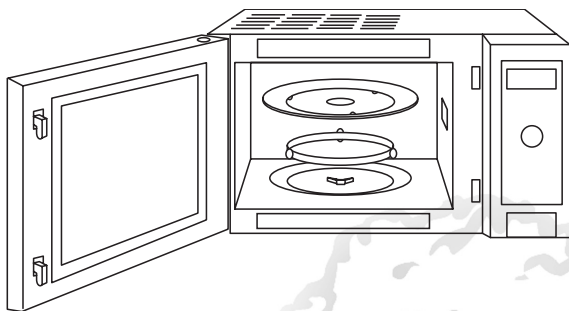


Panasonic®

Operating Instructions Griller Microwave Oven

Model: NN-GD568S

INVERTER
1100 W



READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THE OVEN.
Inverser le manuel pour lire les instructions en français.

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Microwave Oven Safety

Your safety and the safety of others are very important.

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



This is the safety alert symbol. It is used to alert you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER", "WARNING" or "CAUTION". These words mean:



DANGER

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



WARNING

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



CAUTION

CAUTION indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury.

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



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) door (bent),
 - (2) hinges and latches (broken or loosened),
 - (3) door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Thank you for purchasing a Panasonic Microwave Oven.

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



IMPORTANT SAFETY INSTRUCTIONS

! WARNING

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

1. Read all instructions before using this appliance.
2. Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY,” found on page 1.
3. This appliance must be grounded. Connect only to a properly grounded outlet. See “GROUNDING INSTRUCTIONS” found on page 6.
4. As with any cooking appliance, **DO NOT** leave oven unattended while in use.
5. Install or locate this appliance only in accordance with the installation instructions found on page 5, 6.
6. **DO NOT** cover or block any openings on this appliance.
7. **DO NOT** store this appliance outdoors. **DO NOT** use this product near water — for example, near a kitchen sink, in a wet basement, or near a swimming pool or similar locations.
8. Use this appliance only for its intended use as described in this manual. **DO NOT** use corrosive chemicals, vapors or non-food products in this appliance. This type of oven is specifically designed to heat, or cook food. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance and may result in radiation leaks.
9. When cleaning surfaces of the door and oven that come together upon closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
10. **DO NOT** allow children to use this appliance, unless closely supervised by an adult. **DO NOT** assume that because a child has mastered one cooking skill he/she can cook everything.
11. **DO NOT** operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
12. **DO NOT** immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. **DO NOT** let cord hang over edge of a table or counter.
15. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service center for examination, repair or adjustment.



IMPORTANT SAFETY INSTRUCTIONS

(continued)

16. Some products such as whole eggs with or without shell, narrow neck bottles and sealed containers — for example, closed glass jars — may explode and should not be heated in this oven.
17. To reduce the risk of fire in the oven cavity:
 - (a) **DO NOT** overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - (c) **If material inside the oven ignites, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.**
 - (d) **DO NOT** use the cavity for storage purposes. **DO NOT leave paper products, cooking utensils or food in the cavity when not in use.**
18. **Superheated Liquids**
Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without showing evidence (or signs) of boiling. Visible bubbling is not always present when the container is removed from the microwave oven. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.
To reduce the risk of injury to persons:
 - (a) **STIR THE LIQUID BOTH BEFORE AND HALFWAY THROUGH HEATING IT.**
 - (b) **DO NOT heat water and oil, or fats together. The film of oil will trap steam, and may cause a violent eruption.**
 - (c) **DO NOT** use straight-sided containers with narrow necks.
 - (d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
19. **DO NOT** cook directly on the turntable. It can crack, cause injury or damage to the oven.
20. Oversized foods or oversized metal utensils should not be used in a microwave/griller oven as they may create a fire or risk of electric shock.
21. **DO NOT** clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
22. **DO NOT** use paper products when appliance is operated in the grill mode.
23. **DO NOT** store any materials, other than manufacturer's recommended accessories in this oven when not in use.
24. **DO NOT** cover racks or any other part of the oven with metal foil. This will cause overheating of the oven.

SAVE THESE INSTRUCTIONS

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

! IMPORTANT SAFETY INSTRUCTIONS
(continued)

! WARNING

TO AVOID THE RISK OF SHOCK:

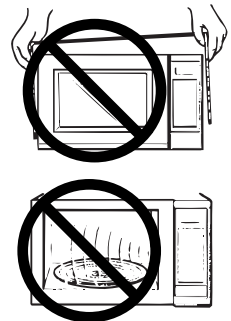
DO NOT remove outer panel from oven. Repairs must be done only by a qualified service person.

TO REDUCE THE RISK OF EXPOSURE TO MICROWAVE ENERGY:

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

TO AVOID THE RISK OF FIRE:

1. **DO NOT** operate the oven empty. The microwave energy will reflect continuously throughout the oven causing overheating and damage, if food or water is not present to absorb energy.
2. **DO NOT** store flammable materials next to, on top of, or in the oven.
3. **DO NOT** dry clothes, newspapers or other materials in the oven, or use newspaper or paper bags for cooking.
4. **DO NOT** hit or strike Control Panel. Damage to controls may occur.
5. **DO NOT** use recycled paper products unless the paper product is labeled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparking.



TO AVOID THE RISK OF SCALDING:

POT HOLDERS should always be used when removing items from the oven. Heat is transferred from the **HOT** food to the cooking container and from the container to the Glass Tray. The Glass Tray can also be very **HOT** after removing the cooking container from the oven.

The wire rack is designed for use only in the browning mode and will be hot after use. Care in handling must be exercised.

Glass Tray

1. **DO NOT** operate the oven without the Roller Ring and the Glass Tray in place.
2. **DO NOT** operate the oven without the Glass Tray fully engaged on the drive hub. Improper cooking or damage to the oven could result. Verify that the Glass Tray is properly engaged and rotating by observing its rotation when you press Start. **Note:** The Glass Tray can turn in either direction.
3. Use only the Glass Tray specifically designed for this oven. **DO NOT** substitute any other glass tray.
4. If the Glass Tray is hot, allow to cool before cleaning or placing in water.
5. **DO NOT** cook directly on the Glass Tray. Always place food in a microwave safe dish, on a rack set in a microwave safe dish, or in the metal dish provided with this oven.
6. If food or utensils on the Glass Tray touch oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction.



