雞肉應放在翻轉的茶碟上或在塑膠架上。
2. 解凍期間檢查食物，因為解凍速度會令食物有異。
3. 食物毋須加蓋。
4. 不時翻轉或攪拌食物，尤其是微波爐發出「嘩」一聲時。如有需要，可包裹食物（參考第6點）。
5. 免治豬肉，豬排和其他細小材料應盡快拆開或分開並以單層放置。
6. 解凍雞肉和肉類關節時，由於食物的外側首先解凍，因此需使用細張錫紙保護雞翼／雞胸和脂肪，並以雞尾酒棒固定錫紙。
7. 允許擱置時間，讓食物中心解凍。（肉類關節和整隻雞至少為1小時）。



以單層重新放置食品。



翻轉並盡快分解食品。



包裹雞肉和肉類關節。

解凍圖表

以下建議的時間只供參考。總是檢查食物進度，打開爐門然後重新開始。份量較多需要調校時間。解凍期間食物不應加蓋。

肉類	解凍時間	方法	擱置時間
牛／羊／豬關節 450克(1磅)	5-7分鐘	放入合適餐盤內或倒轉茶碟上或使用烤架。翻轉食物3-4次。遮蓋。	60分鐘
免治牛肉 450克(1磅)	8分30秒 - 11分鐘	放入合適的餐盤上。 分解並翻轉3-4次。	15分鐘
排骨 450克(1磅)	6-7分鐘	以單層放入合適的餐盤上。 翻轉兩次。如有需要請包裹。	15分鐘
香腸 450克(1磅)	4分鐘	以單層放入合適的餐盤上。 翻轉兩次。如有需要請包裹。	15分鐘
煙肉薄片 450克(1磅)	5-6分鐘	放入合適的餐盤上。翻轉並分開兩次。如有需要請包裹。	10分鐘
燉牛排 450克(1磅)	7-9分鐘	放入合適的餐盤上。 恆常拆散。	15分鐘
整隻雞 450克(1磅)	6-7分鐘	放入合適餐盤內的倒轉茶碟上或使用烤架。翻轉食物3-4次。遮蓋。	60分鐘
雞肉部位 450克(1磅)	5分30秒 - 7分鐘	以單層放入合適的餐盤上。 翻轉兩次。如有需要請包裹。	15-30分鐘
魚類			
整條魚 450克(1磅)	6-7分鐘	放入合適的餐盤上。翻轉兩次。遮蓋。	15分鐘
魚柳／牛排 450克(1磅)	6-7分鐘	放入合適的餐盤上。 翻轉兩次、分開，如有需要請包裹。	15分鐘
蝦 450克(1磅)	6-7分鐘	放入合適的餐盤上。 解凍時攪拌兩次。	10分鐘
一般			
切片麵包 400克(14盎司)	1分30秒 - 2分鐘	放在轉盤上。 解凍期間分開和重新放置。	10分鐘
麵包塊 30克(1盎司)	10-15秒	放在轉盤上的廚房用紙上。	1-2分鐘
糕點 450克(1磅)	1分30秒 + 擺放1分 1分30秒	放在碟上。 擺放1分鐘後翻轉。	10-15分鐘
無核水果 450克(1磅)	7-8分鐘	放入合適的餐盤上。 解凍時攪拌兩次。	10分鐘

自動翻熱／自動烹調程序

這個功能讓您翻熱或烹調食物，只需設定僅重量。微波爐決定微波火力然後自動設定烹調時間。選擇食物種類然後輸入重量。重量是以克輸入。

例如：



- 按下鍵以選擇想要程序。程序編號會出現在顯示窗。
- 使用增加和減少鍵設定重量。如增加／減少鍵長按住，重量會快速增加／減少。
- 按開始。

使用指引

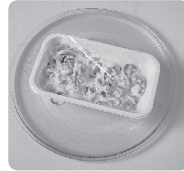
自動程式的設計是對翻熱或烹調食物進行估計。只可在所介紹食物並在建議的重量範圍內設定使用。要允許食物有不同情況，食用前檢查食物已充分烹調並滾熱。

自動翻熱程序

Auto Reheat
自動翻熱

1. 翻熱新鮮飯菜 (200-800 克)

這程序是供翻熱新鮮盤裝飯菜或蒸鍋。所有食物必須預先烹調。放進雪櫃的食物應保持大約5度。嘩一聲時攪拌。允許數分鐘擱置時間。食用前請確保食物已滾熱。用稀汁烹調大件魚類／肉類需要較長時間。



2. 翻熱飲料 (1 杯 / 150 毫升)

這程序是供翻熱一杯熱飲 (例如：茶類、咖啡、牛奶和湯類)。選擇翻熱1杯，輸入重量 (150 毫升)。加熱完成後，小心攪拌。



翻熱飲料提示

1. 加熱前先攪拌飲料 (已加熱液體可能流出，如未與空氣混合)。
2. 請勿將熱飲料例如茶或咖啡加蓋。用茶碟覆蓋湯類以避免噴出的危險。
3. 加熱後，再次攪拌並擱置少許時間。

自動翻熱程序

3. 翻熱飲料 (2 杯 / 300 毫升)

這程序是供翻熱兩杯熱飲 (例如：茶類、咖啡、牛奶和湯類)。
選擇翻熱 2 杯，輸入重量 (300 毫升)。
加熱完成後，小心攪拌。



自動烹調程序

Auto Cook
自動烹調

1. 烹調新鮮蔬菜 (200-800 克)

要烹調新鮮蔬菜。將準備好的蔬菜倒入淺容器中。
每 100 克蔬菜加入 15 毫升 (1 湯匙) 水蔬菜。
用刺穿保鮮袋包裹或加蓋。
按下自動烹調鍵一次。輸入重量。按下開始。



2. 烹調新鮮魚 (200-700 克)

要煮新鮮魚。保護較簿部分。
放入淺容器，然後放在轉盤。加入 15-45 毫升
(1-3 湯匙) 液體。以刺穿保鮮袋包裹或加蓋。
按下自動烹調鍵兩次。輸入重量。按下開始。



3. 煮熟馬鈴薯 (200-1000 克)

