



Owner's Manual 4-in-1 Steam Combination Oven Household Use Only Model No. NN-DS59NB



PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT, AND SAVE THIS MANUAL FOR FUTURE USE.

Inverser le manuel pour lire les instructions en français.

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IMPORTANT SAFETY INSTRUCTIONS



Your safety and the safety of others are very important.

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

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

DANGER WARNING CAUTION

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

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

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

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



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE **TO EXCESSIVE MICROWAVE ENERGY**

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

Thank you for purchasing a Panasonic Microwave Oven

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

WARNING

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

- Read all instructions before using this appliance. 1.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY," above. 2.
- This appliance must be grounded. Connect only to a properly grounded outlet. See "Grounding Instructions" found on page 6. 3.
- As with any cooking appliance, **DO NOT** leave oven unattended while in use. 4.
- 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).
- Use this appliance only for its intended use as described in this manual. DO NOT use corrosive chemicals, vapors or non-food 8. products in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance and may result in radiation leaks.

IMPORTANT SAFETY INSTRUCTIONS (continued)

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

SAVE THESE INSTRUCTIONS

For proper use of your oven, read remaining safety cautions and Owner's Manual.

IMPORTANT SAFETY INSTRUCTIONS (continued)

Safety Precautions

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 the oven. Microwave leakage may result.

TO AVOID THE RISK OF FIRE:

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

- DO NOT dry clothes, newspapers or other materials in the oven, or use newspaper or paper bags for cooking.
- 4. **DO NOT** hit or strike Control Panel. Damage to controls may occur.



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

TO AVOID THE RISK OF SCALDING AND BURNING:

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

Care in handling the Grill Tray must be exercised.

Installation and Grounding Instructions

Examine Your Oven

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

Placement of Oven

- The oven must be placed on a flat, stable surface, which is more than 91.6 cm (36 inches) height from the ground. 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 15 cm (6 inches) of space on the top of the oven, 10 cm (4 inches) at the back, 5 cm (2 inches) on the left and the other side being open. If one side of the oven is placed flush against wall, the other side or the top must not be blocked. Do not remove the bottom feet from the oven.
 - (a) **DO NOT** block air vents. If they are blocked during operation, the oven may overheat and be damaged.
 - (b) **DO NOT** place oven near a hot, damp surface such as a gas or electric range, or dishwasher.
 - (c) DO NOT operate oven when room humidity is excessive.
- 2. This oven is manufactured for household use only. It is not approved or tested for mobile vehicle, marine, or commercial use.

Installation

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.

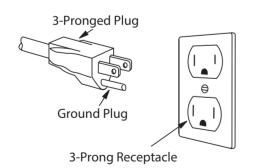
Grounding Instructions THIS APPLIANCE MUST BE GROUNDED.

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

Power Supply

- 1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- 2. The use of cord sets, or extension cords, is not recommended.
- 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.
- The oven must be plugged into at least a 15 A or 20 A, 120 V, 60 Hz GROUNDED OUTLET. (Beginning in 2017, all new construction and all renovated single family homes must have at least a 20 A, 120 VOLT, 60 Hz GROUNDED OUTLET). Where a standard two-prong outlet is encountered, it is the personal responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong outlet.
- 3. The VOLTAGE used must be the same as specified on this microwave oven (120 V, 60 Hz). Using a higher voltage is dangerous and may result in a fire or oven damage. Using a lower voltage will cause slow cooking. Panasonic is NOT responsible for any damages resulting from the use of the oven with any voltage other than specified.

TV / RADIO / WIRELESS EQUIPMENT INTERFERENCE

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

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

Fan Motor Operation

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

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

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

Oven Light

When it becomes necessary to replace the oven light, please consult Panasonic for the nearest authorized service centre for examination or repair. Contact information is provided in the warranty page 56.

Food Preparation

Follow these Safety Precautions when cooking in your oven. **IMPORTANT**

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

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

2) POPCORN

Popcorn may be popped in a microwave oven corn popper. Microwave popcorn 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 menu (refer to page 38). Otherwise, the popcorn may not pop adequately or may ignite and cause a fire. Never leave the oven unattended when popping popcorn. Allow the popcorn bag to cool before opening, and always open the bag facing away from your face and body to prevent steam burns.



3) DEEP FAT FRYING

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

- 4) FOODS WITH NONPOROUS SKINS
- DO NOT COOK / REHEAT WHOLE EGGS, WITH OR WITHOUT THE SHELL.

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



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

CAUTION: Cooking dry or old potatoes can cause fire.

5) FLAT TABLE / COOKING CONTAINERS / FOIL

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

6) PAPER TOWELS / CLOTHS

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

7) BROWNING DISHES / OVEN COOKING BAGS

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





Food Preparation (continued)

8) THERMOMETERS

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



9) BABY FORMULA / BABY FOOD

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



10) REHEATING PASTRY PRODUCTS

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

11) GENERAL OVEN USAGE GUIDELINES

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

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

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

12) HEATER OPERATION

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



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

13) BEFORE USING YOUR OVEN

 Before using the oven for the first time, wipe excessive oil off in the oven cavity and operate the oven without food and accessory on **Bake** at 220 °C (425 °F), for 10 minutes. This will allow the oil that is **used for rust protection to be burned off. This is the only time the oven is used empty.** (with the exception of preheating on Oven.)

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

Cookware Guide

	ltem	Microwave	Broil	Bake	Steam	Comments
Aluminum Fe	oil	Yes for Shielding only	Yes	Yes	No need	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 Di	sh	Yes	No	No	Yes	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.
	Labeled "Oven/Microwave-safe"	Yes	Yes	Yes	Yes	Check manufacturers' use and care directions for use in oven/microwave heating. Some dinnerware may
Dinnerware	Labeled "Microwave-safe"	Yes	No	No	Yes	state on the back of the dish, "Oven/ Microwave-safe".
	Unlabeled	No	No	No	No	See CONTAINER TEST on page 12.
Disposable p Dishes	oolyester Paperboard	Yes	No	No	No	Some frozen foods are packaged in these dishes. Can be purchased in grocery stores.
Fast Food Ca	rton with Metal Handle	No	No	No	No	Metal handle may cause arcing and create a fire hazard.
Frozen Dinne	er Tray Metal	No	Yes	Yes	Yes	Metal can cause arcing and damage to your oven.
Frozen Dinne	er Tray Microwave-safe	Yes	No	No	Yes	For one time use only. Do not reuse.
Glass Jars		No	No	No	No	Most glass jars are not heat resistant. Do not use for cooking or reheating.
Heat Resista Ceramics	nt Oven Glassware &	Yes	Yes	Yes	Yes	Ideal for microwave cooking and browning. (See CONTAINER TEST on page 12.)
Metal Conve	ction Bake ware	No	Yes	Yes	Yes	Metal can cause arcing and damage to your oven.
Metal Twist-	lies	No	Yes	Yes	Yes	Metal can cause arcing and damage to your oven.
Oven Cookir	ng Bag	Yes	Yes	Yes	Yes	Follow manufacturers' directions. Close bag with the nylon tie provided, a strip cut from the end of the bag, or a piece of cotton string. Do not close with metal twist-tie for the Microwave mode. Make six 1 cm (³ / ₈ -inch) slits near the closure.
Paper bags		No	No	No	No	May cause a fire in the oven.
Paper Plates	& Cups	Yes, with supervision	No	No	No	Use to warm cooked foods, and to cook foods that require short cooking times such as hot dogs in the Microwave mode.
Paper Towels	s & Napkins	Yes, with supervision	No	No	No	Use to warm rolls and sandwiches, only if labeled safe for microwave use.

Cookware Guide (continued)

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

Cookware Guide (continued)

			Combi	nation		
	ltem	Combo 1 (Broil + Microwave)	Combo 2 (Steam + Microwave)	Combo 3 (Steam + Broil)	Combo 4 (Steam + Bake)	Comments
Aluminum Fo	bil	Yes for Shielding only	Yes for Shielding only	Yes	No need	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 Dis	sh	No	Yes	No	No	Browning dishes are designed for microwave cooking only. Check browning dish information for instructions and heating chart. Do not preheat for more than 6 minutes.
	Labeled "Oven/ Microwave-safe"	Yes	Yes	Yes	Yes	Check manufacturers' use and care directions for use in oven/microwave
Dinnerware	Labeled "Microwave- safe"	No	Yes	No	No	heating. Some dinnerware may state on the back of the dish, "Oven/ Microwave-safe".
	Unlabeled	No	No	No	No	See CONTAINER TEST on page 12.
Disposable p Dishes	olyester Paperboard	No	No	No	No	Some frozen foods are packaged in these dishes. Can be purchased in grocery stores.
Fast Food Ca	rton with Metal Handle	No	No	No	No	Metal handle may cause arcing and create a fire hazard.
Frozen Dinne	-	No	No	Yes	Yes	Metal can cause arcing and damage to your oven.
Frozen Dinne	er Tray Microwave-safe	No	Yes	No	No	For one time use only. Do not reuse.
Glass Jars		No	No	No	No	Most glass jars are not heat resistant. Do not use for cooking or reheating.
Heat Resistar Ceramics	nt Oven Glassware &	Yes	Yes	Yes	Yes	Ideal for microwave cooking and browning. (See CONTAINER TEST on page 12.)
Metal Conve	ction Bake ware	No	No	Yes	Yes	Metal can cause arcing and damage to your oven.
Metal Twist-T	ies	No	No	Yes	Yes	Metal can cause arcing and damage to your oven.
Oven Cookin	g Bag	Yes	Yes	Yes	Yes	Follow manufacturers' directions. Close bag with the nylon tie provided, a strip cut from the end of the bag, or a piece of cotton string. Do not close with metal twist-tie for the Combination modes. Make six 1 cm (³ / ₈ -inch) slits near the closure.
Paper bags		No	No	No	No	May cause a fire in the oven.
Paper Plates	& Cups	No	Yes, with supervision	No	No	Use to warm cooked foods, and to cook foods that require short cooking times such as hot dogs in the Microwave mode.