IMPORTANT SAFETY INSTRUCTIONS

(continued)

Roller Ring

1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. Always replace the Roller Ring and the Glass Tray in their proper positions.
3. The Roller Ring must always be used for cooking along with the Glass Tray.



INSTALLATION AND GROUNDING INSTRUCTIONS

Examine Your Oven

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

Placement of Oven

1. The oven must be placed on a flat, stable surface. Place the front surface of the door 7.6 cm (3 inches) or more from the counter top edge to avoid accidental tipping of the microwave oven during normal use. For proper operation, the oven must have sufficient air flow. Allow 7.6 cm (3 inches) of space on both sides of the oven and 5 cm (2 inches) of space on top of the oven.
 - (a) **DO NOT** block air vents. If they are blocked during operation, the oven may overheat and damaged.
 - (b) **DO NOT** place oven near a hot, damp surface such as a gas or electric range, or dishwasher.
 - (c) **DO NOT** operate oven when room humidity is excessive.
2. This oven is manufactured for counter top household use only, installed 916 mm (36 inches) or higher above floor level. It is not intended for built-in operation and is not approved or tested for commercial or marine use.

Installation

DO NOT block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.

INSTALLATION AND GROUNDING INSTRUCTIONS (continued)

WARNING —IMPROPER USE OF THE GROUNDING PLUG

CAN RESULT IN A RISK OF ELECTRIC SHOCK.

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

Grounding Instructions

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

- **Plug into properly installed and grounded 3-prong outlet.**
- **DO NOT remove ground prong.**
- **DO NOT use an adapter.**

Power Supply

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



Wiring Requirements

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

TV / Radio Interference

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - (a) Place the radio, TV, etc. away from the microwave oven as far as possible.
 - (b) Use a properly installed antenna to obtain stronger signal reception.
 - (c) Clean door and sealing surfaces of the oven. (See Care and Cleaning of Your Microwave Oven)



SAFETY PRECAUTIONS

Follow These Safety Precautions When Cooking in Your Oven.

IMPORTANT

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

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

- **DO NOT** use your oven for home canning. Your oven cannot maintain the food at the proper canning temperature. The food may be contaminated and then spoil.
- **DO NOT** use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to keep the oven at the high temperature needed for sterilization.
- **DO NOT** dry meats, herbs, fruits or vegetables in your oven. Small quantities of food or foods with low moisture content can dry out, scorch or catch on fire if overheated.

2) POPCORN

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

CAUTION: When using pre-packaged microwave popcorn, you can follow recommended package instructions or use the popcorn button (refer to page 16). Otherwise, the popcorn may not pop adequately or may ignite and cause a fire. Never leave oven unattended when popping popcorn. Allow the popcorn bag to cool before opening, always open the bag away from your face and body to prevent steam burns.

3) DEEP FAT FRYING

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

4) FOODS WITH NONPOROUS SKINS

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

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

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

CAUTION: Cooking dry or old potatoes can cause fire.



SAFETY PRECAUTIONS

(continued)

5) GLASS TRAY / COOKING CONTAINERS / FOIL

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

6) PAPER TOWELS / CLOTHS

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

7) OVEN COOKING BAGS

- If an oven cooking bag is used for microwave cooking, prepare according to package directions. **DO NOT** use a wire twist-tie to close bag, instead use plastic ties, cotton string or a strip cut from the open end of the bag.

8) THERMOMETERS

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

9) BABY FORMULA / BABY FOOD

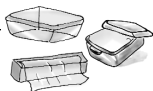
- **DO NOT** heat baby formula or baby food in the microwave oven. The glass jar or surface of the food may appear warm while the interior can be so hot as to burn the infant's mouth and esophagus.

10) REHEATING PASTRY PRODUCTS

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

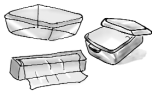
11) GENERAL OVEN USAGE GUIDELINES

- **DO NOT** use the oven for any purpose other than the preparation of food.



Cookware Guide

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



Cookware Guide (continued)

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

CONTAINER TEST

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a microwave safe cup with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at P10 (HIGH)**. If the container is microwave oven safe (transparent to microwave energy), the empty container should remain comfortably cool and the water should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.



Care and Cleaning of Your Microwave Oven

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

BEFORE CLEANING:

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

AFTER CLEANING:

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

Warning/Menu Label:

Do not remove, wipe with a damp cloth.

Glass Tray:

Remove and wash in warm soapy water or in a dishwasher.

Outside oven surfaces:

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

Inside of the oven:

Wipe with a damp cloth after using, mild detergent may be used if needed. The use of harsh detergents or abrasives.

Control Panel:

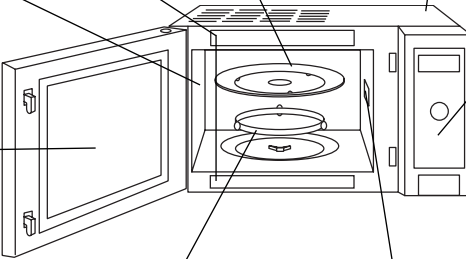
* Covered with a removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. *(Hint - To remove film, apply masking or clear tape to an exposed corner and pull gently.)*

* If the Control Panel becomes wet, clean it with a soft dry cloth. Do not use harsh detergents or abrasives.

Oven Door:

Wipe with a soft, dry cloth when steam accumulates inside or around the outside of the oven door. During cooking, especially under high humidity conditions, steam is given off from the food. (Some steam will condense on cooler surfaces, such as the oven door. This is normal.)

Inside surface is covered with a heat and vapor barrier film. **Do not remove.**



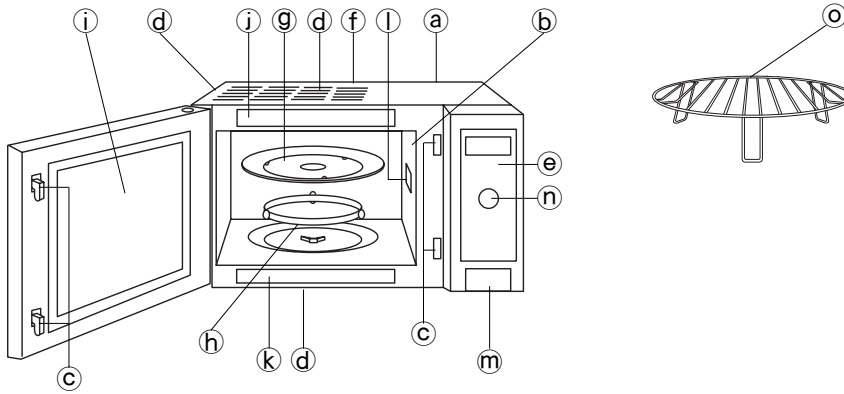
Roller Ring and oven cavity floor:

Clean 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.