選取中等大小馬鈴薯 200-250 克 (7-9 盎司)。
清洗並擦乾並用叉刺幾次。轉盤邊擺放。
按下自動烹調三次。
輸入重量。按下開始。請勿覆蓋。



烹調和翻熱指引

以高火力烹調食物可令食物快速加熱。

加熱餐菜後，避免食物過於滾熱，可待數分鐘後才進食。進食前，需檢查食物是否已經完全熱透，如有需要請再加熱食物。

按一般規則，永遠覆蓋水分食物，例如：湯類、蒸鍋和盤菜。請勿覆蓋乾糧，例如麵包卷、免治餡餅和香腸卷等。

第56-60頁顯示最好的烹調方法或翻熱您最愛食物。最佳方法視乎食物種類。

請記住烹調或翻熱任何食物時應盡可能攪拌或翻轉。這確保內外均勻烹調或翻熱。

食物何時再加熱？

已加熱或煮熟的食物應以「滾熱」食用，即是蒸氣四處冒出。只要在準備和保存食物期間符合衛生條件，烹調或翻熱並無構成安全風險。

無法攪拌的食物應用刀切開，以測試食物是否已經充分加熱。即使按照製造商的指示或食譜的烹調時間，檢查食物已充分熱透是必須的。如有疑問，永遠再放入微波爐進一步加熱。

如您無法在圖表中找到相關食物，選取列表中的類似類型和大小並有需要調校烹調時間。

盤菜

各人的胃口有異所以翻熱要視乎飯菜內容而定。較小空隙的食物，例如：馬鈴薯泥，應分開擺放。如加入太多燒汁，需要較長時間烹調。放置較小空隙的食物於容器的外圍部分。以高火力介乎4-7分鐘可翻熱一份餐。請勿堆放餐飲。

罐裝食品

從罐頭取出食物，將食物放在合適的餐盤上加熱。

湯類

將湯盛於碗內，於加熱前先攪拌一次，翻熱中途至少攪拌一次，翻熱完畢後再攪勻一次。

蒸鍋

加熱前、加熱中途及加熱後均需攪拌食物。

甜餡餅 - 注意

記住即使糕點已冷卻可觸碰，餡料可能滾熱並會暖透糕點。小心不要過度翻熱食物，否則會因為高脂肪和材料的糖份燙傷。檢查餡料溫度才進食，避免燙傷口部。

聖誕布丁和液體 - 注意

翻熱這些材料時特別小心。請勿在使用微波爐期間離開。請勿加入過量酒精。

嬰兒瓶裝 - 注意

牛奶和嬰兒奶粉必須在加熱前後搖勻，並小心測試才餵食。

雪櫃溫度的7-8液體盎司牛奶，移除蓋和奶嘴。以高火力加熱30-50秒鐘
仔細檢查。

雪櫃溫度的3液體盎司牛奶，移除蓋和奶嘴。以高火力加熱15-20秒鐘
仔細檢查

注意：奶樽頂的液體比底部較熱。奶樽必須充分搖勻並測試才使用。

不建議使用微波爐消毒嬰兒奶樽。如您有特別微波消毒器，我們敦促格外小心，因為涉及低水量。必須嚴格遵守製造商的指示。

翻熱圖表

以下圖表所提供的只供指引，並會因開始溫度，餐盤大小等而異。

食物	重量/ 份量	火力	選擇時間 (大約)	說明/指引
麵包 - 預先煮熟 - 新鮮 - 注意：由微波爐翻熱的麵包盤底是軟的。				
牛角包	2	高	25-30 秒鐘	放在轉盤上的微波爐專用餐碟上。請勿覆蓋。
	4	高	45-50 秒鐘	
卷	1	高	10 秒鐘	
	4	高	20 秒鐘	
豆類罐頭、意大利麵				
烤豆，水餃 汁料	200 克	高	2-3 分鐘	放入微波爐的專用碗中。 加蓋然後放在轉盤上。烹調中途攪拌。
	420 克	高	4-5 分鐘	
蕃茄醬意粉	200 克	高	2½-3 分鐘	
罐裝湯類				
蕃茄奶油	400 克	高	3-4 分鐘	放入微波爐的專用碗中。 加蓋然後放在轉盤上。
意大利雜菜湯	400 克	高	2½-3 分鐘	
罐裝布丁				
奶皇飯	425 克	高	3-3½ 分鐘	放入微波爐的專用碗中。 加蓋然後放在轉盤上。
	624 克	高	4-5 分鐘	
鬆軟布丁	310 克	高	2½ 分鐘	
聖誕布丁 - 過度加熱可能引致布丁起火				
切片	150 克	高	20-30 秒鐘	放入微波爐的專用盤。 加蓋然後放在轉盤上。
小	450 克	高	1½-2 分鐘	
中	900 克	高	2½-3 分鐘	
飲料 - 咖啡				
1 大杯	235 毫升	高	2 分鐘	放在轉盤上的微波爐專用杯子上。翻熱前、翻熱期間翻熱後攪拌。
2 大杯	470 毫升	高	3½ 分鐘	
飲品 - 牛奶				
1 大杯	235 毫升	高	1½-2 分鐘	放在轉盤上的微波爐專用杯子上。翻熱前、翻熱期間翻熱後攪拌。
1 瓶裝	600 毫升	高	5 分鐘	