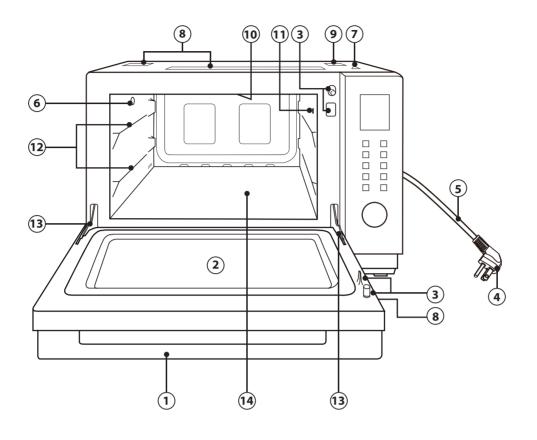
Cookware Guide (continued)

	Combination				
ltem	Combo 1 (Broil + Microwave)	Combo 2 (Steam + Microwave)	Combo 3 (Steam + Broil)	Combo 4 (Steam + Bake)	Comments
Paper Towels & Napkins	No	Yes, with supervision	No	No	Use to warm rolls and sandwiches, only if labeled safe for microwave use.
Recycled Paper Towels & Napkins	No	No	No	No	Recycled paper products may contain impurities which may cause sparks or create a fire hazard.
Parchment Paper	Yes	No	No	No	Use as a cover to prevent spattering. Safe for use in the Microwave, Bake, Broil and Combination modes.
Plastic, Microwave-safe	No	Yes, use caution	No	No	Should be labeled, "Suitable for Microwave Heating". Check manufacturers' directions for recommended uses. Some microwave-safe plastic containers are not suitable for cooking foods with high fat or sugar content. The heat from hot food may cause the plastic to warp.
Plastic, Melamine	No	No	No	No	This material absorbs microwave energy. Dishes get HOT!
Plastic Foam Cups	No	Yes, short term only	No	No	Plastic foam will melt if foods reach a high temperature. Use caution to reheat foods to a low serving temperature only.
Silicon Rubber Container	Yes	Yes	Yes	Yes	Check Manufacturer's directions for recommended uses.
Plastic Wrap	No	No need	No	No	Use to cover food during cooking to retain moisture and prevent spattering. Should be labeled "Suitable for Microwave Heating". Check package directions.
Straw, Wicker, Wood	No	Yes, short term only	No	No	Use only for short term reheating and to bring food to a low serving temperature. Wood may dry out & split or crack when used.
Thermometers, Microwave-safe	No	Yes	No	No	Use only microwave-safe meat and candy thermometers.
Thermometers, Conventional	No	No	No	No	Not suitable for use in microwave oven, will cause sparks and get hot.
Wax paper	No	Yes	No	No	Use as a cover to prevent spattering and to retain moisture in the Microwave mode only.

CONTAINER TEST

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

Location of Controls



$\textcircled{1} \quad \textbf{Door handle}$

Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and the **Dial** is pressed. The oven lamp lights as soon as the oven door is opened.

Oven window

③ Door safety lock system

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

- ④ Power supply plug
- **5** Power supply cord
- 6 Steam outlet
- Warning symbol
- **⑧** Warning label

NOTE:

The above illustration is for reference only.

④ Menu label

Position your supplied menu label.

- 10 Broil elements
- 11 LED light

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

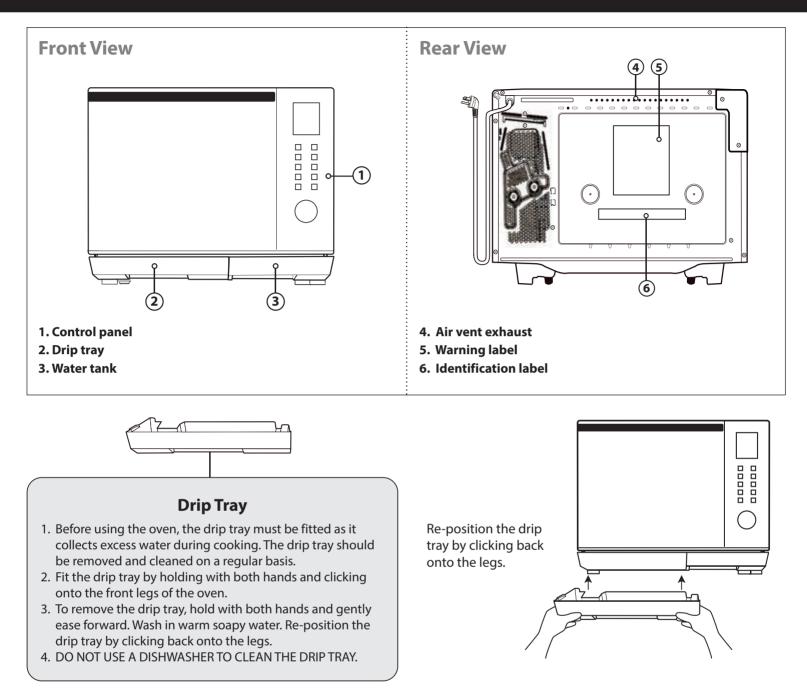
- ③ Shelf positions
- **13** Door hinges

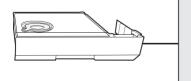
To prevent injury when opening or closing the door, keep fingers away from the door hinges.

(l) Flat table

If the flat table is hot, allow cooling down before cleaning. Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.

Location of Controls (continued)





Water Tank

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

NOTE:

The above illustration is for reference only.

Oven Accessory

The Grill Tray is the only accessory with this oven.

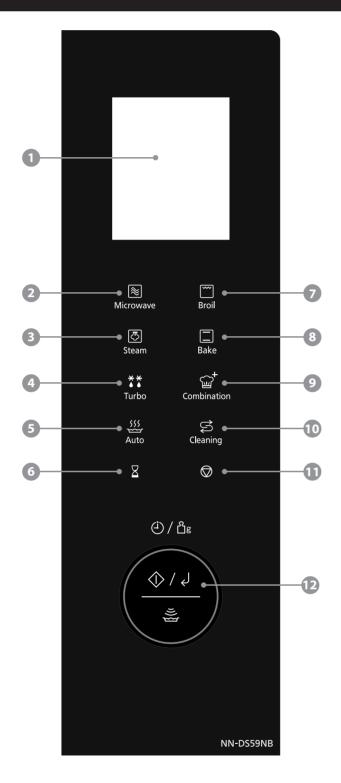
All other cooking utensils mentioned in this manual must be purchased separately.



Grill Tray

- 1. Do not place it on the oven window. Otherwise, the oven window may be damaged.
- 2. Use oven gloves when removing the Grill Tray as it will be very hot, and so will the roof and walls of the oven.
- 3. Grill Tray should be cleaned regularly.
- 4. Grill Tray is dishwasher safe.

Cooking modes	Grill Tray	Position
Intervention Network State	×	-
Broil	~	[;=;]
🔄 Bake	~	[;==;]
🕭 Steam	\checkmark	[;==;]
≋ + [∞] Combo 1	\checkmark	[;==;]
【 +	~	[;==;]
(不) + [~~] Combo 3	~	[;=;]
(不) + (二) Combo 4	~	[;==:]



Control Panel

- 1. Display Window (see page 17)
- 2. Microwave Pad (see page 24-25)
- 3. Steam Pad (see page 26-27)
- 4. Turbo Pad (see page 37)
- 5. Auto Pad (see page 38-39)
- 6. Timer/Clock Pad (see page 20, 22-23)
- 7. Broil Pad (see page 30)
- 8. Bake Pad (see page 28-29)
- 9. Combination Pad (see page 31-32)
- 10. Cleaning Pad (see page 43-44)
- 11. Stop/Cancel Pad Before cooking:

One tap clears your instructions.

During cooking:

One tap temporarily stops the cooking program. Another tap cancels all your instructions and a colon or the clock will appear in the display.

12. Dial (see page 17)

Beep Sound:

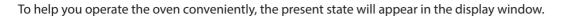
A beep sounds when a pad is tapped. If this beep does not sound, you may have turned off the beep choice, you can turn it on by pressing the **Dial** after first plugged in (see page 20). When the oven changes from one function to another or remind you to stir food during cooking, two beeps sound. After the completion of the preheating on **Bake**, or certain **Combination** mode, three beeps sound. After completion of the preheating on some auto menus, a long beep sounds. After completion of cooking, five beeps sound.

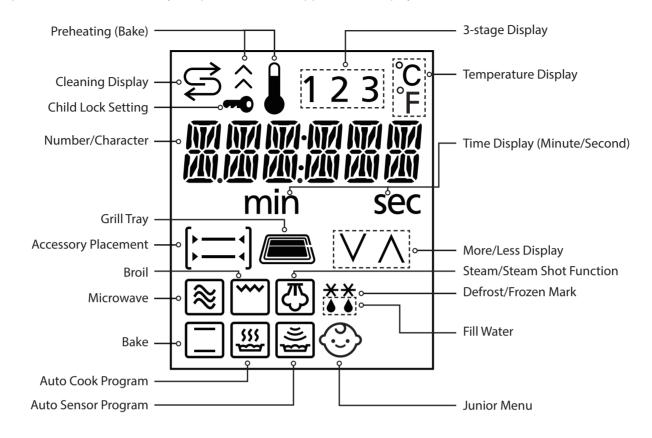
NOTE:

- 1. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed.
- 2. When in standby mode, the brightness of the display will be reduced.
- 3. If an operation is set and **Dial** is not pressed, after 6 minutes, the oven will automatically cancel the operation. This display will revert back to clock or colon mode.

NOTE: The above illustration is for reference only.

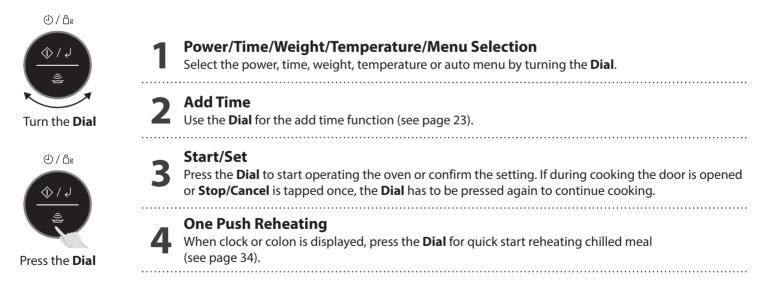
Display Window





Dial Feature

The **Dial** has the following 4 functions:



NOTE:

The above illustration is for reference only.

Cooking Modes

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

The icon " (Image: The icon " (I

	Cooking modes					
MICROWAVE	Uses	 Defrosting Reheating Melting: butter, chocolate, cheese. Cooking fish, vegetables, fruits, eggs. Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. Baking cakes without colour. No preheating				
-	Containers	Use your own Pyrex® dishes, plates or bowls, directly on the base of the oven. Microwaveable, no metal.				
BROIL	Uses	 Broiling of meat or fish. Toast broiling. Colouring of gratin dishes or meringue pies. No preheating 				
Accessory	Containers	Heatproof, metal tin can be used on Grill Tray in lower or upper shelf positions.				
BAKE	Uses	 Baking of small items with short cooking times: puff pastry, cookies, roll cakes, scones. Special baking: bread rolls or brioches, sponge cakes. Baking of pizzas and tarts. Preheating advised 				
Accessory	Containers	Heatproof, metal tin can be used on Grill Tray in lower or upper shelf positions. Do not place dishes directly on base of oven.				
STEAM	Uses	 Cooking fish, vegetables, chicken, rice, and potatoes. No Preheating 				
Accessory	Containers	Heatproof container can be used on Grill Tray in upper or lower shelf positions.				