Do not remove waveguide cover: It is important to keep cover clean in the same manner as the inside of the oven.

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

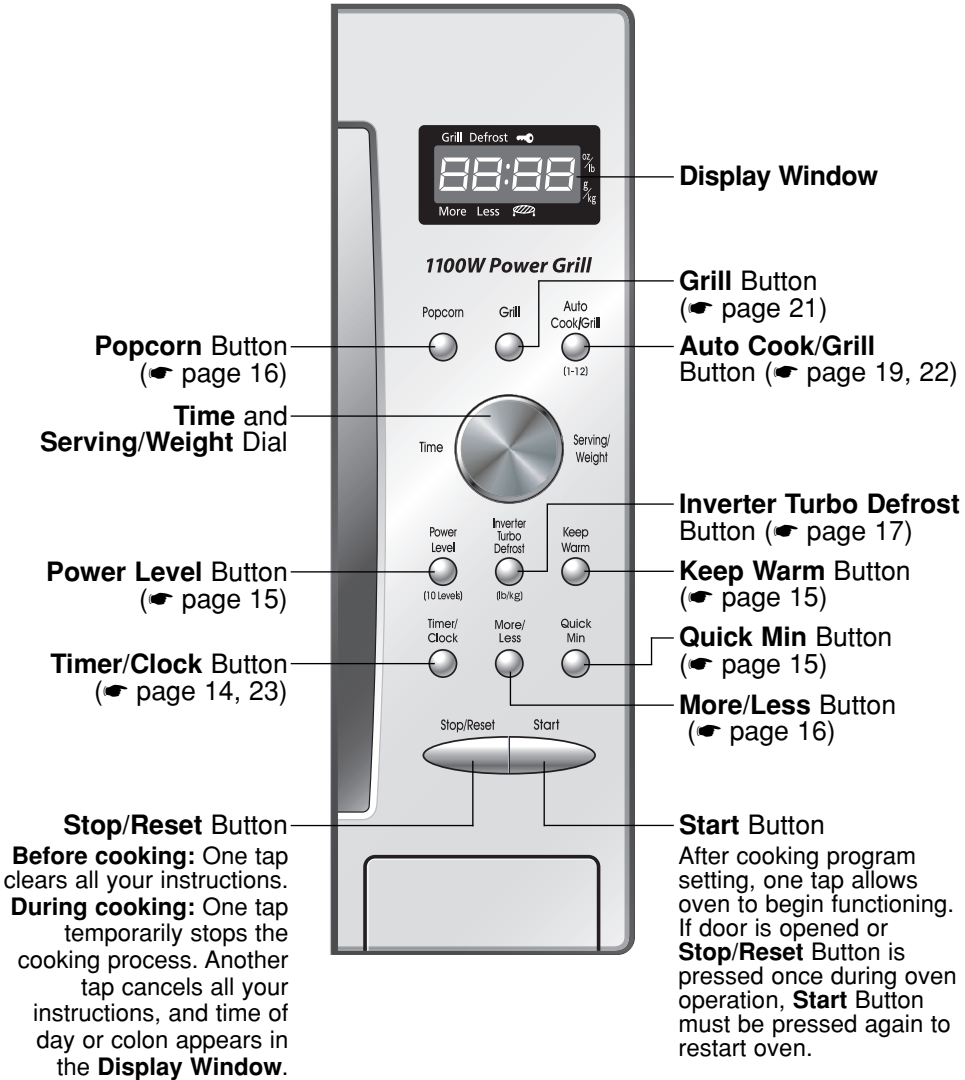
Oven Components Diagram



- Ⓐ External Air Vent
- Ⓑ Internal Air Vent
- Ⓒ Door Safety Lock System
- Ⓓ Exhaust Air Vent
- Ⓔ Control Panel
- Ⓕ Identification Plate
- Ⓖ Glass Tray
- Ⓗ Roller Ring

- Ⓘ Heat/Vapor Barrier Film
(do not remove)
- ⓵ Warning Label
- Ⓚ Menu Label (do not remove)
- Ⓛ Waveguide Cover (do not remove)
- Ⓜ Door Release Button
- Ⓝ Time and Serving/Weight Dial
- Ⓞ Wire Rack

Control Panel






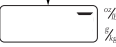
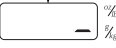

Beep Sound:

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

Note:




If there is no operation for 6 minutes after setting cooking program, the oven will automatically cancel the cooking program. The display will return to clock or colon display.

Starting to Use Your Oven

<p>1. </p> <p>↓</p> <p>Display Window</p> 	<ul style="list-style-type: none"> • Plug into a properly grounded electrical outlet. • The oven automatically defaults to the imperial measure system (oz/lb).
<p>2.</p> <p>If you wish to use metric system (g/kg):</p> <p>Start</p>  <p>↓</p>  <p>↓</p> 	<ul style="list-style-type: none"> • Press Start to convert to metric. Verify your selection in the display window.
<p>3. Stop/Reset</p> 	<ul style="list-style-type: none"> • Press Stop/Reset. ▶ Colon appears in the display window.

Child Safety Lock




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

<p>To Set:</p>  <p>↓</p> 	<ul style="list-style-type: none"> • Press Start 3 times. The indication light appears in the display window. ▶ The indication light continues to be displayed until Child Lock is cancelled. Any button may be pressed but the microwave will not start.
<p>To Cancel:</p> 	<ul style="list-style-type: none"> • Press Stop/Reset 3 times. ▶ The display will return to colon or time of day when Child Lock has been cancelled.

NOTE:
You can set the Child Lock feature when the display shows a colon or time of day.

Setting the Clock

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



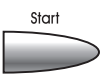
<p>1. Timer/Clock</p> 	<ul style="list-style-type: none"> • Press Timer/Clock twice. ▶ Colon flashes.
<p>2. Time Dial</p>  <p>Rotate</p>	<ul style="list-style-type: none"> • Set time of day using Time Dial. ▶ Time appears in the display window; colon continues flashing.
<p>3. Timer/Clock</p> 	<ul style="list-style-type: none"> • Press Timer/Clock. ▶ Colon stops flashing; time of day is entered.