檢查事項 總是檢查食物在翻熱後是滾熱的。

如不肯定再檢查一次。食物仍需要擱置時間，特別是無法攪拌的食物。
較小空隙的食物，擱置時間越長。

翻熱圖表

食物	重量/ 份量	火力	選擇時間 (大約)	說明/指引
糕點產品 - 烹調前 - 注意：微波爐翻熱的糕點是盤底是軟的。				
雞批	600克	高	4-4½分鐘	放在轉盤上的微波爐專用餐碟上。請勿覆蓋。
肉餡餅	227克(1)	高	2-2½分鐘	
乳蛋餅	400克(1)	高	4½-5分鐘	
牛排腎臟批	325克(1)	高	2-2½分鐘	
香腸卷	260克(4)	高	1½-2分鐘	
咖喱角	200克(4)	高	1½-2分鐘	放在轉盤上的微波爐專用餐碟上。請勿覆蓋。中途翻轉。
春卷	230克(4)	高	2-2½分鐘	
聖誕甜批	90克(2)	高	5-10秒鐘	放在轉盤上的微波爐專用餐碟上。
盤菜 - 自製 - 冰鮮				
小童份量	1	高	3-4分鐘	放在轉盤上的微波爐專用碟。加蓋然後放在轉盤上。
成人份量	1	高	5½-6分鐘	
布丁和甜點 注意：將食物從錫紙容器移至大小差不多的微波爐專用盤				
麵包和牛油布丁	395克	高	3-3½分鐘	放在轉盤上的微波爐專用盤上。請勿覆蓋。
生果碎	600克	高	3½-4分鐘	
水果批，每個	1	高	20-25分鐘	
	4	高	50-60秒鐘	
八寶粥	400克	高	2-2½分鐘	放入微波爐的專用盤。加蓋然後放在轉盤上。
購買方便食品 - 冰鮮 注意：將食品從錫紙容器移至大小差不多的微波爐專用盤。專為微波爐設計的塑膠盤和傳統微波爐需要小心使用。				
芝士西蘭花	450克	高	5½-6分鐘	放在轉盤上的微波爐專用盤上。請勿覆蓋。
農家餡餅	450克	高	6分鐘	
千層麵	400克	高	4½-5分鐘	
烤蔬菜	400克	高	5½-6分鐘	
購買方便食品 - 冷凍 注意：將食品從錫紙容器移至大小差不多大小的微波爐專用盤。專為微波爐設計的塑膠盤和傳統微波爐可小心使用。				
千層麵	400克	高	4½-5分鐘 + 擺放1分鐘	放在轉盤上的微波爐專用盤上。請勿覆蓋。
		+高	5-5½分鐘	
三文魚金寶	340克	高	5½分鐘 + 擺放1分鐘	
		+中	5½-6分鐘	
農場批	460克	高	5½分鐘 + 擺放1分鐘	
		+中	6-7分鐘	

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較小空隙的食物，擱置時間越長。

烹調圖表

食物	重量/ 份量	火力	選擇時間 (大約)	說明/指引
煙肉 - 未熟				
薄片	130克 (4)	高	每塊薄片 2-3或30-40秒鐘。	放在轉盤上的微波爐專用烤架上或碟上。
豆類植物 - 應預先浸泡 (扁豆除外)				
雞豆	225克	高 +低	8½分鐘 35-40分鐘	將600毫升(1品脫)滾水倒入大碗中。 加蓋然後放在轉盤上。
扁豆	225克	低	10½-13分鐘	
菜豆	225克	高 +低	13分鐘 30-35分鐘	將600毫升(1品脫)滾水倒入大碗中。 加蓋必須煮至少12分鐘以消滅毒醇。
牛肉 - 未熟關節 - 注意: 熱油脂! 小心取出餐盤。				
中		中	每450克(1磅)7-12 分鐘	放入微波爐專用碗內的翻轉茶碟, 或轉 盤上的烤架。加蓋然後中途翻轉。烹調 時過濾油脂。
未熟雞肉 - 注意: 熱油脂! 小心取出餐盤。				
雞胸肉, 脫骨	500克	低	10½-12分鐘	放在微波爐專用烤架上或碟上。加蓋並 放在轉盤上。
雞小腿	450克 (4)	低	10½分鐘	
雞腿	700克 (2)	低	16-17分鐘	
整條魚		高	8½-9分鐘 每450克(1磅)	將雞胸向下放入微波爐專用盤內的倒轉 茶碟上。加蓋, 加蓋並放在轉盤上。
水煮荷包蛋。				
水	45毫升	高	45秒鐘	• 放進小碗中並以首個烹調時間加熱。 • 加入雞蛋(中)。 • 刺破蛋黃和蛋白。 • 加蓋。 • 第2次烹調時間烹調。 • 然後擱置1分鐘。
雞蛋	1	高	25-35秒鐘	
水	90毫升	高	50秒鐘	
雞蛋	2	高	45秒鐘	
雞蛋 - 炒蛋。				
1 隻雞蛋		高	25秒鐘	• 每隻使用的雞蛋加入1湯匙牛奶。 • 打散雞蛋、牛奶和牛油球。 • 第1次烹調時間然後攪拌。 • 第2次烹調時間烹調然後擺放1分鐘。
		高	20秒鐘	
2 隻雞蛋		高	45秒鐘	
		高	35秒鐘	

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烹調圖表

食物	重量 / 份量	火力	選擇時間 (大約)	說明 / 指引
魚類 - 冷凍生魚				
黑鯧鱈魚	380 克 (4)	高 + 中	4½ 分鐘 4½-5½ 分鐘	放入微波爐專用盤。加入 30 毫升液體。加蓋然後放在轉盤上。
整條魚	450 克 (2)	高	8½-10½ 分鐘	
放入食物袋煮	170 克 (1)	解凍 + 擺放 + 低	4½ 分鐘 2 分鐘 5½ 分鐘	打側將袋醬放在微波爐專用碟上。用刀削開袋頂。
水果 - 去皮、切片、切成均勻大小塊。放入微波爐專用淺盤中。				
燉蘋果, 燉大黃	450 克	高	4½-8 分鐘	只裝滿半碟。加蓋烹調中途攪拌。
梅子 - 燉	450 克	高	7-8 分鐘	加入 30 毫升 (2 湯匙) 水。只裝滿餐盤一半。加蓋然後放在轉盤上。
羊排 - 未熟 - 注意: 熱油脂! 小心取出餐盤。				
豬排、腰肉	600 克 (4)	高 + 低	1½-2½ 分鐘 每 450g (1 磅) 2-3 分鐘 每 450g (1 磅)	放在微波爐的專用盤上或烤架上。加蓋然後放在轉盤上。
關節		高 + 低	3-4 分鐘 每 450g (1 磅) 6-7 分鐘 每 450g (1 磅)	放入微波爐專用碗內的翻轉茶碟, 或轉盤上的烤架。加蓋並中途翻轉關節。烹調時過濾油脂。
糕點 - 放入大型 3 升 (6 品脫) 的微波爐專用碗。				
通心粉	225 克	高	12 分鐘	使用 1 升 (1¼ 品脫) 滾水。加蓋然後放在轉盤上。
意粉、乾製麵條	225 克	高	7-8½ 分鐘	
比薩餅 - 新鮮冰凍 - 注意: 拆除所有包裝。鬆軟比薩餅底。				
薄和香脆	400 克	高	4½-5 分鐘	放在轉盤上的防熱碟上。請勿覆蓋。
深鍋	475 克	高	3½-4½ 分鐘	
未熟豬肉 - 注意: 熱油脂! 小心取出餐盤。				
排骨	360 克 (2)	高 + 低	2-3 分鐘 6-7 分鐘	放入轉盤上的微波爐專用盤或烤架內。加蓋然後放在轉盤上。
關節		高 + 低	5½-6 分鐘 每 450 克 (1 磅) 8-9 分鐘 每 450 克 (1 磅)	放入微波爐專用盤或烤架內的倒轉茶碟上。加蓋然後放在轉盤上。中途翻轉關節。烹調時過濾油脂。
粥 - 注意: 使用大碗。				
1 份	½ 杯燕麥	高	2½-3 分鐘	加入 1 杯水或牛奶。烹調中途攪拌。
2 份	1 杯燕麥	高	4-5 分鐘	加入 2 杯水或牛奶。烹調中途攪拌。
米飯 - 放入大微波爐專用碗內。3 升 (6 品脫)				
印度香米	250 克	低	10½-11½ 分鐘	使用 600 毫升 (1 品脫) 到 800 毫升 (1½ 品脫) 滾水。加蓋然後放在轉盤上。
簡易烹調白米	250 克	高	10½-11½ 分鐘	