Cooking Modes (continued)

	Cooking modes						
Combo 1 (Broil + Microwave)	Uses	 Cooking lasagne, meat, potatoes or vegetable gratins. No Preheating 					
Accessory	Containers	Place food directly on Grill Tray in upper or lower shelf positions or place food in a microwaveable dish on the base of the oven, no metal.					
Combo 2 (Steam + Microwave)	Uses	Cooking fish, vegetables, chicken, rice, and potatoes. No Preheating					
Accessory	Containers	Place food directly on Grill Tray in upper or lower shelf positions or place food in a microwaveable dish on the base of the oven, no metal.					
Combo 3 (Steam + Broil)	Uses	 Gratins Kebabs Fish fillets Whole fish Part baked bread No Preheating 					
Accessory	Containers	Heatproof dishes can be used on the Grill Tray in the lower or upper shelf positions or directly on the base of the oven.					
Combo 4 (Steam + Bake)	Uses	 Baking cakes Pastry tarts Preheating advised 					
Accessory Containers		Heatproof dishes can be used on the Grill Tray in the lower or upper shelf positions. Do not place dishes directly on base of oven.					

Operation

Using the Microwave for the First Time



Display Window



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

Function Features

This unique function of your Panasonic microwave oven allows you to establish the initial non-cooking features of your Oven. This microwave oven has the functions below:

- WEIGHT/TEMPERATURE UNITS CHOICE
- LANGUAGE CHOICE
 BEEP CHOICE

Plug into a properly grounded electrical outlet.

NOTES:

- These choices can be selected only when you plug-in the oven.
- 2. Tap **Stop/Cancel** , it will revert to initial mode (" : ").
- After setting, it will revert back to Weight/ Temperature Units Choice setting if Dial is pressed again, tap Stop/Cancel to exit.

WEIGHT/TEMPERATURE UNITS CHOICE:

The oven has a choice of Metric Units or Imperial Units display.





Press the **Dial** once. **"LB-F/KG-C"** scrolls across display window.





Select the "**LB-F**" or "**KG-C**" by tapping **Timer/Clock**. The default weight unit is LB-F.

3

After setting, tap **Stop/Cancel** to exit.

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





Press the **Dial** twice. **"LANGUAGE"** scrolls across display window. The default language is English.





Tap **Timer/Clock** to select the display language.

∑ Tap	Display Language		
Once	French		
Twice	English		

3

After setting, tap **Stop/Cancel** to exit.

BEEP CHOICE:

1

The oven has both Beep On and Beep Off mode.





Press the **Dial** 3 times. **"BEEP ON/OFF"** scrolls across display window. The default mode is Beep **ON**.





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

After setting, tap **Stop/Cancel** to exit.

3

Demo Mode

When "DEMO MODE PRESS ANY KEY" or "D" appears in the display window, it means the oven is under demonstration mode, microwave does not emit.

Demo mode is designed for retail store display. In this mode, the oven can be demonstrated with no cooking power in the oven.

2

To cancel:

Tap **Microwave** once, press **Dial** 4 times then tap **Stop/ Cancel** 4 times.

Step 1.



Step 2.



Step 3.



NOTES:

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

Menu Action ON/OFF

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



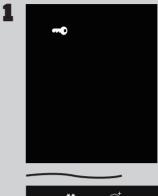


Tap **Timer/Clock** 4 times to set menu action on and off.

NOTE:

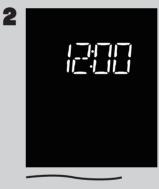
Default mode is Menu Action on.







When the colon or time of day appears in the display, tap **Stop/Cancel** 3 times; " **•••** " will appear in the display.





Tap **Stop/Cancel** 3 times; the display will return to the colon or time of day and Child Safety Lock will be cancelled.

NOTES:

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

Setting the Clock



With the oven NOT cooking, tap **Timer/Clock** twice.





Select the hour by turning the **Dial**.



Press the **Dial** to confirm the selection.





Select the minute by turning the **Dial**.



Press the **Dial** to confirm the selection.

NOTES:

- 1. To reset the clock, repeat steps.
- 2. The clock will retain the time of day as long as the oven is plugged in and electricity is supplied.
- 3. The clock is a 12-hour display.



■ To Use as a Kitchen Timer





Tap Timer/Clock once.





Set desired amount of time by turning the **Dial**. (up to 1 hour 30 minutes)



Press the **Dial** to start. Time will count down without oven operating.





Set the desired cooking program, by entering cooking method and time required. (up to 2 power stages)

Example:

After Set 2 power stages.



Tap Timer/Clock once.





Set the standing time by turning the **Dial**. (up to 1 hour 30 minutes)



Press the **Dial** to start. Cooking will start. After cooking, standing time will count down without oven operating.

Setting the Timer (continued)

Setting Delay Start



Tap Timer/Clock once.





Set desired amount of delay time. (up to 1 hour 30 minutes)

3

Set the desired cooking program, by entering cooking method and time required. (up to 2 power stages)



Press the **Dial** to start. Delayed time will count down without oven operating. Then cooking will start.

NOTES:

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

Add Time

This feature allows you to add cooking time at the end of previous cooking.



After cooking, turn the **Dial** to select Add Time function.



Press the **Dial** to start. Time will be added. The time in the display window will count down.

NOTES:

- 1. This function is only available for Microwave, Broil, Bake, Steam, Combination and Timer functions and it is not available for Auto programs.
- 2. The Add Time function is only available within 1 minute after cooking.
- 3. The Add Time function can be used after the 3-stage cooking. The power level is the same as the last stage.

Modes	Maximum cooking time	
Microwave (1000 W) Microwave (Keep Warm) Steam Combo 2	30 minutes	
Other microwave powers, Combo 1 Broil Bake 100-220 °C (215-425 °F) Timer	1 hour and 30 minutes	
Combo 3 Combo 4	1 hour	
Bake 30-90 °C (85-195 °F)	9 hours	

Microwave

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





Tap Microwave once.





Select the power level by turning the **Dial**.

 Power Level

 1000 W (High)

 800 W (Med-High)

 600 W (Medium)

 440 W (Med-Low)

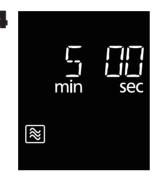
 300 W (Defrost)

 100 W (Low)

 KEEP WARM



Press the **Dial** to confirm the selection.





Select the cooking time by turning the **Dial**. **1000 W** and **KEEP WARM** have max cooking time of 30 minutes. For **other power levels**, the max time is 1 hour and 30 minutes.



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

NOTES:

- You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/ decreased in 1 minute increments, up to 10 minutes.
- 2. Do not attempt to use microwave only with any metal container in the oven.
- 3. Do not place food directly onto the base of the oven. Place in a microwaveable or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.
- 3-stage can be set continuously. This feature allows you to set only once for some different stages without taking care during cooking. (see page 33-34)
- 5. Standing time can be programmed after microwave power and time setting.
- If the time exceeds one hour, it will count down in units of minutes. If less than one hour, the time will count down in units of seconds.

DO NOT OVERCOOK:

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

CAUTION:

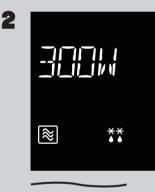
DO NOT defrost food at a high power setting. Doing so can cause energy concentration at a focused point, which can lead to arcing and damage to the oven. Use the "Defrost" function instead.

Microwave Defrost Setting

This feature allows you to defrost meat, poultry and seafood by 300 W and time.



Tap Microwave once.





Select **300 W** by turning the **Dial**. Deforst symbol "******" and microwave symbol "*****" will appear in the display window.



Press the **Dial** to confirm the selection.

in sec min sec



Select the defrosting time by turning the **Dial**. (up to 1 hour 30 minutes)



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

NOTE:

- 1. Opening the door and taking out the defrosted parts during the operating time is recommended. Turn over, stir or rearrange the parts which are still in icy.
- 2. For manual defrosting times, please refer to defrosting chart on page 46.



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





Tap Microwave once.

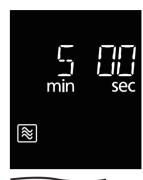




Select **KEEP WARM** by turning the **Dial**.



Press the **Dial** to confirm the selection.





Select the warming time by turning the **Dial**. (up to 30 minutes)



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

NOTE:

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

Steam

1

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





Tap Steam once.



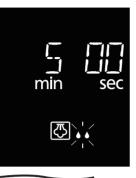


Select the power level by turning the **Dial**.

Power Level	
Steam 1 (max)	
Steam 2 (low)	



Press the **Dial** to confirm the selection.





Select the cooking time by turning the **Dial**. (up to 30 minutes)



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

NOTE:

1. Fill the water tank before using the Steam function.

- 2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
- 3. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
- 4. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, press **Dial**. The oven will not continue cooking until the water tank has been re-filled and **Dial** pressed.
- 5. It is possible to refill the water tank at any time during cooking, without having to tap **Stop/cancel** first.
- 6. It is necessary to wipe the excess water in the cavity after steam cooking.

Caution:

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

Steam (continued)

Guidelines for water tank

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

It is recommended to clean the water tank in warm water once a week.



Oven Accessory to Use

When steaming, place food directly on the Grill Tray in the upper shelf position. For steaming larger food items, place the Grill Tray in the lower shelf position. During steaming, cooking juices collect in the watercourse of the tray.

Use oven gloves when removing the Grill Tray as it will be very hot, and so will the roof and walls of the oven.



When steaming, place food directly on the Grill Tray in the upper shelf position.

Steam Shot

This feature allows you add steam during cooking (up to 3 minutes). Adding steam during cooking enhances the heat distribution and aids the rising process of breads, cakes and pastries.

The following modes can use steam shot - **Microwave** (except for Keep Warm), **Broil**, **Bake** and **Combo 1**.

Set and operate the desired program.



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



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

(Tap 3 times, time will decrease to zero. If you want to add steam again, please repeat step 3.)

NOTES:

- 1. Steam shot is not available during preheating mode.
- 2. Fill the water tank before use.
- 3. The original program still counts down when operating steam shot.
- 4. The steam shot time can not exceed the remaining cooking time.
- 5. If adding 2 or 3 minutes, **Steam** must be tapped once or twice within a 3 second time period.
- 6. It is necessary to wipe the excess water in the cavity after steam cooking.

Caution:

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

Bake

The oven can be programmed as an oven using the **Bake** mode which uses top and bottom heat.

Guideline to oven temperatures

For best results always place food in a preheated oven. Food is generally cooked uncovered - unless it is stated in the instructions or recipe. For quick selection of the most commonly used cooking temperatures. the temperatures start at 150 °C (300 °F) and count up to 220 °C (425 °F), then back to 30 °C (85 °F) in anticlockwise direction. The oven can not preheat at 30-60 °C (85-140 °F).