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



Selecting Power & Cook Time

Example: To cook at P 6 (MEDIUM) power for 1 minute 30 seconds

<p>1.</p>  <p>Press 5 times.</p>	<ul style="list-style-type: none"> • Press Power Level until the desired power level appears in the display window.
<p>2. Time Dial</p>  <p>Rotate</p>	<ul style="list-style-type: none"> • Set Cooking Time using Time Select Dial to 1 minute and 30 seconds.
<p>3.</p> 	<ul style="list-style-type: none"> • Press Start. ▶ Cooking will start. The time in the display window will count down.

Press	Power Level
once	P10 (HIGH)
twice	P9
3 times	P8
4 times	P7 (MEDIUM-HIGH)
5 times	P6 (MEDIUM)
6 times	P5
7 times	P4
8 times	P3 (MEDIUM-LOW)/DEFROST
9 times	P2
10 times	P1 (LOW)

NOTES:

1. For more than one stage cooking, repeat steps 1 and 2 for each stage of cooking before pressing **Start** button. The maximum number of stages for cooking is 5. When operating, two beeps will sound between each stage. Five beeps will sound at the end of the entire sequence.
2. When selecting P10 (HIGH) power for the first stage, you may begin at step 2.
3. When selecting P10 (HIGH) power, the maximum programmable time is 30 minutes. For other power levels, the maximum time is 90 minutes.
4. For reheating, use P10 (HIGH) for liquids, P7 (MEDIUM-HIGH) for most foods and P6 (MEDIUM) for dense foods.
5. For defrosting, use P3 (MEDIUM-LOW).



DO NOT OVERCOOK. This oven requires less time to cook than an older unit. Overcooking will cause food to dry out and may cause a fire. A microwave oven's cooking power tells you the amount of microwave power available for cooking.



Quick Min Feature

This feature allows you to set or add cooking time in 1 minute increments up to 10 minutes.

To Set Cooking Time:

<p>1.</p> 	<ul style="list-style-type: none"> • Press Quick Min until the desired cooking time (up to 10 minutes) appears in the display window. Power Level is pre-set at P10.
<p>2.</p> 	<p>Press Start. Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.</p>

NOTES:




1. If desired, you can use other power levels. Select desired power level before setting cooking time.
2. **Quick Min** button can be used to add more time during manual cooking.



Keep Warm Feature

This feature will keep food warm for up to 30 minutes after cooking.

Example: To keep 2 cups of gravy warm for 10 minutes

<p>1.</p> 	<ul style="list-style-type: none"> • Press Keep Warm.
<p>2. Time Dial</p>  <p>Rotate</p>	<ul style="list-style-type: none"> • Set warming time using Time Select Dial, up to 30 minutes.
<p>3.</p> 	<ul style="list-style-type: none"> • Press Start. ▶ Keep Warm will start. The time in the display window will count down.




NOTE:

Keep Warm can be programmed as the final stage after cook time/s have been manually entered. It cannot be used in combination with auto features.

Automatic features are provided for your convenience. If results are not suitable to your individual preference or if serving size is other than what is listed on page 20, please refer to page 15 for manual cooking.

Popcorn Feature

Example: To pop 3.5 oz. of popcorn

<p>1.</p> <p style="text-align: center;">Popcorn</p> 	<ul style="list-style-type: none"> Press Popcorn until the desired size appears in the display window. <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Press</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>once</td> <td>3.5 oz (99 g)</td> </tr> <tr> <td>twice</td> <td>3.0 oz (85 g)</td> </tr> <tr> <td>3 times</td> <td>1.75 oz (50 g)</td> </tr> </tbody> </table>	Press	Weight	once	3.5 oz (99 g)	twice	3.0 oz (85 g)	3 times	1.75 oz (50 g)
Press	Weight								
once	3.5 oz (99 g)								
twice	3.0 oz (85 g)								
3 times	1.75 oz (50 g)								
<p>2.</p> <p style="text-align: center;">More/Less</p>  <p style="text-align: center;">Optional</p>	<p>(see More/Less Feature.)</p>								
<p>3.</p> <p style="text-align: center;">Start</p> 	<ul style="list-style-type: none"> Press Start . ➤ After several seconds, cooking time appears in the display window and begins to count down. 								

NOTES ON POPCORN FEATURE:

- Pop one bag at a time.
- Place bag in oven according to manufacturers' directions.
- Start with popcorn at room temperature.
- Allow popped corn to sit unopened for a few minutes.
- Open bag carefully to prevent burns, because steam will escape.
- Do not reheat unpopped kernels or reuse bag.

NOTE:

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

REMARKS:

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

More/Less Feature

For Popcorn:

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

- 1 tap = Adds Approx. 10 secs.
- 2 taps = Adds Approx. 20 secs.
- 3 taps = Subtracts Approx. 10 secs.
- 4 taps = Subtracts Approx. 20 secs.
- 5 taps = original setting

Press **More/Less** button before pressing **Start**.

For Auto Cook:

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

- 1 tap = More (Adds Approx. 10% time)
- 2 taps = Less (Subtracts Approx. 10% time)
- 3 taps = original setting

Press **More/Less** button before pressing **Start**.

For Auto Grill Cook:

Preferences for food doneness vary with each individual. After preheating and pressing auto grill cook button, **More/Less** button can be used to adjust to cook for a longer or shorter time if desired.

- 1 tap = More (Adds Approx. 10% time)
- 2 taps = Less (Subtracts Approx. 10% time)
- 3 taps = original setting

Press **More/Less** button before pressing **Start**.






Inverter Turbo Defrost Feature

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

Example: To defrost 1.5 pounds of meat

Place food on microwave-safe dish.

<p>1.</p>  <p>Inverter Turbo Defrost (lb/kg)</p>	<ul style="list-style-type: none"> • Press Inverter Turbo Defrost.
<p>2. Weight Dial</p>  <p>Rotate</p>	<ul style="list-style-type: none"> • Set weight of the food, using the Weight Select Dial to 1.5 pounds.
<p>3.</p>  <p>Start</p>	<ul style="list-style-type: none"> • Press Start. Defrosting will start. The time will count down. Higher weight foods will cause a signal midway through defrosting. If 2 beeps sound, turn over, rearrange foods or shield with aluminum foil.