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烹調圖表

食物	重量 / 份量	火力	選擇時間 (大約)	說明 / 指引
未熟香腸 - 注意：熱油脂！小心取出餐盤。				
厚	240克 (4)	高	2½-3分鐘	放在微波爐專用碟上或微波爐烤架。加蓋然後放在轉盤上。
薄	110克 (4)	高	1½-2分鐘	
新鮮蔬菜 - 放入微波爐專用淺盤。				
青豆	450克	高	6-7分鐘	加入90毫升（6湯匙）水。加蓋然後放在轉盤上。
甜菜	450克	高	8½-10½分鐘	
椰菜花 + 西蘭花 - 小花	450克	高	7-8½分鐘	
小洋白菜	450克	高	7-8分鐘	
白菜 - 切片	450克	高	6-8分鐘	
紅蘿蔔, 韭菜	450克	高	6-7分鐘	
粟米棒	450克	高	6-8分鐘	
節瓜、荷蘭豆	450克	高	3½-4½分鐘	
豌豆	450克	高	3½-5½分鐘	
馬鈴薯 - 煮滾	450克	高	5½-6分鐘	
烤馬鈴薯 (每個225克/8盎司)	1	高	4½分鐘	清洗並刺皮。直接放在轉盤外邊上。烹調後，允許用錫紙包好並擱置5分鐘。
	2	高	7分鐘	
冷凍蔬菜 - 放入微波爐淺專用碗。				
豆類 - 青豆, 紅蘿蔔	450克	高	8½-10分鐘	加入30毫升（2湯匙）水。加蓋然後放在轉盤上。
西蘭花	450克	高	10½分鐘	
豌豆	450克	高	7-8分鐘	

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湯和小吃

材料

25克(1盎司)牛油
 1 小洋蔥, 剁碎
 600毫升(1品脫) 熱雞湯
 225克(8盎司) 蘑菇, 切片
 法國香草束
 15毫升(1湯匙) 生粉
 300毫升(½品脫) 牛奶
 鹽和胡椒粉
 60毫升(4湯匙) 稀奶油

材料

100克(4盎司) 快熟通心粉
 225克(8盎司) 節瓜, 切片
 100克(4盎司) 煙肉, 剁碎
 50克(2盎司) 牛油
 50克(2盎司) 麵粉
 600毫升(1品脫) 牛奶
 100克(4盎司) 芝士, 搓碎
 5毫升(1茶匙) 芥末
 鹽和胡椒粉

配料

30毫升(2湯匙) 巴馬芝士
 30毫升(2湯匙) 全麥麵包屑

材料

50克(2盎司) 綠扁豆
 10毫升(2茶匙) 生油, 1 小洋蔥(切片)
 3毫升(½茶匙) 搓碎薑根
 1 瓣大蒜, 搗碎
 3毫升(½茶匙) 薑黃
 3毫升(½茶匙) 辣椒粉
 5毫升(1茶匙) 咖哩粉
 150毫升(¼品脫) 天然乳酪
 50克(2盎司) 蘑菇, 切片
 2 蕃茄, 去皮並剁碎
 150毫升(¼品脫) 熱水
 25克(1盎司) 腰果
 225克(8盎司) 烹煮印度香米

裝飾料

已煮熟蛋切片和
 香菜葉

奶油蘑菇湯

4份

餐盤：大碗

1. 將牛油和剁碎洋蔥放入大碗。加蓋及以高火力烹調3分鐘或直至軟化。
2. 加入湯、蘑菇和法國香草束。加蓋及以高火力烹調11-13分鐘或直至蘑菇軟化。
3. 取出法國香草束並攪勻直至順滑。混合少許牛奶到麵粉，然後攪勻剩餘牛奶。加入蘑菇混合材料。
4. 加蓋及以高火力烹調4½-5½分鐘或直至濃厚。調味並用奶油在湯上打旋。

通心粉芝士配節瓜和煙肉

2份

餐盤：20厘米(8寸)蒸鍋

1. 加蓋並以高火力用450毫升(¾品脫)滾水烹調通心粉8分鐘，或直至軟化。過濾。
2. 將綠皮南瓜和煙肉放入碗內。加蓋及以高火力烹調3-4分鐘，或直至軟化。過濾。
3. 將牛油放入大瓶罐。以高火力烹調40-50秒鐘以高火力攪拌麵粉並烹調30-40秒鐘慢慢加入牛奶，攪勻並以高火力烹調4-4½分鐘或直至汁料濃厚和沸騰。經常攪拌。
4. 加入芥末和芝士。與通心粉、節瓜和煙肉攪勻。調味並倒入蒸鍋，撒上裝飾上並以高火力烹調3-4分鐘或直至芝士已熔解。

印度菜飯

2份

餐盤：大蒸鍋

1. 將扁豆浸入冷水1小時然後去水。
2. 將生油和洋蔥放入大碗。加蓋及以高火力烹調3-4分鐘，或直至軟化。
3. 加入生薑、大蒜、薑黃、辣椒和咖哩粉。加蓋及以高火力烹調2分鐘
4. 加入乳酸、蘑菇、蕃茄、水和扁豆。加蓋並以高火力烹調13-17分鐘，或直至扁豆嫩要烹調米飯：將350毫升滾水加入大碗中，用高火力烹調，加蓋13分鐘，中途攪拌。
5. 加入扁豆混合材料和腰果煮米飯然後充分攪勻。如有需要高火力翻熱以確保食物已滾熱。調味然後進食。