Temperature						
30 °C	85 °F					
40 °C	100 °F					
50 °C	120 °F					
60 °C	140 °F					
70 °C	160 °F					
80 °C	175 °F					
90 °C	195 °F					
100 °C	215 °F					
110 °C	230 °F					
120 °C	250 °F					
130 °C	270 °F					
140 °C	285 °F					
150 °C *	300 °F *					
160 °C	325 °F					
170 °C	340 °F					
180 °C	350 °F					
190 °C	375 °F					
200 °C	400 °F					
210 °C	410 °F					
220 °C	425 °F					
* Default						

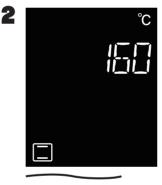
Caution:

The Grill Tray and surrounding oven will get very hot. Use oven gloves.

With Preheating:



Tap **Bake** once.





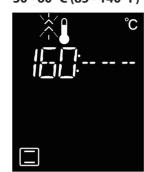
Select the temperature by turning the **Dial**.

3



Press the **Dial** to confirm the selection.

Except for 30 - 60 °C (85 - 140 °F)





Press the **Dial** to preheat the oven. When the actual temperature reaches the set temperature, the oven will beep. Then open the door and place the food inside.





Select the cooking time by turning the **Dial**. Maximum cooking time for 30-90 °C (85-195 °F) is 9 hours, and for 100-220 °C (215-425 °F), it is 1 hour and 30 minutes.



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

Note on Preheating

- The oven will maintain the selected preheated temperature for approximately 30 minutes without open the door. If no food has been placed inside the oven or a cooking time set, then it will beep 5 times and automatically cancel the cooking program and revert to colon or time of day.
- 2. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C (160 °F) is reached. You can change the preheating temperature by turning the **Dial**.
- If you want to cook without preheating, please skip step 4.

Bake (continued)

1

■ Without Preheating / Ferment Setting [30/40 °C (85/100 °F)]:





Tap Bake once.





Select the temperature by turning the Dial.



Press the **Dial** to confirm the selection.





Select the cooking time by turning the **Dial**. Maximum cooking time for 30-90 °C (85-195 °F) is 9 hours, and for 100-220 °C (215-425 °F), it is 1 hour and 30 minutes.



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

NOTES:

- 1. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/ decreased in 1 minute increments, up to 10 minutes.
- 2. If the time exceeds one hour, it will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
- 3. The oven can not preheat to 30-60 °C (85-140 °F)
- 4. The selected temperature can be recalled and changed during cooking if required. Tap Bake once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature [except 30-60 °C (85-140 °F)] by turning the **Dial**.
- 5. Turn the accessory 180° halfway during cooking to ensure a more even cooking result.
- 6. If 'HOT INSIDE WAIT' appears in the display window, the oven temperature is too high from previous use and 30-40 °C (85-100 °F) can not be set, otherwise you can ferment dough at room temperature.

Caution

The Grill Tray and surrounding oven will get very hot. Use oven gloves.

Oven accessory to use

Do not pre-heat on Bake mode with the Grill Tray in position. You can cook food directly

- on the Grill Tray in the upper or lower shelf position. Or you can place your standard metal baking tins and ovenware on the Grill Tray in the lower shelf position. Do not place tins and ovenware directly on the base of the oven in **Bake** mode.
- You can use the Grill Tray as a baking dish for roasting potatoes or vegetables, and for baking fairy cakes, scones and cookies. It is also ideal for re-heating pre-baked convenience pastry items.

Roasting meat:



Baking:



Roasting Vegetables / Potatoes:



Reheating:



Grill Tray in lower shelf position.

Broil

Directions for Broiling:

When broiling, heat is radiated from heater. The Broil is especially suitable for thin slices of meat and seafood as well as bread and meals.

Preheating isn't required before broiling. Select Broil setting, set the time and start the oven. The food being broiled should normally be turned over after half the broiling time. When the oven door is opened, the program is interrupted. Turn the food over, place it back the oven, close the door and restart oven. While broiling, the oven door can be opened at any time to check the food.





Tap Broil once.



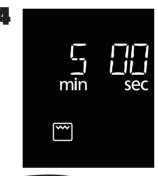


Select the power level by turning the **Dial**.

Power Level
Broil 1 (HIGH)
Broil 2 (MEDIUM)
Broil 3 (LOW)



Press the **Dial** to confirm the selection.





Select the cooking time by turning the **Dial**. Maximum cooking time is 1 hour and 30 minutes.



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

NOTES

- 1. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
- 2. There is no microwave power on the **Broil** only program.
- 3. Use the Grill Tray provided, as explained.
- 4. The **Broil** will only operate with the oven door closed.
- 5. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting **Broil 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
- **6. Broil 2** and **Broil 3** are used for more delicate foods or those that require a longer broil time e.g. fish or chicken portions.
- 7. Never cover foods when broiling.
- 8. Always use oven gloves when removing the food and Grill Tray after broiling as they will be very hot.
- After broiling it is important that the Grill Tray is removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

Place food on Grill Tray

The Grill Tray will allow fat and juices to drip into the Watercourse to reduce excess splatter and smoke when broiling.

Use oven gloves when removing the Grill Tray as it will be very hot, and so will the roof and walls of the oven. After turning, return food to the oven, close door and press the **Dial**. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is broiling.

Oven accessory to use

When broiling fish, chops or small food items, the Grill Tray should be placed in the upper shelf position. For larger food items, the Grill Tray should be in the lower shelf position.



For broiling small foods use the Grill Tray in the upper shelf position.

Combination Cooking without Steam

Combo 1: Broil + Microwave

Combination cooking is ideal for many foods. The Microwave power cooks them quickly, whilst the Broil gives traditional browning and crispness. All this happens simultaneously resulting in most foods being cooked in $\frac{1}{2}$ - $\frac{2}{3}$ of the conventional cooking time.

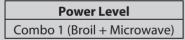




Tap Combination once.



Press the **Dial** to select **Combo 1.**





Select the cooking time by turning the **Dial**. Maximum cooking time is 1 hour and 30 minutes.



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

NOTES

4

- 1. Preheating is not available for **Combo 1.**
- 2. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/ decreased in 1 minute increments, up to 10 minutes.
- 3. To turn food just pull the door handle downwards to open, turn the food, return to the oven, close the door and press the **Dial** to start. The oven will continue to count down the remaining cooking time.
- If the time exceeds one hour, it will count down in units of minutes. If less than one hour, the time will count down in units of seconds.

Caution!

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

Containers to use

Do not use plastic microwave containers on combination programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top broil elementsheatproof glass e.g. Pyrex[®] or ceramic are ideal.

Oven accessory to use

For advice on cooking times refer to cooking and reheating chart in this book. See page 47-48. Foods should always be cooked until browned and piping hot.



You can use the Grill Tray in either of the shelf positions.

Combination Cooking with Steam

- Combo 2: Steam + Microwave
- Combo 3: Steam + Broil
- Combo 4: Steam + Bake

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





Tap Combination once.





Select the power level by turning the **Dial**.

Power Level					
Combo 2 (Steam + Microwave)					
Combo 3 (Steam + Broil)					
Combo 4 (Steam + Bake)					

Continued on the Next Page

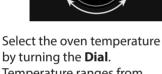
7

Combination Cooking with Steam (continued)



Press the **Dial** to confirm the selection.



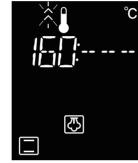


Temperature ranges from 150-220 °C (300-425 °F).

Combo 4 only

Press the **Dial** to confirm the selection.

6 Combo 4 only





Press the **Dial** to preheat the oven. When the actual temperature reaches the set temperature, the oven will beep. Then open the door and place the food inside. * **Skip this step when**

preheating is not required.





Select the cooking time by turning the **Dial**. Maximum cooking time for **Combo 2** is 30 minutes and maximum cooking time for **Combo 3, 4** is 1 hour.



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

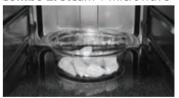
Guidelines

- During and after Combination cooking with Steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
- 2. After each operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs. (See page 14).

CAUTION:

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

Oven accessory to use Combo 2: Steam + Microwave



Directly on the base of the oven in a microwaveable and heatproof dish or alternatively you can use the Grill Tray in either of the shelf positions.

Combo 3, 4: Steam + Broil / Steam + Bake



Grill Tray in either of the shelf positions.

NOTES

- 1. Fill the water tank before use. If required to cook for longer than maximum time, re-fill the water tank and repeat the above operation for the remaining time.
- 2. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, Press the **Dial**. The oven will not continue cooking until the water tank has been re-filled and the **Dial** pressed.
- 3. Preheating is only available for Combo 4.

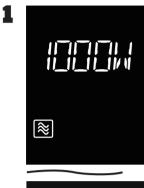
When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C (160 °F) is reached. You can change the preheating temperature by turning the **Dial**.

The selected temperature can be recalled and changed during cooking if required. Tap **Bake** once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by turning the **Dial**.

- 4. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
- 5. It is possible to refill water tank at any time during cooking, without having to tap **Stop/Cancel** first.
- 6. It is necessary to wipe the excess water in the cavity after Steam cooking.

3-Stage

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



Microwave Broil

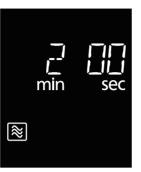
Tap **Microwave** once.



Select **800 W** by turning the **Dial**.



Press the **Dial** to confirm the selection.



Д



Select the 2 minutes by turning the **Dial**.





Tap **Steam** once.



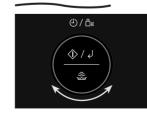


Select **Steam 2** by turning the **Dial**.



Press the **Dial** to confirm the selection.





Select the 3 minutes by turning the **Dial**.





Tap **Broil** once.

9





Select **Broil 2** by turning the **Dial**.



Press the **Dial** to confirm the selection.

Continued on the Next Page

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3-Stage (continued)





Select the 3 minutes by turning the **Dial**.



Press the **Dial** to Start. The time will count down at the first stage in the display window.

NOTES

- For 3-stage cooking, enter another cooking program before pressing the **Dial**.
- 2. During operation, tapping Stop/Cancel once will stop the operation. pressing the Dial will re-start the programmed operation. tapping Stop/Cancel twice will stop and clear the programmed operation.
- Whilst not operating, tapping Stop/Cancel will clear the selected program.
- 4. Auto programs, Bake and Combo 3, 4 can not be used with 3-stage cooking.
- If 3-stage cooking includes Steam or Combo 2 mode, the maximum setting time is 30 minutes. Fill water tank before use.

One Push Reheating

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



When clock or colon is displayed, press the **Dial** to start. To reset oven and return to clock or colon, tap **Stop/ Cancel**.