Conversion Chart:

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

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

Note:

The maximum weight for Inverter Turbo Defrost is 3 kg (6 lb).



Defrosting Tips & Techniques

Preparation For Freezing:

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

To Defrost:

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

After Defrosting:

1. Large items may be icy in the centre. Defrosting will complete during STANDING TIME.
2. Let stand, covered, following stand time directions on page 18.
3. Rinse foods as indicated in the chart.
4. Items which have been layered should be rinsed separately or have a longer stand time.







Defrosting Tips & Techniques *(continued)*

FOOD	MANUAL DEFROST TIME at P3 (min/kg) (min/lb)		DURING DEFROSTING	AFTER DEFROSTING	
	Stand Time	Rinse			
Fish and Seafood [up to 1.4 kg (3 lbs.)]					
Crabmeat	12	6	Break apart/Rearrange	5 min.	YES
Fish Steaks	8 to 12	4 to 6	Turn over		
Fish Fillets	8 to 12	4 to 6	Turn over/Rearrange/Shield ends		
Sea Scallops	8 to 12	4 to 6	Break apart/Remove defrosted pieces		
Whole fish	8 to 12	4 to 6	Turn over		
Meat					
Ground Meat	8 to 10	4 to 5	Turn over/Remove defrosted portion/Shield edges	10 min.	NO
Roasts [1.1-1.8 kg (2½-4 lbs.)]	8 to 16	4 to 8	Turn over/Shield ends and defrosted surface	30 min. in refrig.	
Chops/Steak	12 to 16	6 to 8	Turn over/Rearrange/Shield ends and defrosted surface	5 min.	
Ribs/T-bone	12 to 16	6 to 8	Turn over/Rearrange/Shield ends and defrosted surface		
Stew Meat	8 to 16	4 to 8	Break apart/Rearrange/Remove defrosted pieces		
Liver (thinly sliced)	8 to 12	4 to 6	Drain liquid/Turn over/Separate pieces		
Bacon (sliced)	8	4	Turn over	---	
Poultry					
Chicken, Whole [up to 1.4 kg (3 lbs.)]	8 to 12	4 to 6	Turn over/Shield	20 min. in refrig.	YES
Cutlets	8 to 12	4 to 6	Break apart/Turn over/Remove defrosted Pieces	5 min.	
Pieces	8 to 12	4 to 6	Break apart/Turn over/Shield	10 min.	
Cornish Hens	12 to 16	6 to 8	Turn over/Shield		
Turkey Breast [2.3-2.7 kg (5-6 lbs.)]	12	6	Turn over/Shield	20 min. in refrig.	

Auto Reheat Feature

This feature allows you to reheat 1 to 4 servings of precooked room temperature and refrigerator temperature foods without setting power and time.





Example: To reheat 2 servings of casserole

<p>1.</p> <p style="text-align: center;">Auto Cook/Grill  (1-12)</p> <p style="text-align: center;">Press once</p>	<ul style="list-style-type: none"> • Press Auto Cook until the desired number of category appears in the display window.
<p>2.</p> <p style="text-align: center;">Serving/Weight Dial </p> <p style="text-align: center;">Rotate</p>	<ul style="list-style-type: none"> • Set Serving/Weight Dial until the desired serving/weight appears in the display window.
<p>3.</p> <p style="text-align: center;">More/Less </p> <p style="text-align: center;">Optional</p>	<ul style="list-style-type: none"> • (see More/Less Feature) (page 16)
<p>4.</p> <p style="text-align: center;">Start </p>	<ul style="list-style-type: none"> • Press Start. ▶ Cooking begins and the time will count down.

Auto Cook Feature

These are tested and pre-timed (based on the power rating of this oven) for the quantity of food listed in the chart on page 20. Locale, power fluctuations and personal tastes are not taken into account. Should you prefer your food cooked differently, use power and time method shown on page 15.

Example: To cook a 1 cup Oatmeal

<p>1.</p> <p style="text-align: center;">Auto Cook/Grill  (1-12)</p> <p style="text-align: center;">Press twice</p>	<ul style="list-style-type: none"> • Press until the desired number of category appears in the display window.
<p>2.</p> <p style="text-align: center;">Serving/Weight Dial </p> <p style="text-align: center;">Rotate</p>	<ul style="list-style-type: none"> • Set Serving/Weight Dial until the desired serving/weight appears in the display window.
<p>3.</p> <p style="text-align: center;">More/Less </p> <p style="text-align: center;">Optional</p>	<ul style="list-style-type: none"> • (see More/Less Feature) (page 16)
<p>4.</p> <p style="text-align: center;">Start </p>	<ul style="list-style-type: none"> • Press Start. ▶ Cooking begins and the time will count down.



Auto Cook Chart




Recipe	Serving/Weight	Hints
1. Auto Reheat	1 serving (4-6 oz.) 2 servings (8 oz.) 3 servings (12 oz.) 4 servings (16 oz.)	All foods must be previously cooked. Foods should always be covered loosely with plastic wrap, wax paper or casserole lid. All foods should have a covered stand time of 3 to 5 minutes. DO NOT reheat bread and pastry products using Auto Reheat. Use manual power and time instead. DO NOT reheat beverages. Times are based on an approximate serving size of 4 oz. A plate of food is normally 3-4 servings.
2. Oatmeal	0.5, 1 cup	Place inside a microwave-safe serving bowl with no cover. Follow manufacturers' directions for preparation.
3. Beverages	1, 2 cups (250, 500 ml)	This feature allows you to reheat 1 cup (250 ml) or 2 cups (500 ml) of room temperature beverages without setting power and time. NOTE: 1. Use a microwave-safe cup. 2. Heated liquids can erupt if not mixed with air. Do not heat liquids in your microwave oven without stirring before and halfway through heating. 3. Care must be exercised not to overheat liquids when using the Beverage feature. It is programmed to give proper results when heating 1 cup (250 ml) or 2 cups (500 ml) of liquid, starting from room temperature. Overheating will cause an increased risk of scalding, or water eruption. Refer to page 3, item 18.
4. Bacon (sliced)	4 slices (90-110 g) (3.2-4 oz) 6 slices (135-165 g) (4.8-5.8 oz) 10 slices (230-270 g) (8.1-9.5 oz) 12 slices (270-330 g) (9.5-11.6 oz)	Place slices of bacon on top of paper-towel-lined microwave-safe dish. Cover the bacon with another paper towel. Time may vary by brand and weight. If bacon is not cooked to your liking, continue to heat by manually adding more time.
5. Fresh Vegetables	110, 225, 340, 450 g (4, 8, 12, 16 oz.)	All pieces should be the same size. Wash thoroughly, add 1 tbsp of water per 1/2 cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
6. Frozen Vegetables	170, 300, 450 g (6, 10, 16 oz.)	Wash thoroughly, add 1 tbsp of water per 1/2 cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking. (Not suitable for vegetables in butter or sauce.) After 2 beeps, stir or rearrange.
7. Frozen Entrées	225, 300, 600, 900 g (8, 10, 20, 32 oz.)	Follow manufacturers' directions for preparation. After 2 beeps, stir or rearrange. Be careful when removing the film cover after cooking. Remove facing away from you to avoid steam burns. If additional time is needed, continue to cook manually.
8. Potatoes	1, 2, 3, 4 potatoes (6 - 8 oz. each) (170 - 225 g)	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined glass tray (Turntable), at least 2.5 cm (1-inch) apart. Do not cover. Turn over after 2 beeps. Let stand 5 minutes to complete cooking.