肉類和家禽

材料

3-4 瓣大蒜，搗碎
1 厘米 (1/4 寸) 件新鮮薑片，搓碎
50 克 (2 盎司) 杏仁碎粉
45 毫升 (3 湯匙) 水
3 整粒小豆蔻
2 瓣
2.5 厘米 (1 寸) 肉桂條
1 個切碎洋蔥
30 毫升 (2 湯匙) 生油
450 克 (1 磅) 有骨羊肉、切齊並切成方丁塊
5 毫升 (1 茶匙) 香菜粉
5 毫升 (1 茶匙) 小茴香粉
1.5 毫升 (1/4 茶匙) 印度咖喱粉
1.5 毫升 (1/4 茶匙) 卡宴胡椒粉
150 毫升 (1/4 品脫) 稀奶油
鹽和胡椒粉

材料

25 克 (1 盎司) 牛油
2 中等洋蔥，切片
2 根芹菜，切齊並剁碎
100 克 (4 盎司) 蘑菇，切片
4 件雞腿，去皮
300 毫升 (1/2 品脫) 熱雞湯
300 克 (11 盎司) 罐裝蕃茄
鹽和胡椒粉
30 毫升 (2 湯匙) 生粉

辣奶油和杏仁醬煮羊排

4 份

餐盤：大型蒸鍋盤

1. 將大蒜、薑、杏仁和水混合至濃厚漿糊。
2. 將小豆蔻、瓣、桂香、洋蔥和生油放入蒸鍋，以高火力烹調3分鐘。
3. 加入羊排並以高火力烹調4½分鐘或直至淺黃色。烹調中途攪拌。
4. 攪拌剩餘香草、杏仁混合料、奶油、鹽和胡椒粉。加蓋並以低火力烹調大約35-40分鐘或直至肉類嫩熟。烹調期間攪拌蒸鍋2-3次。
5. 去除小豆蔻、瓣和桂香才加入飯或其他蔬菜進食。

蒸鍋雞

4 份

餐盤：3 升 (6 品脫) 蒸鍋

1. 將蔬菜和牛油放入盆中。以高火力烹調4-6分鐘直至鬆軟。
 2. 將雞肉放在蔬菜上，放入湯和蕃茄並加入鹽和胡椒粉調味。
 3. 加蓋並以高火力烹調4½分鐘然後以低火力烹調30-35分鐘或直至充分煮熟。
 4. 用少許水攪勻麵粉。從蒸鍋取出雞肉，去除多餘脂肪並攪拌麵粉漿糊。以高火力烹調2分鐘以雞肉配汁進食。
- 注意 如用切粒去骨雞胸取代，則使用低火力將烹調時間減到10-14分鐘或直至完全煮熟。烹調中途攪拌。

材料

225克(8盎司) 豬柳，切粒

甜酸醬：

15毫升(1湯匙) 食油

1 小個胡蘿蔔切成柴支

1 蔥，切幼絲

細青椒，切成條狀

225克(8盎司) 罐裝菠蘿件，

去水(保留果汁)

10毫升(2茶匙) 金黃砂糖

5毫升(1茶匙) 生粉

少許蒜鹽

5毫升(1茶匙) 蘋果醋

10毫升(2茶匙) 醬油

5毫升(1茶匙) 茄汁

材料

1 小洋蔥，切粒

1 瓣大蒜，搗碎

5毫升(1茶匙) 生油

200克(7盎司) 罐裝剝碎蕃茄

15毫升(1湯匙) 蕃茄醬

5毫升(1茶匙) 混合香草

225克(8盎司) 免治牛肉

鹽和胡椒粉

材料

50克(2盎司) 奶油椰子

45毫升(3湯匙) 脆口花生醬

45毫升(3湯匙) 檸檬汁

30毫升(2湯匙) 醬油

大量少許辣椒粉

150毫升(¼品脫) 水

2 雞胸肉，去皮

15毫升(1湯匙) 植物油

1 瓣大蒜，搗碎

3毫升(½茶匙) 薑黃粉

3毫升(½茶匙) 五香粉

3毫升(½茶匙) 香菜種子

3毫升(½茶匙) 小茴香種子

甜酸咕嚕肉

2份

餐盤：小蒸鍋

1. 將豬肉放入盤，加蓋並以低火力烹調7-9分鐘或直至汁已清澈。
2. 將生油、紅蘿蔔、洋蔥和青椒放入碗內。加蓋及以高火力烹調2-3分鐘或直至蔬菜嫩熟。
3. 混合一半保留果汁和剩餘材料，菠蘿除外。加蓋及以高火力烹調2-3分鐘或直至清澈和濃厚。烹調中途攪拌。
4. 將汁料加入蔬菜。放入菠蘿並攪動。攪勻。
5. 以高火力烹調1分鐘直至充分加熱。用匙攪勻烹調豬肉。用高火力翻熱1-2分鐘或直至滾熱。

美味碎肉

2份

餐盤：1.5升(3品脫) 蒸鍋

1. 將洋蔥放入蒸鍋，加蓋並以高火力烹調2-3分鐘或直至軟化。
2. 將所有其他材料放入蒸鍋中。均勻攪拌。
3. 加蓋及以高火力烹調4½分鐘然後轉低火力15-20分鐘或直至完成烹調肉類。

雞肉沙嗲

2份

餐盤：4木質烤肉串+淺盤

1. 食用調味汁：弄碎25克(1盎司) 奶油椰子然後倒入大瓶內。加入花生醬，15毫升(1湯匙) 檸檬汁、15毫升(1湯匙) 鼓油、辣椒粉和150毫升(¼品脫) 水。以高火力烹調3-4分鐘或直至汁料煮滾和濃厚，不時攪拌。轉為進食碗。
2. 將雞肉切成塊並放入碗內。將剩餘奶油椰子、檸檬汁和鼓油放入攪拌器或食物處理機內。加入剩餘材料並攪拌直至順滑。
3. 倒在雞肉上。加蓋，加鹽然後放入雪櫃2-3小時或過夜。
4. 將雞肉串在木質烤肉串上。放入淺盤，用剩餘的鹽覆蓋並加蓋以高火力烹調5½-7分鐘或直至煮熟，不時翻轉和試味。趁熱配調味汁享用。