To reheat a chilled pre-cooked meal. All foods must be precooked and at refrigerator temperature approx.+5 °C (41 °F). Reheat in microwave safe container as purchased. Pierce covering film with a sharp knife once in the center and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Press Dial to start the program. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking. Recommend weight range: 200-1000 g (7-36 oz.).

How it works

Once the "One Push Reheating" has been selected and the **Dial** is pressed the food is heating up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to reheat. The remaining cooking time will appear in the display window after two beeps. Whilst the Sensor program is still in the display window the oven door should not be opened. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

Adjust to Taste

The "One Push Reheating" reheats a chilled meal for average tastes. You are able to adjust the "One Push Reheating" to your own taste. After pressing the **Dial**, " \lor / \land " symbol appears in the display, turn **Dial** clockwise for more time or anticlockwise for less time. This operation should be completed within 14 seconds. Default mode is normal.

NOTES

- 1. Press the **Dial** in two minutes right after the door was closed, otherwise "One Push Reheating" will be rejected and beeps will sound. Open the door and close it again will release the "One Push Reheating".
- 2. This feature is not suitable for foods that cannot be stirred eg. lasagne/ macaroni cheese.
- 3. The oven automatically calculates the reheating time or the remaining reheating time.
- 4. The door should not be opened before the time appears in the display window.
- 5. To prevent any mistakes during "One Push Reheating" ensure that base of oven and the container are dry.
- 6. The room temperature should not be more than 35 °C (95 °F) and not less than 0 °C (32 °F).
- 7. If the oven has previously been used and it is too hot to be used on "One Push Reheating", "HOT INSIDE WAIT" will appear in the display window. After the "HOT INSIDE WAIT" disappears, the "One Push Reheating" may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

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Auto Programs Charts

No.	Menu	Serving/Weight				Recommended Containers	Accessory and Placement
Turbo	Defrost						
1	Turbo Defrost			9	See page 37		
Auto	Steam Menus						
2	Fresh Vegetables	200 g (7 oz.)	250 g (9 oz.)	300 g (11 oz.)	-	_	
3	Frozen Vegetables	200 g (7 oz.)	250 g (9 oz.)	300 g (11 oz.)	-		
4	Steamed Potatoes	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	500 g (18 oz.)		
5	Chicken Breasts	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	500 g (18 oz.)	-	ریسی (میر)
6	Fresh Fish Fillets	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	500 g (18 oz.)		[i i]
7	Frozen Fish Fillets	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	500 g (18 oz.)		
8	Whole Fish	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	500 g (18 oz.)		
Air Fr	y Style						
9	Fish Fillets	300 g (11 oz.)	400 g (14 oz.)	500 g (18 oz.)	-	-	[;;]
10	Chicken Pieces	200 g (7 oz.)	400 g (14 oz.)	600 g (21 oz.)	-		
11	Vegetable Fries	100 g (4 oz.)	200 g (7 oz.)	300 g (11 oz.)	-		[}]
12	Frozen Potato Fries	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	-		[▶ •]
Auto	Cook Menus						
13	Popcorn	42 g (1.5 oz.)	78 g (2.75 oz.)	91 g (3.2 oz.)	-	-	Base of oven
14	Chilled Pizza	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	-		
15	Frozen Pizza	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	-	-	[;;]
16	Oatmeal	125 ml (½ cup)	250 ml (1 cup)	-	-	microwave-safe dish	Base of oven
17	Breakfast Sausage	2 links	4 links	6 links	8 links	paper plate	Base of oven
18	Omelet	2 eggs	3 eggs	4 eggs	-	microwave-safe plate with plastic wrap	Base of oven
19	Quinoa	60 ml (¼ cup)	125 ml (½ cup)	250 ml (1 cup)	-	microwave-safe casserole with plastic wrap	Base of oven
20	Soup	250 ml (1 cup)	500 ml (2 cups)	-	-	microwave-safe serving bowl with plastic wrap	Base of oven

No.	Menu	Serving/Weight				Recommended Containers	Accessory and Placement	
21	Frozen Entrées	200 g (7 oz.)	300 g (11 oz.)	500 g (18 oz.)	800 g (28 oz.)	Follow manufacturers' directions	Base of oven	
22	Stew	6 servs	-	-	-	casserole dish with lid	Base of oven	
23	Melt Butter	30 ml (2 tablespoons)	60 ml (4 tablespoons)	120 ml (8 tablespoons)	-	microwave safe dish with lid or plastic wrap	Base of oven	
24	White rice	125 ml (½ cup)	250 ml (1 cup)	375 ml (1½ cups)	-	microwave-safe casserole dish with lid	Base of oven	
Junio	r Menu							
25	Mug Cake	1 serv	2 servs	-	-	mug	Base of oven	
26	Junior Pasta Bake	250 g (9 oz.)	500 g (18 oz.)	800 g (28 oz.)	-	Pyrex [®] container	[;;]	
27	Vegetable Purée	100 g (4 oz.)	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	Pyrex [®] dish with lid	Base of oven	
Re-ba	ke bread							
28	Baguette/Crusty Rolls	100 g (4 oz.)	200 g (7 oz.)	300 g (11 oz.)	400 g (14 oz.)	-		
29	Croissants	1 pc	2 pcs	3 pcs	4 pcs	-	[::]	
Clean	Cleaning							
F1	Deodorization							
F2	Drain Water							
F3	System Cleaning				-			
F4	Cavity Cleaning							

When you select an automatic program, symbols will appear in the display to show the cooking mode that will be used and if the Grill tray is needed. See below to identify the symbols:

Grill Tray

Microwave



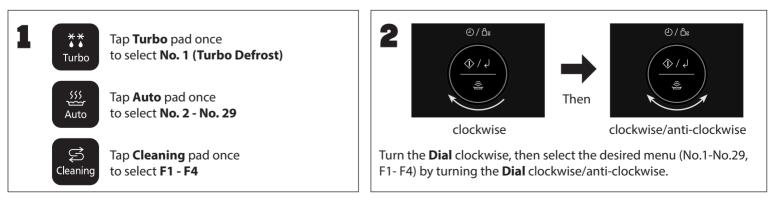
₩ Broil

Bake

Junior Menu

Defrost/Frozen Mark

There are two ways to select the Auto Program number.



Turbo Defrost (No. 1)

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food. The weight is 0.1-3.0 kg (0.1-6.0 lbs).





Tap **Turbo** once or using the **Dial**. (see page 36)



Press the **Dial** to confirm the selection.



Select the weight of the food by turning the **Dial**. The **Dial** will count up in 0.1 kg (0.1 lb) steps.



Press the **Dial** to Start. The defrosting program will start and the time in the display will count down.

NOTES

- The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. The maximum weight for Turbo Defrost is 3 kg (6 lbs.).
- 2. The oven will beep twice during the total defrosting time. This indicates that food should be turned, broken apart or removed. After attending to food, close door and press the **Dial** to resume defrosting.
- Allow standing time to ensure the food is completely defrosted.
 If "HOT INSIDE WAIT"
 - appear in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Conversion Chart

Follow the chart to convert ounces or hundredths of a pound into tenths of a pound. To use 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	.0105	0.0
1 - 2	.0615	0.1
3 - 4	.1625	0.2
5	.2635	0.3
6 - 7	.3645	0.4
8	.4655	0.5
9 - 10	.5665	0.6
11 - 12	.6675	0.7
13	.7685	0.8
14 - 15	.8695	0.9

Popcorn (No.13)

(Example: To pop 78 g (2.75 oz.) of popcorn)





Tap **Auto** once or using the **Dial**. (see page 36)





Select **No.13 Popcorn** by turning the **Dial**.



Press the **Dial** to confirm the selection.





Select the weights by turning the **Dial**.

Weight
42 g (1.5 oz)
78 g (2.75 oz)
91 g (3.2 oz)



Press the **Dial** to confirm the selection.

6 Optional





If desires, More/Less adjustment can be done. Turn **Dial** to add or subtract the cooking time (5 levels can be select).

Level	Adjust the Time
Less	subtract 20 seconds
Less-	subtract 10 seconds
Normal	-
More+	add 10 seconds
More++	add 20 seconds



Press the **Dial** to Start. The cooking program will start. After several seconds, cooking time appears in the display window and begins to count down.

NOTES

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

Auto Menu Programs (No. 2-12, 14-29)

This feature allows you to set some ordinary menus with different Serving/Weights. It will cook automatically without setting power and time. Select the category of food and then just enter the Serving/Weights. Do not include the weight of any added water or the container weight.





Tap **Auto** once or using the **Dial**. (see page 36)





Select the food category by turning the **Dial**.



Press the **Dial** to confirm the selection.





Select the serving/weights by turning the **Dial**.





Press the **Dial** to start preheating.

"**PREHEAT**" will scrolls across display window once then a "**P**" will appear in the display window.

When preheating is completed, the oven will beep and "**P END**" will display in the display window. Then open the door and place the food inside.



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

NOTES

- 1. For menu No.2 , please skip step 2.
- 2. Step 5 is only available for menu No.12.
- 3. For menu 22, please skip step 4.
- 4. If **"HOT INSIDE WAIT"** appear in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.
- 5. When " ♦ ♦ " is blinking, fill the water tank.
- 6. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, press **Dial**. The oven will not continue cooking until the water tank has been re-filled and **Dial** pressed.

Guidelines

- 1. The auto menu programs must only be used for foods described.
- 2. Only cook foods within the weight ranges described.
- Always weigh the food rather than relying on the package weight information.
- 4. Always use the Grill Tray as indicated.
- 5. For larger weights on the auto steam programs chicken breasts and rice, it will be necessary to refill the water tank during cooking.
- 6. Do not cover foods on the auto steam programs.
- The temperature for frozen food is assumed to be

 −18 °C (0 °F) to −20 °C
 (−2 °F). The temperature of chilled food is assumed to be +5 °C (41 °F) to
 +8 °C (46 °F) (refrigerator temperature).
- Most foods benefit from a standing time after cooking on an auto program, to allow heat to continue conducting to the centre.
- To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
- 10. When you select an automatic program, symbols will appear in the display to show the cooking mode that will be used and if the Grill tray is needed.