Grill Feature

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

Example: To grill bread for 3 minutes

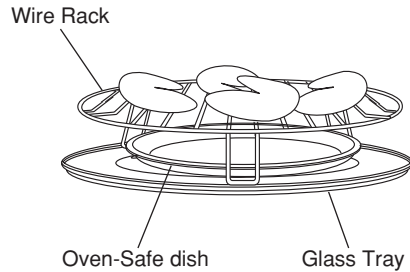
<p>1. Grill</p>  <p>Press</p>	<ul style="list-style-type: none"> • Press Grill Button.
<p>2. Time Dial</p>  <p>Rotate</p>	<ul style="list-style-type: none"> • Set grilling Time to 3 minutes using Time Select Dial.
<p>3. Start</p> 	<ul style="list-style-type: none"> • Press Start. ▶ Cooking time will appear on the Display Window and begin to count down.

Directions for Grilling

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

Place food to be grilled on Wire Rack and place Wire Rack on Glass Tray. An oven-safe dish can be placed underneath Wire Rack to catch oil drippings from foods. Press **Grill** Button, set the time and start the oven.

If needed, the food being grilled can be turned over after half the grilling time has elapsed. When the oven door is opened, the program is interrupted. Carefully take out wire rack using oven mitts, turn the food over, and place it back into oven. Close the door and restart oven. While grilling, the oven door can be opened at any time to check the food.



Caution: Food and accessories will be hot after grilling. Use oven mitts when handling.

Suggested Cooking Times for Manual Grill

Recipe	Serving/Weight	Suggested Grilling Times
(1) Toast Bread	2 slices (2 oz.)	2'30"-4'00" turn over and grill 2'00"-3'00" more
(2) Melt Cheese Over Casserole	28 g (1 oz.) cheese over casserole	2'00"
(3) Crisp Coating of Fried Chicken/Fish	110 g (4 oz.)	3'30" turn over and brown 3'00" more

If needed, please use microwave to heat the food first, then use Manual Grill to grill the surface of the food.







Auto Grill Feature

These are tested and pre-timed for the quantity of food listed in auto grill cook chart. Locale, power fluctuations and personal tastes are not taken into account. Should you prefer your food cooked differently, use power and time method shown on page 15 for microwave, and time method for grill on page 21.

Example: To cook 170 g (6 oz.) of Pizza

NOTE:

These menu items use energy from both the microwave and the griller.

Place Wire Rack on Glass Tray. Place food on Wire Rack directly.	
<p>1.</p>  <p>Auto Cook/Grill (1-12)</p> <p>Press 9 times</p>	<ul style="list-style-type: none"> Close door and press desired Auto Grill cook button until the desired food number appears in the display window.
<p>2.</p> <p>Serving/Weight Dial</p>  <p>Rotate</p>	<ul style="list-style-type: none"> Set until the desired serving/weight appears in the display window, using Serving/Weight Dial.
<p>3.</p>  <p>More/Less Optional</p>	<p>(see More/Less Feature) (page 16)</p>
<p>4.</p>  <p>Start Press</p>	<ul style="list-style-type: none"> Press Start. <ul style="list-style-type: none"> Cooking starts. The time in the display window will count down.



Auto Grill Chart

Recipe	Serving/Weight	Hints
9. Pizza	170, 225, 340 g (6, 8, 12 oz.)	Pizza must be less than 10 inches or less than 25cm to fit on wire rack. Place frozen pizza on wire rack directly.
10. Grilled Sandwich	1 sandwich 2 sandwiches	Place fresh sandwich(es) on wire rack directly. Turn sandwich(es) over when beep sounds.
11. Chicken Nuggets	4 - 6 pieces 8 - 10 pieces	Place pre-cooked frozen chicken nuggets on wire rack directly. Turn chicken nuggets over when beep sounds.
12. Fried Chicken	150, 225, 340 g (5, 8, 12 oz)	Place pre-cooked frozen fried chicken on wire rack directly. Turn chicken over when beep sounds.

NOTE:

Pizza is the only menu which displays one serving size while the customer can use a range of serving sizes (see pizza label below or on the oven).

Display of Pizza Serving Sizes

170 g (6 oz.)
225 g (8 oz.)
340 g (12 oz.)

Pizza Serving Sizes Able to Use




170 - 222 g (6 - 7.9 oz.)
225 - 278 g (8 - 9.9 oz.)
280 - 422 g (10 - 15 oz.)








Timer Feature

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

To Use as a Kitchen Timer:






Example: To count down 5 minutes.	
1. 	<ul style="list-style-type: none"> Press Timer/Clock once.
2.  Rotate	<ul style="list-style-type: none"> Set time, using Time Select Dial to 5 minutes. (up to 90 minutes).
3. 	<ul style="list-style-type: none"> Press Start. ► Time will count down without oven operating.

To Set Stand Time:

Example: To cook at P6 power for 3 minutes, with stand time of 5 minutes.	
1.  Press 5 times	<ul style="list-style-type: none"> Enter the desired Power Level (see page 15 for directions).
2.  Rotate	<ul style="list-style-type: none"> Set cooking time, using Time Select Dial to 3 minutes.
3. 	<ul style="list-style-type: none"> Press Timer/Clock once.
4.  Rotate	<ul style="list-style-type: none"> Set stand time, using Time Select Dial. (up to 90 minutes).
5. 	<ul style="list-style-type: none"> Press Start. ► Cooking will start. After cooking, stand time will count down without oven operating.