魚類

重新放置

薄魚柳(歐鯉)應在烹調前卷起，以避免側邊和尾部外過度烹調。魚排應以圈形重新放置，較厚部分向外。用保鮮紙包裹加蓋。

液體

新鮮魚類應永遠撒上30毫升(2湯匙)水，檸檬汁或白酒。烹調時冷凍魚，如上加入液體，以達到均勻烹調。烹調前請勿在魚上撒鹽，因為會令魚變乾。

噪音

烹調期間可能會聽到爆谷聲。這是因為濕氣困在魚肉內，特別的油膩魚例如三文魚和鯖魚。烹調魚類時可減少噪音，魚肉是以雞尾酒棒多次刺穿。

材料

25克(1盎司)牛油
1瓣大蒜，搗碎
1小洋蔥，充分切碎
15毫升(1湯匙)麵粉
15毫升(1湯匙)咖哩粉
磨碎的外皮和 $\frac{1}{2}$ 個檸檬
300毫升($\frac{1}{2}$ 品脫)熱魚湯
25克(1盎司)提子乾
10毫升(2茶匙)蕃茄醬
30毫升(2湯匙)甜辣醬
450克(1磅)鱈魚、去皮並剁碎
鹽和胡椒粉
75克(3盎司)奶油椰子

材料

450克(1磅)燻鱈魚
30毫升(2湯匙)檸檬汁
15毫升(1湯匙)食油
1個大洋葱，切片
600克(1磅 5盎司)煮熟烤馬鈴薯，切片，參考第22+28頁
40克($\frac{1}{2}$ 盎司)牛油
40克($\frac{1}{2}$ 盎司)麵粉
3毫升($\frac{1}{2}$ 茶匙)芥末
600毫升(1品脫)牛奶
鹽和胡椒粉
100克(4盎司)紅萊斯特芝士
75克(3盎司)全麥麵包屑

咖哩魚

2份

餐盤：蒸鍋盤(1.5升(3品脫))

1. 以高火力將牛油放入蒸鍋熔解30-40秒鐘或直至完全熔解。
2. 攪拌大蒜和洋葱並加蓋以高火力烹調3分鐘。
3. 攪拌麵粉、咖哩粉、檸檬果皮和汁及魚湯。加蓋及以高火力烹調3分鐘，烹調時間內中途攪拌。
4. 攪拌剩下的材料，除椰子外，加蓋並以火力4-5分鐘烹調或直至魚片剝落，偶爾攪勻。
5. 用叉分開椰子，然後與咖哩攪拌。

魚批

4份

餐盤：大蒸鍋

1. 將魚重新放入淺碟中。加入檸檬汁，加蓋並以高火力烹調3-4分鐘或直至容易剝落。
2. 將洋葱和生油放入碗中。加蓋及以高火力烹調3分鐘或直至洋葱軟化。
3. 以高火力熔解牛油30-40秒鐘將麵粉和芥末攪拌並烹調多20秒鐘加入牛奶和調味，慢慢攪勻至順滑漿糊。以高火力烹調5-6分鐘或直至汁料濃厚和沸騰。烹調時攪拌兩次。將75克(3盎司)搓碎芝士加入汁料並攪拌均勻。
4. 去鱗並重新放置食用盤上。加入洋葱然後將切片馬鈴薯放上面。
5. 將芝士汁料倒入。撒上麵包屑和剩餘芝士。
6. 以低火力烹調10-15分鐘或直至混合材料已完全翻熱。

蔬菜

材料

40克 (1½ 盎司) 乾菌菇
 50克 (2 盎司) 牛油
 1 瓣大蒜，充分剁碎
 1 小洋蔥，充分剁碎
 新鮮黑胡椒粉
 250克 (8 盎司) 意大利米
 300毫升 (½ 品脫) 熱菜湯
 12 羅勒葉，撕開

材料

1 中等茄子，切粒
 鹽，5毫升 (1 湯匙) 生油
 1 瓣大蒜，剁碎
 少許卡宴胡椒粉
 5毫升 (1 茶匙) 香菜粉
 3毫升 (½ 茶匙) 小茴香粉
 3毫升 (½ 茶匙) 薑黃
 2.5厘米 (1 寸) 薑根，去皮並切片
 ½ 小西蘭花，分成小花
 1 中等馬鈴薯，切粒
 50克 (2 盎司) 綠豆，切片
 ½ 新鮮辣椒，去籽和切片
 150毫升 (¼ 品脫) 蔬菜湯
 200克 (7 盎司) 罐裝剁碎蕃茄
 50克 (2 盎司) 腰果

材料

1 西蘭花，切齊並切成小花
 90毫升 (6 湯匙) 水
 25克 (1 盎司) 牛油
 25克 (1 盎司) 麵粉
 3毫升 (½ 茶匙) 法國芥末
 300毫升 (½ 品脫) 牛奶
 調味
 配料：
 75克 (3 盎司) 搓碎紅芝士
 15毫升 (1 湯匙) 麵包屑

野生蘑菇香料燴飯

4份

餐盤：3升 (6 品脫) 蒸鍋

1. 將蘑菇浸入300毫升 (½ 品脫) 暖水中。
2. 將牛油、大蒜和洋蔥放入大碗中，用保鮮袋包裹並以高火力烹調3-4分鐘或直至軟化。以新鮮黑胡椒粉調味。
3. 將米飯與奶油混合材料攪勻並加入蘑菇熱湯和浸泡液體。加蓋並以高火力烹調多4½分鐘。
4. 將蘑菇與米飯混合材料攪勻。加蓋並以高火力烹調多4½分鐘。
5. 攪拌並加入香料。繼續以高火力烹調最後4½分鐘擱置大約10分鐘然後用叉攪拌。

咖哩蔬菜

2份

餐盤：3升 (6 品脫) 蒸鍋

1. 自由地在濾鍋內撒上茄子和鹽。擱置30分鐘流走苦汁。用凍水洗淨並去水。
 2. 將生油、大蒜和香料加入蒸鍋中，加蓋並以高火力烹調2分鐘。
 3. 將所有其他材料加入蒸鍋中，腰果除外。加蓋並以高火力烹調4½分鐘，然後以低火力烹調25-30分鐘或直至蔬菜軟化。偶爾攪拌。
 4. 撒上腰果並與米飯一起食用。
- 注意 此食譜最美味是預先烹調，冷卻然後翻熱讓味道散發。