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2. Fresh Vegetables

It is suitable for steaming fresh vegetables, such as broccoli, cauliflower and carrots. All pieces should be the same size. Wash thoroughly. **Fill water tank**. Place prepared vegetables on Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

3. Frozen Vegetables

It is suitable for steaming frozen vegetables such as carrots, broccoli, cauliflower and green beans. All pieces should be the same size. **Fill water tank.** Place vegetables on Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

4.Steamed Potatoes

It is suitable to steaming potatoes. Peel potatoes and cut into 30 - 40 g (1 - 1.4 oz.) each. **Fill water tank.** Place prepared potatoes on Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

5. Chicken Breasts

It is suitable to steaming chicken breast. Each chicken breast should weigh between 100 - 150 g (4 - 5 oz.). Wash thoroughly. **Fill water tank.** Place chicken breast on Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

6. Fresh Fish Fillets

It is suitable to steaming fresh fish fillets. Each fresh fish fillets should weigh between 100 - 200 g (4 - 7 oz.). Thickness of pieces not more than 3 cm (1¼ inches). **Fill water tank.** Place fresh fish fillets on Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

7. Frozen Fish Fillets

It is suitable to steaming frozen fish fillets. Each frozen fish fillets should weigh between 100 - 200 g (4 - 7 oz.). Thickness of pieces not more than 3 cm (1¼ inches). **Fill water tank.** Place frozen fish fillets on Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

8. Whole Fish

It is suitable to steaming fresh whole fish such as trout, sea bream, mackerel, sea bass, sardines. **Fill water tank.** Place whole fish on the Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

9. Fish Fillets

Suitable for frying fresh fish fillets like salmon weighing a maximum 150 - 200 g (5 - 7 oz.) each without turning, thickness of pieces not more than 3 cm (1¼ inches). **Fill water tank.** Place the fish fillets skin side down on Grill Tray. Place the Grill Tray in lower shelf position. Select the program and weight, then press the **Dial** to Start.

10. Chicken Pieces

Suitable for cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc. Chicken pieces should be thawed completely before cooking. Each chicken piece should weigh between 80 - 125 g (3 – 4.5 oz.). Pierce the chicken skin a few times before cooking. **Fill water tank.** Place chicken pieces on Grill Tray. Place in the upper shelf position. Select the program and weight, then press the **Dial** to Start.

11. Vegetable Fries

For preparing fresh vegetable fries such as sweet potato, white potato, carrots, parsnips and courgettes. Peel and cut the vegetables into baton shapes. Toss in a tablespoon of vegetable oil each 100 g (4 oz.) fries. Place fries on Grill Tray. Place in the upper shelf position. Select the program and weight, then press the **Dial** to Start.

12. Frozen Potato Fries

To cook frozen potato fries. Select the program and weight of the fries, press the **Dial** to preheat the oven. After preheated, Place Grill Tray in upper shelf position. Start to cook. For best results cook in a single layer. Open the door to TURN OR STIR WHEN TWO BEEPS HEARD during cooking. **Note:** Potato fries vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning. This program is suitable for 1 cm (¾ inch) fries.

13. Popcorn

Remove wrapper, place bag on the bottom of the oven according to manufacturers' directions. Select the program and weight then press the **Dial** to Start. (see page 38)

14. Chilled Pizza

It is suitable for cooking chilled pizza. Remove all packaging and place the pizza on the Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

15. Frozen Pizza

It is suitable for cooking frozen pizza. Remove all packaging and place the pizza onto the Grill Tray. Place in the upper shelf position. Select the program and weight then press the **Dial** to Start.

16. Oatmeal

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

Oatmeal	Tap Water	Dish Size
125 ml	250 ml	1 litre
(½ cup)	(1 cup)	(4 cups)
250 ml	437 ml	1.5 litre
(1 cup)	(1¾ cups)	(6 cups)

Do not cover. Place the container on the bottom of the oven. Select the program and weight then press the **Dial** to Start. At the end of cooking time, allow to stir before serving.

17. Breakfast Sausage

It is suitable for cooking breakfast sausage that has been chilled in refrigerator. Pierce several times by folk. Place breakfast sausage links on paper plate. Do not cover. Place the plate on the bottom of the oven. Select the program and weight then press the **Dial** to Start. Open the door to TURN OR STIR WHEN TWO BEEPS HEARD during cooking.

18. Omelet

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

Butter (melted)	Eggs	Milk	Salt and pepper
15 ml (1 tbsp.)	2	30 ml (2 tbsp.)	taste
15 ml (1 tbsp.)	3	45 ml (3 tbsp.)	taste
15 ml (1 tbsp.)	4	60 ml (4 tbsp.)	taste

Turn a microwave-safe plate to coat the bottom with melted butter. Meanwhile, combine the remaining ingredients in a separate bowl, beat together, and pour into the plate. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program and weight then press the **Dial** to Start.

19. Quinoa

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

Quinoa	Tap water	Dish Size
60 ml	125 ml	1 litre
(¼ cup)	(½ cup)	(4 cups)
125 ml	250 ml	1.5 litre
(½ cup)	(1 cup)	(6 cups)
250 ml	500 ml	2.5 litre
(1 cup)	(2 cups)	(10 cups)

Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover securely with plastic wrap. Place the container on the bottom of the oven. Select the program and weight then press the **Dial** to Start. Open the door to STIR WHEN TWO BEEPS HEARD during cooking, press the **Dial** to continue. After cooking, let stand 10-15 minutes.

20. Soup

It is suitable for reheating soup. Pour soup into a microwave-safe serving bowl. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program and weight then press the **Dial** to Start. Stir after cooking.

21. Frozen Entrées

It is suitable for reheating frozen entrées. Follow manufacturers' directions for preparation. Cover securely with vented plastic wrap. Place food on the bottom of the oven. Select the program and weight then press the **Dial** to Start. Open the door to STIR WHEN TWO BEEPS HEARD during cooking, press the **Dial** to continue. Be careful when removing the wrap cover after cooking. Remove facing away from you to avoid steam burns. After cooking, allow to stir and stand for 2 minutes before serving. If additional time is needed, continue to cook manually. Note: This is not suitable for cooking without covering the container.

22. Stew

Ingredients: 15 g (0.5 oz.) oil 1 large onion, chopped 1 large tomato, chopped 25 g (1 oz.) curry paste 15 g (1 tbsp.) flour 225 g (8 oz.) beef stock 1000 g (36 oz.) chuck steak, fat removed and cut into 2.5 cm (1 inch) cubes 15 ml (1 tbsp.) vinegar Place all ingredients in a 4-quart casserole dish. Put casserole with lid on the bottom of the oven. Select the program then press the **Dial** to Start. Open the door to STIR WHEN TWO BEEPS HEARD during cooking.

23. Melt Butter

Remove wrapper, cut butter into 3 cm (1¼ inches) cube, and place into a microwave safe dish. Melt with lid or plastic wrap. Select the program and weight then press the **Dial** to Start. Stir after cooking.

24. White Rice

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

Rice	Hot tap water	Dish Size
125 ml	250 ml	1.5 litre
(½ cup)	(1 cup)	(6 cups)
250 ml	500 ml	2.5 litre
(1 cup)	(2 cups)	(10 cups)
375 ml	750 ml	3 litre
(1½ cups)	(3 cups)	(12 cups)

Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover securely with vented plastic wrap. Place the container on the bottom of the oven. Select the program and weight then press the **Dial** to Start.

Open the door to STIR WHEN TWO BEEPS HEARD during cooking, press the **Dial** to continue. Allow to stand for 5 minutes before serving.

25. Mug Cake

For cooking one or two mug cakes, either Chocolate Brownie or Lemon.

Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 300 ml (1¼ cups). Place it on the base of the oven. Select the program. Enter the serving of the mug cakes then press the **Dial** to Start. Allow to stand for a few minutes after cooking. Serve warm in the mug with ice-cream, custard or cream.

Chocolate Brownie Mug Cake Ingredients:

For 1 serving

- 82 g (5 $^{1\!\!/_2}$ tbsp.) flour
- 52 g (3 ½ tbsp.) sugar 52 g (3 ½ tbsp.) cocoa powder 45ml (3 tbsp.) melted butter 45ml (3 tbsp.) milk 4 squares dark or milk chocolate, chopped

Decoration: sprinkles or mini marshmallows

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

Lemon Mug Cake Ingredients For 1 serving

- $4\Gamma = (2 \text{ them})$
- 45 g (3 tbsp.) flour 52 g (3 ½ tbsp.) sugar
- $3 g (\frac{1}{2} \text{ tsp.})$ baking powder
- $0.5 \text{ g} (\frac{1}{8} \text{ tsp.}) \text{ salt}$
- 37 ml (2 ½ tbsp.) vegetable oil
- 30 ml (2 tbsp.) lemon juice,
- plus zest ½ lemon

1 egg, beaten

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

26. Junior Pasta Bake

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

Servings	250 g	500 g	800 g
	(9 oz.)	(18 oz.)	(28 oz.)
Pasta	125 g	200 g	300 g
	(4.5 oz.)	(7 oz.)	(11 oz.)
Sauce	70 g	250 g	425 g
	(2.5 oz.)	(9 oz.)	(14.4 oz.)
Cheese	50 g	50 g	75 g
	(2 oz.)	(2 oz.)	(2.6 oz.)

Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place container onto Grill Tray in lower shelf position. Select the program and weight of the junior pasta bake, then press the **Dial** to Start. Stir before serving.

27. Vegetable Purée

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

100 g (4 oz.) vegetables 75 ml (5 tbsp.) water.

200/300 g (7/11 oz.) vegetables 100 ml (6 ½ tbsp.) water.

400 g (14 oz.) vegetables 150 ml (10 tbsp.) water.

Cover with lid. Place dish on base of oven. Select the program and weight then press the **Dial** to Start. Open the door to STIR WHEN TWO BEEPS HEARD during cooking. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary, adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.

28. Baguette/Crusty Rolls

To re-bake baguettes and crusty rolls. This program is suitable for reheating pre-purchased chilled baguettes and rolls. Ensure height of baguette/rolls is no more than 5 cm (2 inches).

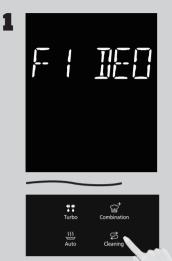
Place baguette/crusty rolls each about 100 g (4 oz.) on Grill Tray. Place in the lower shelf position. Select the program and weight then press the **Dial** to Start.

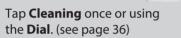
29. Croissants

To re-bake croissants. This program is suitable for reheating, pre-purchased, chilled croissants. Place croissants each about 50 g (2 oz.) on Grill Tray. Place in the lower shelf position. Select the program and weight then press the **Dial** to Start.

F1. Deodorization

This feature is suitable for cleaning the particular smell from the microwave oven (20 minutes is needed).







Press the **Dial** to confirm the selection.





Press the **Dial** to start. The cooking time appears in the display window and begins to count down.

F2. Drain Water

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



Add 100 ml (¾ cup) of water to the water tank. Ensure drip tray is empty.





Tap **Cleaning** once or using the **Dial**. (see page 36)

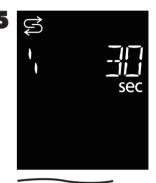




Select **F2. Drain Water** by turning the **Dial**.



Press the **Dial** to confirm the selection.





Press the **Dial** to start. Empty the drip tray after the program has finished.

NOTES:

- Only run this program with 100 ml (¾ cup) of water in the tank.
- 2. Do not remove the drip tray during the drain water program.
- 3. Empty the drip tray and rinse with running water after the program has finished.