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

To Set Delay Start:

Example: To delay the start of cooking for 5 minutes, and cook at P6 power for 3 minutes.	
1. 	<ul style="list-style-type: none"> Press Timer/Clock once.
2.  Rotate	<ul style="list-style-type: none"> Set delay time, using Time Select Dial to 5 minutes. (up to 90 minutes).
3.  Press 5 times	<ul style="list-style-type: none"> Enter the desired Power Level (see page 15 for directions).
4.  Rotate	<ul style="list-style-type: none"> Set cooking time, using Time Select Dial.
5. 	<ul style="list-style-type: none"> Press Start. ► Delay time will count down. Then cooking will start.

NOTE:

- When each stage finishes, a two-beep signal sounds. At the end of the program, the oven will beep five times.
- If the oven door is opened during Stand Time, Kitchen Timer or Delay Time, the time on the display will continue to count down.
- Stand time and Delay Start cannot be programmed before any automatic function. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.
- The maximum programmable time of Standing Time, Kitchen Time or Delay Time is up to 90 minutes.



Microwave Shortcuts

FOOD	POWER	TIME (in mins.)	DIRECTIONS
To separate refrigerated Bacon , 450 g (1 pound)	P10 (HIGH)	30 sec.	Remove wrapper and place in microwave safe dish. After heating, use a plastic spatula to separate slices.
To soften Brown Sugar 1 cup (250 ml)	P10 (HIGH)	20 - 30 sec.	Place brown sugar in microwave safe dish with a slice of bread. Cover with lid or plastic wrap.
To soften refrigerated Butter , 1 stick, 110 g (1/4 pound)	P3 (MED-LOW)	1	Remove wrapper and place butter in a microwave safe dish.
To melt refrigerated Butter , 1 stick, 110 g (1/4 pound)	P6 (MEDIUM)	1 1/2 - 2	Remove wrapper and place butter in a microwave safe dish covered with lid or vented plastic wrap.
To melt Chocolate , 1 square, 28 g (1 oz.)	P6 (MEDIUM)	1 - 1 1/2	Remove wrapper and place chocolate in a microwave safe dish. After heating, stir until completely melted. <i>Note: Chocolate holds its shape even when softened.</i>
To melt Chocolate , 1/2 cup (125 ml) chips	P6 (MEDIUM)	1 - 1 1/2	
To toast Coconut , 1/2 cup (125 ml)	P10 (HIGH)	1	Place in a microwave safe dish. Stir every 30 seconds.
To soften Cream Cheese , 225 g (8 oz.)	P3 (MED-LOW)	1 - 2	Remove wrapper and place in a microwave safe bowl.
To brown Ground Beef , 450 g (1 pound)	P10 (HIGH)	4 - 5	Crumble into a microwave safe colander set into another dish. Cover with plastic wrap. Stir twice. Drain grease.
To cook Vegetables , Fresh (225 g) (1/2 lb)	P8	3 1/2 - 4	All pieces should be the same size. Wash thoroughly, add 1 tbsp of water per 1/2 cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
Frozen (285 g) (10 oz)	P8	3 1/2 - 4	
Canned (430 g) (15 oz)	P8	3 1/2 - 4	



Microwave Shortcuts *(continued)*

FOOD	POWER	TIME (in mins.)	DIRECTIONS
To cook baked Potato , (170 - 225 g) (6 - 8 oz. each) 1	P8	3½ - 4	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined glass tray (Turntable), at least 2.5 cm (1-inch) apart. Do not cover. Let stand 5 minutes to complete cooking.
2	P8	6 - 7	
To steam Hand Towels - 4	P10 (HIGH)	20 - 30 sec.	Soak in water, then wring out excess. Place on a microwave safe dish. Heat. Present immediately.
To soften Ice Cream , 2 qt. (½ gallon)	P3 (MED-LOW)	1 - 1½	Check often to prevent melting.
Cup of liquid To boil water, broth, etc. 1 cup, 250 ml (8 oz.) 2 cups, 500 ml (16 oz.)	P10 (HIGH)	1½ - 2 2½ - 3	Heated liquids can erupt if not stirred. Do not heat liquids in microwave oven without stirring before heating.
Cup of liquid To warm Beverage. 1 cup, 250 ml (8 oz.) 2 cups, 500 ml (16 oz.)	P7 (MED-HIGH)	1½ - 2 2½ - 3	
To roast Nuts , 1½ cups (375 ml)	P10 (HIGH)	3 - 4	Spread nuts into a 23 cm (9-inch) microwave safe pie plate. Stir occasionally.
To toast Sesame Seeds , ¼ cup (60 ml)	P10 (HIGH)	2 - 2½	Place in a small microwave safe bowl. Stir twice.
To skin Tomatoes , (one at a time)	P10 (HIGH)	30 sec.	Place tomato into a microwave safe bowl containing boiling water. Rinse and peel. Repeat for each tomato.
To remove Cooking Odours	P10 (HIGH)	5	Combine 1 to 1½ cups (250 - 375 ml) water with the juice and peel of one lemon in a 2-quart microwave safe bowl. After water finishes boiling, wipe interior of oven with a cloth.

Food Characteristics

Bone and Fat

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



Density

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



Quantity

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



Shape

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



Size

Thin pieces cook more quickly than thick pieces.



Starting Temperature

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



Cooking Techniques

Piercing

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



Browning

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



Spacing

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





Cooking Techniques (continued)

Covering

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

Shielding

Thin areas of meat and poultry cook more quickly than meaty portions. To prevent overcooking, these thin areas can be shielded with strips of aluminum foil. Wooden toothpicks may be used to hold the foil in place.

▲CAUTION is to be exercised when using foil. Arcing can occur if foil is too close to oven wall or door and damage to your oven will result.

Cooking time

A range of cooking time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature, and regional preferences. Always cook food for the minimum cooking time given in a recipe and check for doneness. If the food is undercooked, continue cooking. It is easier to add time to an undercooked product. Once the food is overcooked, nothing can be done.

Stirring

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

Rearranging

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

Turning

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

Stand Time

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

Test for Doneness

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

ABOUT FOOD SAFETY AND COOKING TEMPERATURE

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

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

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



Before Requesting Service

These things are normal:

The oven causes interference with my TV.