芝士西蘭花

2份

餐盤：大碗+淺蒸鍋

1. 將西蘭花倒轉放入碗中。加水。以高火力烹調7分鐘直至嫩熟。過濾。
2. 以高火力溶解牛油30-40秒鐘攪拌麵粉和芥末。再烹調20-30秒鐘慢慢加入牛奶。攪拌均勻然後調味。以高火力烹調2-3分鐘或直至汁料濃厚和沸騰。烹調期間攪拌一次。
3. 將50克 (2 盎司) 搓碎芝士攪拌。將汁料撒在西蘭花上。放上餘剩下芝士和麵包屑。
4. 以高火力烹調1-2分鐘或直至芝士溶解。

材料

150克(5盎司) 自發麵粉
少許鹽
50克(2盎司) 細砂糖
50克(2盎司) 板油
1 隻雞蛋
150毫升(¼品脫) 牛奶
30毫升(2湯匙) 果醬或金黃糖漿
可選：
加入 1湯匙 提子乾弄乾材料

材料

15毫升(1湯匙) 金黃糖漿
2 菠蘿片，瀝乾水
2 甜櫻桃
50克(2盎司) 人造牛油
50克(2盎司) 細砂糖
1 隻雞蛋
50克(2盎司) 自發麵粉
15毫升(1湯匙) 牛奶

材料

75克(3盎司) 自發麵粉
3毫升(½茶匙) 發酵粉
3毫升(½茶匙) 混合香料
25克(1盎司) 牛油
1 隻雞蛋
30毫升(2湯匙) 糖漿
60毫升(4湯匙) 烈性黑啤酒
15毫升(1湯匙) 酒或白蘭地
200克(7盎司) 免治豬肉
25克(1盎司) 蘋果，搓碎
75克(3盎司) 葡萄乾
25克(1盎司) 剝碎果仁

蒸鬆糕布丁

4份

餐盤：1升(2品脫) 布丁盤

1. 在攪拌碗中，篩勻麵粉和鹽。將糖和板油攪勻。
2. 在中央位置製造小井然後加入雞蛋和牛奶攪拌。混合至一致軟化。
3. 將果醬放進油污的布丁盤底並將布丁混合料倒入。以高火力烹調6-7分鐘或直至結實。

菠蘿布丁

2份

餐盤：2小乾酪糕餅碟，盤底已墊

1. 將½湯匙金黃糖漿放入盤底的每小乾酪糕餅碟，重新在盤底放置菠蘿切片和車厘子在糖漿上。
2. 混合人造牛油和糖直至稀釋和蓬鬆。慢慢打散雞蛋。放入麵粉並攪拌至與牛奶一樣柔軟。
3. 用匙將混合材料塗在菠蘿上並以高火力烹調3-4分鐘或直至烹調完成。讓它冷卻少許才倒放在食用碟上。

聖誕布丁

4份

餐盤：4深層乾酪糕餅碟，盤底已墊

1. 將所有材料放入大攪拌碗並攪拌直至充分攪勻。
2. 平均分隔乾酪糕餅之間混合料。
3. 向轉盤外邊擺放並以高火力烹調4-5分鐘或直至煮熟。

材料

200克 (7 盎司) 新鮮海棗，去核和充分剝碎
175克 (6 盎司) 自發麵粉
5毫升 (1 茶匙) 發酵粉
5毫升 (1 茶匙) 香草精華
15 毫升 (1 湯匙) 濃情咖啡精華
100 毫升 (3½ 液體盎司) 牛奶
75克 (3 盎司) 牛油
150克 (5 盎司) 細砂糖
2 雞蛋輕輕攪勻

奶油醬

45克 (1¼ 盎司) 牛油
120 毫升 (8 湯匙) 金黃砂糖
200 毫升 (7 液體盎司) 奶油
15 毫升 (1 湯匙) 香草精華

材料

75克 (3 盎司) 牛油或人造牛油
30 毫升 (2 湯匙) 金黃糖漿
75克 (3 盎司) 黃砂糖
150克 (5 盎司) 燕麥粥
50克 (2 盎司) 葡萄乾

材料

100克 (4 盎司) 純巧克力
100克 (4 盎司) 牛油
100克 (4 盎司) 金黃砂糖 (軟深色)
100克 (4 盎司) 自發麵粉
10 毫升 (2 茶匙) 可可粉
少許鹽
2 雞蛋，攪勻
3 毫升 (½ 茶匙) 香草精華
100克 (4 盎司) 核桃，剝碎

椰棗布丁伴奶油醬

6份

餐盤：3 品脫布丁盆

1. 將 175 毫升 (6 液體盎司) 滾水倒入剝碎海棗中並擱置冷卻。
2. 將麵粉和發酵粉篩勻。將香草和咖啡精華加入牛奶。
3. 混合入牛油和糖直至稀釋和蓬鬆。每次少許加入雞蛋。
4. 放入麵粉和調味奶，然後倒入海棗混合物。
5. 放入布丁盆。以高火力烹調 7-8 分鐘然後擱置 10 分鐘。

汁料

1. 將牛油放入大瓶罐然後以高火力烹調 50 秒鐘至 1 分鐘，或直至沸騰。
2. 加入糖然後攪拌直至溶解，以高火力每次烹調 1 分鐘。繼續以高火力烹調直至液體發泡和沸騰 30 秒鐘。
3. 慢慢倒入奶油並以高火力煮滾 2-3 分鐘。加入精華。攪拌，繼續以高火力煮滾 30 秒鐘直至開始濃厚。

易嚼煎餅

餐盤：20 厘米 (8 寸) 圓碟

1. 將牛油、糖漿和糖放入碗中並以高火力烹調 1-2 分鐘或直至熔解。
2. 攪拌燕麥和葡萄乾。按入餐盤中。以高火力烹調 2-3 分鐘或直至中央沸騰。允許少許冷卻然後切成 8 塊。

波士頓巧克力

餐盤：20 厘米 (8 寸) 盤放入防油墊

1. 將巧克力和牛油放入碗中並以高火力烹調 1-2 分鐘或直至巧克力已熔解。
2. 攪拌所有其他材料然後攪勻。
3. 倒入餐碗並以低火力烹調 8-10 分鐘或直至少許粘的。允許冷卻然後切開。