Caution:

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

F3. System Cleaning

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



Make a solution of 16 g (0.5 oz.) citric acid and

200 ml (¾ cup) of water, add the solution to the water tank. Ensure drip tray is empty.



Tap **Cleaning** once or using the **Dial**. (see page 36)

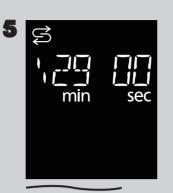




Select **F3. System Cleaning** by turning the **Dial**.



Press the **Dial** to confirm the selection.





Press the **Dial** to start. The program will run for approx. 29 minutes.



paused, empty the drip tray and fill the water tank with water (to max level).



Press the **Dial** to start. The program will run for approx. 1 minute. Empty the drip tray after the program has finished.

NOTES:

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

F4. Cavity Cleaning

This feature is available when the cavity is built up with fat or grease (20 minutes is needed).

Д





Tap **Cleaning** once or using the **Dial**. (see page 36)





Select **F4. Cavity Cleaning** by turning the **Dial**.



Press the **Dial** to confirm the selection.





Press the **Dial** to start. The cooking time appears in the display window and begins to count down.

NOTES:

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

Guide Lines



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

Broil

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

Bake

30/40 °C (85/100 °F)	Proving Bread or Pizza dough
150/160 °C (300/325 °F)	Macaroons
180 °C (350 °F)	Victoria Sandwich, Fairy Cakes, Meat Joints, Swiss Roll
190 °C (375 °F)	Gratins, Lasagne, Pastry Pies
200 °C (400 °F)	Stuffed Peppers, Scones
220 °C (425 °F)	Vegetable parcels, bread, garlic bread, roast potatoes, baking pizza, air fry.

🕭 Steam

Steam 1	Vegetable, chicken, meat, etc.
Steam 2	Seafood, poached egg, souffle, etc.
Steam shot*	Use during Microwave, Broil, Bake, Combo 1 (Broil + microwave).

Schw^+ Combination

Combo 1	Breaded chicken, ready meal with gratin tops, meat pies and pastries.
Combo 2	Stewed fruit, fresh vegetables, frozen vegetables.
Combo 3	Fish and chicken with skin.
Combo 4	Home-made bread.

* Steam shot — we can tap Steam pad to add steam during cooking. For "Steam shot" details, see page 27.

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 2. Set food in microwave-safe dish. (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.
- 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 standing time directions on page 22.
- 3. Rinse foods as indicated in the chart.
- 4. Items which have been layered should be rinsed separately or have a longer standing time.

Defrosting Chart (by setting Microwave at 300 W):

Food	Approx. Time (minutes per (1 lb [500 g]))	Instruction
Meat		
Beef		
Minced Beef	6 - 8	
Roast: Topside	7 - 9	
Roast: Beef Tenderloin	7 - 9	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Roast: Chuck or Rump	6 - 8	
Roast: Sirloin, rolled	7 - 9	Turn meat over two to three times during defrosting.
Steak	6 - 7	Shield edges and unevenly shaped ends of roasts halfway through the defrost
Miscellaneous	6 - 8	cycle.
Lamb		Large roasts may still be icy in centre. Let stand.
Roast	6 - 8	
Chops	5 - 7	
Ribs	5 - 7	
Poultry		
Chicken/whole	7 - 9	Turn poultry over two to four times during defrosting. Halfway through the
Chicken/pieces	6 - 8	defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil.
Chicken/fillets	6 - 8	Break apart chicken pieces and remove small pieces such as wings, which may
Duck	6 - 8	be defrosted before larger pieces. Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10
Turkey	7 - 9	minutes, before cooking.
Fish & shellfish		
Fish Fillets	6 - 8	
Whole Fish	6 - 8	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also,
Crabmeat	5 - 7	break apart prawns or scallops. Remove any pieces that are defrosted.
Lobster Tails	5 - 7	Lat stand 5 to 10 minutes before cooking
Sea Scallops	4 - 6	Let stand, 5 to 10 minutes, before cooking.
Green Prawns	5 - 7	

Cooking Chart

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions	
Meat					
Lamb joint	Maximum weight 1.5 kg (3.3 lb)	180 °C (350 °F)	20 mins per 500 g (18 oz.) plus 25-30 mins	Preheat oven. Cook on Grill Tray in lower shelf position. Turn halfway. Wrap in foil and allow to stand for 10 mins after cooking.	
Steak -medium	150 g (5 oz.)	Broil 1	8-9 mins	Place on Grill Tray in upper shelf position.	
Steak -well done	150 g (5 02.)		10-12 mins	Turn halfway	
Beef joint -well done	Maximum weight 1.5 kg (3.3 lb)	220 °C (425 °F)	20 mins per 500 g (18 oz.) plus 30-35 mins	Preheat oven. Place on Grill Tray in lower shelf position. Turn halfway.	
Roast lamb	1.5 kg (3.3 lb)	Combo 1	55-60 mins	Place lamb on Grill Tray in the lower shelf position. Turn halfway. Allow to stand for 10 mins after cooking.	
Fish and Shellfish					
Fresh fish fillets	500 g (18 oz.)	600 W	5-7 mins		
Frozen fish fillets	500 g (18 oz.)	1000 W	9-10 mins	Place in a microwave safe and heat-proof	
Prawns	500 g (18 oz.)	600 W	5-7 mins	dish with cover on base of oven.	
Mussels	500 g (18 oz.)	600 W	5-7 mins		
Fish thin fillets	500 g (18 oz.)	Combo 2	12-15 mins	Fill the water tank . Place in a microwave safe and heat-proof dish without cover on base of oven.	
Poultry	· ·		·		
Chicken breasts (boneless and skinless)	250 g (9 oz.)	Steam 1	28-30 mins	Fill the water tank . Place on Grill Tray in upper shelf position.	
Chicken legs	600 g (21 oz.)	Combo 1	28-30 mins	Place on Grill Tray in upper shelf position.	
Whole chicken	per 500 g (18 oz.)	190 °C (375 °F)	30-35 mins	Preheat the oven. Place chicken on Grill Tray in the lower shelf position. Turn halfway.	
Fresh vegetable					
Asparagus	200 g (7 oz.)	Combo 2	10-11 mins		
Broccoli	250 g (9 oz.)	Combo 2	11-12 mins	Fill the water tank. Place in a microwave	
Peas	200 g (7 oz.)	Combo 2	10-11 mins	safe and heat-proof dish without cover on base of oven.	
Boiled potatoes	500 g (18 oz.)	Combo 2	19-20 mins		
Roasted potatoes	400 g (14 oz.)	Combo 1	28-30 mins	Place potatoes on Grill Tray in the lower shelf position. Turn halfway.	
Gratins (dauphine potatoes, moussaka, lasagnes, tartifette, shepard's pie, macaroni)	800 g (28 oz.)	Combo 1 then Broil 1	20-25 mins then 5 mins	Place in heatproof dish on base of oven.	
Rice					
Long grain white	250 g (9 oz.)	1000 W	11-13 mins	Use a 5 L microwave safe container. Add 500ml (2 cups) boiling water. Cover partly and stir halfway.	
Pasta					
Fusilli	200 g (7 oz.)	1000 W	10 mins	Use a 5 L microwave safe container. Add 500ml (2 cups) boiling water and 15 ml	
Spaghetti	250 g (9 oz.)	1000 W	8-10 mins	(1 tablespoon) oil. Cover partly and stir halfway.	

Reheating Chart

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

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions	
Chilled meal	200 g (7 oz.)	1000 W	2 mins - 2 mins 30 secs	Place in a microwave safe and heat-proof dish on base of oven.	
Chilled fried food	400 g (14 oz.)	Combo 1 then Broil 2	6-8 mins then 4 mins	Place food on Grill Tray in the lower shelf position. Turn halfway.	
Frozen meal	200 g (7 oz.)	1000 W	3 mins 30 secs - 4 mins	Place in a microwave safe and heat-proof dish on base of oven.	
Sandwich	100 g (3.5 oz.)	1000 W	30 secs	Place in a microwave safe and heat-proof dish on base of oven.	
Canned soup	600 ml (20 oz liq.)	1000 W	3-4 mins	Place in a microwave safe and heat-proof dish with cover on base of oven. Stir half way and end of cooking.	
Beverage	235 ml (8 oz liq.)	1000 W	1 min 30 secs	Place in a microwave safe cup on base of oven. Stir half way and end of cooking.	
Milk	250 ml (1 tasse)	1000 W	1 min - 1 min 20 secs	Place in a microwave safe cup on base of oven. Stir half way and end of cooking.	
Canned vegetab	les				
Bean	415 g (14.5 oz.)	1000 W	2 mins 30 secs - 3 mins		
Tomato	400 g (14 oz.)	1000 W	2 mins	Place in a microwave safe and heat-proof bowl with cover. Place on base and stir halfway.	
Mushrooms	280 g (10 oz.)	1000 W	2 mins - 2 mins 30 secs		
Sweetcorn	330 g (11.5 oz.)	1000 W	2 mins - 2 mins 30 secs		
Montring	150 g	1000 W	1 min 30 secs- 2 mins	Place in a microwave safe and heat-proof bowl on base.	
Meat pies	(5 oz.)	Combo 1	13-15 mins	Remove product from foil container and place on Grill Tray in the lower shelf position.	
Quiche	400 g (14 oz.)	Combo 1	15-17 mins	Remove product from foil container and place on Grill Tray in the lower shelf position.	
Frozen fruit tart	450 g (16 oz.)	Combo 1	11-13 mins	Remove product from foil container and place on Grill Tray in the lower shelf position.	
Frozen egg tart	300 g (11 oz.)	Combo 1	12-13 mins	Remove product from foil container and place on Grill Tray in the lower shelf position.	
Frozen spring rolls	200 g (7 oz.)	Combo 1	10-13 mins	Brush oil on the spring rolls. Place on Grill Tray in the upper shelf position.	
Frozen Pizza	300 g (11 oz.)	Combo 1	9-11 mins	Remove product from foil container and place on Grill Tray in the upper shelf position.	