Some radio 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, blow dryers, etc. It does not indicate a problem with your oven.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal. After use, the oven should be wiped dry (see page 11).

PROBLEM

POSSIBLE CAUSE

REMEDY

Oven will not turn on.

The oven is not plugged in securely. Remove plug from outlet, wait 10 seconds and re-insert.

Main circuit breaker or main fuse is tripped or blown. Reset main circuit breaker or replace main fuse.

There is a problem with the outlet. Plug another appliance into the outlet to check if it is working.

Oven will not start cooking.

The door is not closed completely. Close the oven door securely.

Start Button was not pressed after programming. Press **Start** Button.

Another program is already entered into the oven. Press **Stop/Reset** Button to cancel the previous program and enter new program.

The program is not correct. Program again according to the Operating Instructions.


Stop/Reset Button has been pressed accidentally. Program oven again.

The Glass Tray wobbles.

The Glass Tray is not positioned properly on the Roller Ring or there is food under the Roller Ring. Take out Glass Tray and Roller Ring. Wipe with a damp cloth and reset Roller Ring and Glass Tray properly.

When the oven is operating, there is noise coming from the glass tray.

The Roller Ring and oven bottom are dirty. Clean these parts according to **Care and Cleaning of your Microwave Oven** (see page 11).

The indication light  appears in the **Display Window**.

The CHILD LOCK was activated by pressing **Start** Button 3 times. Deactivate LOCK by pressing **Stop/Reset** Button 3 times (see page 14).

The oven stops cooking by microwave and "H97" or "H98" appears in the display window.

This display indicates a problem with the microwave generation system. Please contact an authorised Service Center (see page 29).

Warranty & Service

Panasonic Canada Inc.

5770 Ambler Drive, Mississauga, Ontario L4W 2T3

PANASONIC PRODUCT – LIMITED WARRANTY

EXCHANGE PROGRAM

Panasonic Canada Inc. warrants this product to be free from defects in material and workmanship and agrees to replace the product for a period as stated below from the date of original purchase.

Microwave Oven

Two (2) years

LIMITATIONS AND EXCLUSIONS

This warranty does not apply to products purchased outside Canada or to any product which has been improperly installed, subjected to usage for which the product was not designed, misused or abused, damaged during shipping, or which has been altered or repaired in any way that affects the reliability or detracts from the performance, nor does it cover any product which is used commercially.

This warranty is extended to the original end user purchaser only. A purchase receipt or other proof of date of original purchase is required before warranty service is performed.

THIS EXPRESS, LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT WILL PANASONIC CANADA INC. BE LIABLE FOR ANY SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES.

In certain instances, some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, or the exclusion of implied warranties, so the above limitations and exclusions may not be applicable.





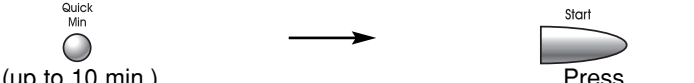

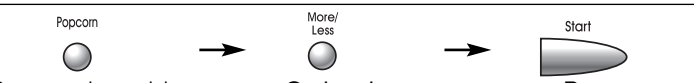
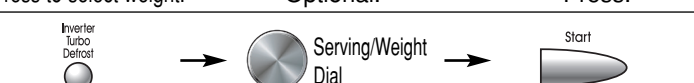
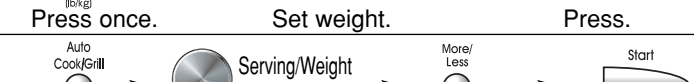
















CONTACT INFORMATION

For product information and operation assistance, please contact:

Our Customer Care Centre:	Telephone #:	(905) 624-5505
	1-800 #:	1-800-561-5505
	Fax #:	(905) 238-2360
	Email link:	"Customer support" on www.panasonic.ca

For defective product exchange within the warranty period, please contact the original dealer or our Customer Care Centre.

QUICK GUIDE TO OPERATION

Feature	How to Operate
To set Clock (☛ page 14)	 <p>Press twice. Set time of day. Press once.</p>
To Use Child Safety Lock (☛ page 14)	<p>To Set:  Press 3 times.</p> <p>To Cancel:  Press 3 times.</p>
To set Power and Time (☛ page 15)	 <p>Press to select Power Level. Set cooking time. Press.</p>
To cook using Quick Min (☛ page 15)	 <p>(up to 10 min.) Press.</p>
To use Keep Warm (☛ page 15)	 <p>Press once. Set keep warm time. (up to 30 min.) Press.</p>
To cook using Popcorn (☛ page 16)	 <p>Press to select weight. Optional. Press.</p>
To defrost using Inverter Turbo Defrost (☛ page 17)	 <p>Press once. Set weight. Press.</p>
To reheat using Auto Reheat (☛ page 19)	 <p>Press once. Set serving/weight. Optional. Press.</p>
To cook using Auto Cook (☛ page 19)	<p>e.g.  →  →  → </p> <p>Press to select category. Set serving/weight. Optional. Press.</p>
To grill using Grill (☛ page 21)	 <p>Press. Set grilling time. Press.</p>
To grill using Auto Grill (☛ page 22)	<p>e.g.  →  →  → </p> <p>Press to select category. Set serving/weight. Optional. Press.</p>
To use as a Kitchen Timer (☛ page 23)	 <p>Press once. Set time. Press.</p>
To Set Stand Time (☛ page 23)	<p>(Input up to 4-stage cooking programs.) →  →  → </p> <p>Press once. Set time. Press.</p>
To Set Delay Start (☛ page 23)	<p> →  → (Input up to 4-stage cooking programs.) → </p> <p>Press once. Set time. Press.</p>



Specifications

	NN-GD568S
Power Source:	120 V, 60 Hz
Power Consumption:	1,200 W
Cooking Power: Microwave*:	1,100 W
Grill:	1,100 W
Outside Dimensions (H x W x D):	304 mm x 510 mm x 392 mm (12" x 20" x 15 1/2")
Oven Cavity Dimensions (H x W x D):	217 mm x 359 mm x 352 mm (8 1/2" x 14 1/8" x 13 7/8")
Operating Frequency:	2,450 MHz
Net Weight:	Approx. 12.8 kg (28.2 lbs.)

*IEC Test procedure

Specifications subject to change without notice.

User's Record

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

Model No. _____

Serial No. _____

Date of Purchase _____



Notes