汁料

材料

30 毫升 (2 湯匙) 蛋粉
15 毫升 (1 湯匙) 食糖
600 毫升 (1 品脫) 凍牛奶

材料

30 克 (1 盎司) 牛油
30 克 (1 盎司) 麵粉
600 毫升 (1 品脫) 牛奶

材料

450 克 (1 磅) 無核水果，洗淨
450 克 (1 磅) 細砂糖
30 毫升 (2 湯匙) 檸檬汁
5 毫升 (1 茶匙) 牛油

奶黃

餐盤：1 升 (2 品脫) 壺

1. 攪勻蛋粉、糖和少許牛奶，直至順滑漿糊。
2. 混合剩下的牛奶，均勻攪拌。
3. 以高火力烹調 4-5 分鐘。烹調時間中途攪勻，完成後再攪拌。

白汁

餐盤：1 升 (2 品脫) 壺

1. 以高火力 20-40 秒鐘溶解瓶罐內的牛油。
2. 將麵粉攪拌至湯汁。
3. 慢慢加入牛奶，不斷攪拌直至攪勻。
4. 以高火力烹調 3 分鐘。攪拌和烹調多 4 分鐘。攪拌和烹調多 2 分鐘。汁料應順滑和光滑並塗在湯匙背上。

果醬

軟果醬

可製造大約 1½ 磅果醬

餐盤：大碗

1. 將所有材料放入大碗中並攪拌。以高火力烹調 5 分鐘。(如使用冷凍生果，10-15 分鐘)，不時攪拌。繼續以 1 分鐘間隔烹調直至糖已溶解。
2. 清洗任何碗邊糖精。
3. 煮沸混合材料並繼續烹調直至設定點已達 - 大約 15-25 分鐘。定期測試設定點。

注意 請勿重複此混合料份量否則會滾出。

要求修理服務之前

下列情況均屬正常

微波爐干擾電視接收。	使用微波爐時，收音機及電視機可能會受到干擾。此等干擾類似一些小型電器，如攪拌機、吸塵機、電吹風等所引起之干擾。這并非表示微波爐發生故障。
微波爐燈光暗弱。	烹調時若不以微波高火而用以較低的火力烹調，微波爐的燈光會變得暗弱及有聲響產生。
蒸氣積聚於爐門及有熱風從排氣口排出。	烹調時，食物會有蒸氣散發，而大部分會從排氣口排出，但蒸氣會於較涼的地方如爐門上少量凝聚，這是正常現象。
未有擺放食物而不慎啟動微波爐。	空著爐短時間啟動，對於微波爐是不會即時造成損害。但用戶應盡量避免。

問題	起因	解決方法
微波爐無法啟動。	沒有緊接電源。 保險絲燒掉或電路斷路器生作用。 插座有問題。	拔除插頭，待10秒鐘後再重新插上電源。 重新裝置保險絲或重新調校電發路斷路器。 用其他電器測試插座是否有問題。
微波爐不能加熱烹調。	爐門未關妥。 未按「開始」鍵。 輸入了其他程序。 烹調程序輸入錯誤。 不慎按下「停止/重設」鍵。	小心關好爐門。 按「開始」鍵。 按「停止/重設」鍵清除已輸入的資料，然後重新輸入烹調程序。 參考說明書，正確輸入烹調程序。 重新輸入烹調程序。
開動微波爐，玻璃轉盤處發出聲響。	轉環及爐底骯髒。	請參考“微波爐的保養”(見下頁)，清理骯髒部份。
“Child”字樣於顯示窗出現。	「開始」鍵已按了三次。	按「停止/重設」鍵三次即可取消。
「H00」於顯示窗出現。	顯示出現微波產生系統的問題。	聯絡指定服務中心。

若微波爐出現故障，請立即聯絡代理商的維修部門。

微波爐的保養

注意事項：微波爐應定期清潔並清除任何食物堆積。要保持微波爐處於清潔狀態，否則可導致表面退化而嚴重影響電器的壽命，並有可能引生危險。

清潔前：

從微波爐插座拔出。如無法拔掉，保持爐門打開以防止不小心開啟。

清潔後：

請確保更換轉環和玻璃轉盤到正確位置並按停止 / 重設鍵以清除顯示窗。

微波爐內：

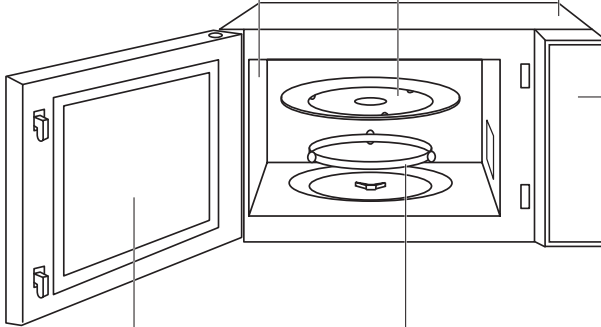
用濕布擦拭。可使用溫和的清潔劑清潔微波爐骯髒部位。不建議使用粗粒狀洗潔劑或腐蝕劑。

玻璃轉盤：

清除並用暖肥皂水清潔或洗碗機。如油脂積聚，使用非腐蝕性尼龍網百潔墊和非腐蝕性清潔劑清潔。

微波爐表面外部和風口背。

用濕布清潔。要防止微波爐內的操作零件損壞，請勿讓水滲入通風口。



控制面板：

- 可能蓋上可移除保護膜以防止刮花。細氣泡可能出現在此保鮮紙下。如遇上此情況，請拆除膠卷。
(提示 - 使用遮貼或透明膠貼在露出角位然後輕輕撕掉。)
- 如弄濕，用柔軟乾布清潔。請勿使用粗粒狀洗潔劑或腐蝕劑清洗控制面板。

微波爐門：

當蒸氣積聚爐門內外時用軟布擦拭。當微波爐是在高濕度狀況下操作，可能會無法顯示機件有故障或微波洩漏。

轉環和爐腔層：

使用溫和清潔劑或窗戶清潔劑擦拭爐底並弄乾。可使用輕柔肥皂水或洗碗機清洗轉環。這些部位應保持清潔以避免過量噪音。

規格

電源供應：	220 V, 50 Hz
電源耗量：	5.8 A 1,250 W
輸出*：	800 W
外部尺寸(寬 x 高 x 深)：	443 mm (寬) x 258 mm (高) x 340 mm (深)
微波爐腔尺寸(寬 x 高 x 深)：	306 mm (寬) x 215 mm (高) x 308 mm (深)
整體爐腔重量：	20 L
玻璃轉盤直徑：	Ø255 mm
操作頻率：	2,450 MHz
淨重：	大約11.0 kg

* IEC 測試程序。

規格如有任何更改恕不會另行通知。

Panasonic Corporation
Web Site: <http://panasonic.com.net>