Air Fry chart

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

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Frozen			·	
Thin frozen fries	300 g (11 oz.)		23-25 mins	
Thick frozen fries/ Frozen potato steak fries/ wedges	300 g (11 oz.)	Bake preheat at	40-45 mins	Place on Grill Tray in upper shelf position, stir at ¾ of total time.
Frozen cheese sticks	400 g (14 oz.)	220 °C (425 °F)	16-18 mins	
Frozen chicken nuggets	400 g (14 oz.)		25-30 mins	Place on Grill Tray in upper shelf position, turn at ¾ of total time.
Frozen fish fingers	350 g (12.5 oz.)		20-23 mins	
Fresh				
Homemade fries	500 g (18 oz.)	Bake preheat at 220 °C (425 °F)	30-35 mins	Place on Grill Tray in upper shelf position. Soak in cold water for 1-3 hour in the refrigerator, dry and mix with oil, stir at ² / ₃ of total time.
Steak [1 cm (¾ inch) of thickness]	4 pcs 670 g (24 oz.)		12-14 mins	
Hamburger	4 pcs 560 g (20 oz.)		16-20 mins	
Chicken wings	1000 g (36 oz.)		25-30 mins	Seasoned. Place on Grill Tray in upper shelf position, turn over at 3/3 of total time.
Drumsticks	6 pcs 800 g (28 oz.)	Bake preheat at 220 °C	35-40 mins	
Chicken breast	4 pcs 800 g (28 oz.)	(425 °F)	30-35 mins	
Fish fillets	4 pcs 450 g (16 oz.)		20-25 mins	Seasoned. Place on Grill Tray in upper shelf position, less than 3 cm (1¼ inches) of thickness.
Sweet potato	350 g (12.5 oz.)		21-24 mins	Seasoned. Place on Grill Tray in upper shelf position, stir at ² / ₃ of total time.
Tofu	800 g (28 oz.)		18-22 mins	Cut into large Pieces, Seasoned. Place on Grill Tray in upper shelf position.

Food Characteristics

Bone and Fat

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





Size

Thin pieces cook more quickly than thick pieces.

Shape

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



Density

Porous, airy foods such as breads, cakes or rolls take less time to cook than heavy, dense foods such as potatoes and roasts. When reheating donuts or other foods with different centers be very careful. Certain foods have centers made with sugar, water, or fat and these centers attract microwaves (for example,



jelly donuts). When a jelly donut is heated, the jelly can become extremely hot while the exterior remains warm to the touch. This could result in a burn if the food is not allowed to cool properly in the center.

Quantity



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

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 2.5 cm



Whole apples or new potatoes should have a 2.5 cm (1-inch) strip of skin peeled before cooking. Score sausages and frankfurters. Do not Cook/Reheat whole eggs, with or without the shell. Steam buildup in whole eggs may cause them to explode, and possibly damage the oven or cause injury. Reheating SLICED hard-boiled eggs and cooking SCRAMBLED eggs is safe.

Browning

Foods will not have the same brown appearance as conventionally cooked foods or those foods which are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce.



To use, combine browning sauce with melted butter or margarine and brush on before cooking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

Spacing

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



Covering

As with conventional cooking, moisture evaporates during microwave cooking. Casserole lids or plastic wrap are used for a tighter seal. When using plastic wrap, vent the plastic wrap by folding back part of the plastic wrap from the edge of the dish to allow steam to escape. Loosen or remove plastic wrap as recipe directs for 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.

Cooking Techniques (continued)

Shielding

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

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

Cooking Time

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

Stirring

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

Rearranging

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

Turning

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

Standing Time

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

Test for Doneness

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

Check foods to see that they are cooked according to the United States Department of Agriculture's recommended temperatures. To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for oven use.

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

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

Care and Cleaning of Your Microwave Oven

Please see below and the following page for particular cleaning instructions for each section of the oven.

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

AFTER CLEANING: Tap Stop/Cancel to clear the Display.

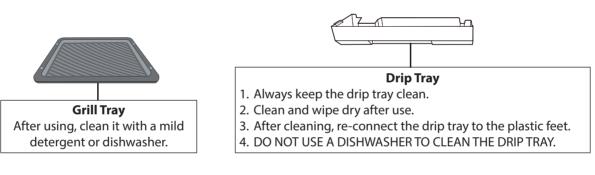
- 1. **Outside oven surfaces:** Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.
- 2. Labels: Do not remove. Wipe with a damp cloth.
- 3. **Upper heater:** Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully.
- 4. **Flat table**: Always clean the flat table after cooling down with a mild detergent and wipe to dry.
- 5. **Control Panel**: Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or sprayon cleaners on the Control Panel. When cleaning the Control Panel leave over door open to

the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning tap **Stop/Cancel** pad to clear display window.

For some models:

The Control Panel is covered with a removable protective film to prevent scratches during shipping. Small bubbles may appear under this film, so if this is the case, remove by applying masking or clear tape to an exposed corner and pull gently.

- 6. **Inside the Oven**: Wipe with a damp cloth after using. Mild detergent may be used if needed. Do not use harsh detergents or abrasives.
- 7. **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.)



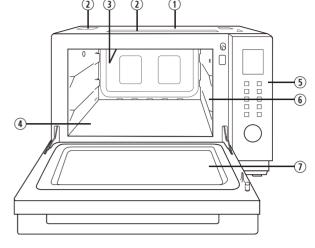
NOTES:

- 1. When using the **Broil**, **Bake** or **Combination** mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
- 2. After **Broil**, **Bake** or **Combination** cooking, the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by **Broil**, **Combination**. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door. DO NOT SPRAY DIRECTLY INSIDE THE OVEN.

A steam cleaner is not to be used for cleaning.

- 3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- 4. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- 5. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

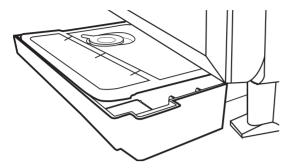
AS WITH ANY COOKING APPLIANCE, MICROWAVE OVENS REQUIRE THE SAME LEVEL OF CARE TO PREVENT OVERHEATING OR DAMAGE. IT IS IMPORTANT TO KEEP THE OVEN CLEAN AND DRY. FOOD RESIDUE AND CONDENSATION MAY CAUSE RUSTING OR ARCING AND DAMAGE TO THE OVEN. AFTER USE, WIPE DRY ALL SURFACES, INCLUDING VENT OPENINGS,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



Care and Cleaning of Your Microwave Oven (continued)

Cleaning the Water Tank

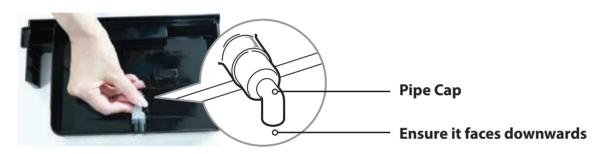
Clean with a soft sponge in water.



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



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



If the pipe cap is difficult to remove, wiggle from side to side. When re-fitting, make sure that the pipe faces down (see diagram).

NOTES:

- 1. There is a spring at the insertion port of the pipe, please store it properly when cleaning, and do not lose it.
- 2. Clean the water tank at least once a week to prevent build up of limescale.
- 3. Do not use a dishwasher to clean the water tank or parts of the water tank.

Before Requesting Service

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

Problem	Solution
The oven causes TV interference.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal. After use, the oven should be wiped dry (see page 52).
The oven has an odour and generates smoke when using Broil, Bake and Combination function.	It is essential that your oven is wiped out regularly particularly after cooking by Broil, Bake and Combination. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Smoke and burnt smell will occur after the first use.	This is not a malfunction and will go away after a few uses.
There are humming and clicking noises from my oven when I cook by combination.	The noises occur as the oven automatically switches from one power to another to create the combination setting. This is normal.
Sounds will occur when using the Steam function.	This is caused by air mixed when the water tank is working. It is normal.
The sound of "Bar Bar" may be emitted at the back of the oven cavity during and after the use of different kinds of Bake function.	This is a cause of thermal expansion and contraction of the metal material used in the product. It is normal.
Steam leaks out from all four sides of the oven door.	When a function related to steam is used, a lot of steam are generated in the oven cavity during operation of the product. Some steam may leak from all four sides of the oven door. It is normal.

Before Requesting Service (continued)

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

Problem	Solution
	The oven is not plugged in securely or needs to be reset; remove plug from outlet, wait ten seconds and re-insert.
Oven will not turn on.	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.
	The door is not closed completely. Close the oven door securely.
	Dial was not pressed after programming; Press the Dial.
Oven will not start cooking.	Another program is already entered into the oven; tap Stop/Cancel to cancel the previous program and enter new program.
	The program is not correct; program again according to the Owner's manual.
	Stop/Cancel has been tapped accidentally; program oven again.
The " ••• " appears in the display window.	The CHILD SAFETY LOCK was activated by tapping Stop/Cancel three times; Deactivate CHILD SAFETY LOCK by tapping Stop/Cancel three times.
The oven stops cooking and "SERVICE" appears in the display window.	The display indicates a problem with microwave generation system. Please contact an authorised Service Center (see next page).
"HOT INSIDE WAIT" appears in the display window.	The cavity is overheated. Operate again after it cools down. Please open the door in order to cool the temperature of the cavity more quickly.
"COOLING" appears in the display window.	The fan is operating to cool the electric components. The word "COOLING" will disappear after the fan stops.
"DEMO MODE PRESS ANY KEY" or "D" appears in the display window.	The oven is under demonstration mode. Tap Microwave once, press Dial 4 times then tap Stop/Cancel 4 times.
Only "U14" appears in the display window.	The water tank is empty. Full it with water and tap Stop/Cancel to reset.
White powder found at steam outlet, drip tray and oven cavity.	The white powder is mineral crystal from evaporation of water, it is natural substance and harmless to human body. You can use auto cleaning menu (F2&F3) to clean the steam system and water supply pipes to improve condition. If crystal attached to the nozzle or in the oven cavity, please wipe and clean with a wring cloth. After using steam function or cleaning, pour out the water from the drip tray and wipe with a sponge.

WARRANTY

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

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

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

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

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

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

LIMITATIONS AND EXCLUSIONS

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

Over-The-Range cooktop light bulbs are excluded from coverage under this warranty. In the case where the microwave oven is built-in, the warranty will be voided if using a non-Panasonic trim kit.

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

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

WARRANTY SERVICE

PRODUCT OPERATION ASSISTANCE

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

PRODUCT REPAIRS

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

IF YOU SHIP THE PRODUCT TO A SERVICENTRE

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

Specifications

Power Source	
Power Consumption:	
Heater (Steam)	
Heater (Broil)	
Heater (Bake)	
Combination	
Cooking Power:	
Microwave*	
Heater (Steam)	
Heater (Broil)	
Heater (Bake)	
Outside Dimensions (W x H x D)**:	514 mm (20 ¼") (W) x 347 mm (13 ¼6") (H) x 410 mm (16 ½") (D)
	514 mm (20 ¼") (W) x 347 mm (13 ¼6") (H) x 456 mm (17 ‰") (D)
Oven Cavity Dimensions (W x H x D):	
Operating Frequency:	
Net Weight	Approx. 15.5 kg (35 lb)

*IEC Test procedure

Specifications subject to change without notice.

** 410 mm (16 ½") is the dimension without handle 456 mm (17 ½") is the dimension with handle

Shop Accessory

Purchase Parts, Accessory and Instruction Book online for all Panasonic Products by visiting our Web Site at:

shop.panasonic.ca

Parts Available to Order

Owner's Manual (this book)	F0003CM50CP
Grill Tray	F443S-10V2

User's Record

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

Model No. ___

Serial No. _____

Date of Purchase _