

Microwave Oven Safety

Your safety and the safety of others are very important.

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



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

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

DANGER

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

WARNING

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

CAUTION

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

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



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

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Thank you for purchasing a Panasonic Microwave Oven.

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



IMPORTANT SAFETY INSTRUCTIONS

WARNING

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

1. Read all instructions before using this appliance.
2. Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY,” found on page 1.
3. This appliance must be grounded. Connect only to a properly grounded outlet. See “GROUNDING INSTRUCTIONS” found on page 6.
4. As with any cooking appliance, **DO NOT** leave oven unattended while in use.
5. Install or locate this appliance only in accordance with the installation instructions found on page 5, 6.
6. **DO NOT** cover or block any openings on this appliance.

7. **DO NOT** store this appliance outdoors. **DO NOT** use this product near water — for example, near a kitchen sink, in a wet basement, or near a swimming pool or similar locations.
8. Use this appliance only for its intended use as described in this manual. **DO NOT** use corrosive chemicals, vapors or non-food products in this appliance. This type of oven is specifically designed to heat, or cook food. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance and may result in radiation leaks.
9. When cleaning surfaces of the door and oven that come together upon closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
10. **DO NOT** allow children to use this appliance, unless closely supervised by an adult. **DO NOT** assume that because a child has mastered one cooking skill he/she can cook everything.
11. **DO NOT** operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
12. **DO NOT** immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. **DO NOT** let cord hang over edge of a table or counter.
15. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service center for examination, repair or adjustment.

16. Some products such as whole eggs with or without shell, narrow neck bottles and sealed containers — for example, closed glass jars — may explode and should not be heated in this oven.
17. To reduce the risk of fire in the oven cavity:
 - (a) **DO NOT** overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - (c) **If material inside the oven ignites, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.**
 - (d) **DO NOT** use the cavity for storage purposes. **DO NOT leave paper products, cooking utensils or food in the cavity when not in use.**

18. Superheated Liquids

Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without showing evidence (or signs) of boiling. Visible bubbling is not always present when the container is removed from the microwave oven. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.

To reduce the risk of injury to persons:

- (a) **STIR THE LIQUID BOTH BEFORE AND HALFWAY THROUGH HEATING IT.**
 - (b) **DO NOT heat water and oil, or fats together. The film of oil will trap steam, and may cause a violent eruption.**
 - (c) **DO NOT** use straight-sided containers with narrow necks.
 - (d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
19. **DO NOT** cook directly on the turntable. It can crack, cause injury or damage to the oven.

⚠ WARNING

TO AVOID THE RISK OF SHOCK:

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

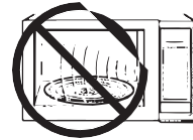
TO REDUCE THE RISK OF EXPOSURE TO MICROWAVE ENERGY:

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



TO AVOID THE RISK OF FIRE:

1. **DO NOT** operate the microwave oven empty or use metal containers. When using the microwave oven without water or food, microwave energy can not be absorbed and will continuously reflect throughout the cavity. This will cause arcing and damage the oven cavity, door or other components, which can lead to a fire hazard.
2. **DO NOT** store flammable materials next to, on top of, or in the oven.
3. **DO NOT** dry clothes, newspapers or other materials in the oven, or use newspaper or paper bags for cooking.
4. **DO NOT** hit or strike Control Panel. Damage to controls may occur.
5. **DO NOT** use recycled paper products unless the paper product is labeled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparking.



TO AVOID THE RISK OF SCALDING:

POT HOLDERS should always be used when removing items from the oven. Heat is transferred from the **HOT** food to the cooking container and from the container to the Glass Tray. The Glass Tray can also be very **HOT** after removing the cooking container from the oven. The wire rack is designed for use only in the browning mode and will be hot after use. Care in handling must be exercised.

SAVE THESE INSTRUCTIONS

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

Glass Tray

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

Roller Ring

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

INSTALLATION AND GROUNDING INSTRUCTIONS

Examine Your Oven

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

Placement of Oven

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

Installation

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

WARNING — IMPROPER USE OF THE GROUNDING

PLUG CAN RESULT IN A RISK OF ELECTRIC SHOCK.

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

⚠ INSTALLATION AND GROUNDING INSTRUCTIONS (continued)

To Add Time using Quick 30:

Example: Add 3 minutes.	
<div style="border: 1px solid black; display: inline-block; padding: 2px 10px; margin-bottom: 5px;">20:00</div> ↓ <div style="border: 1px solid black; display: inline-block; padding: 2px 10px; margin-bottom: 5px;">Quick 30</div> Press 6 times ↓ <div style="border: 1px solid black; display: inline-block; padding: 2px 10px;">23:00</div>	<ul style="list-style-type: none"> • During manual cooking, touch Quick 30 until the desired cooking time (up to 5 minutes) appears in the display window.




Step1.	• Press Keep Warm .
Step2. Thru 9	• Set warming time, up to 30 minutes.
Step3.	<ul style="list-style-type: none"> • Press Start. <input type="checkbox"/> Keep Warm will start. The time in the display window will count down.

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

Example: To keep 2 cups of gravy warm

NOTE:
Keep Warm can be programmed as the final stage after cook times have been manually entered. It cannot be used in combination with inverter turbo defrost sensor or auto features.



Popcorn Feature

Example: To pop 3.5 oz. (99 g) of popcorn

<p>Step1.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Popcorn (3 Levels)</div> <p style="text-align: center;">Press once</p>	<ul style="list-style-type: none"> • Press Popcorn until the desired size appears in the display window. <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <thead> <tr> <th style="padding: 2px;">Press</th> <th style="padding: 2px;">Weight</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">once</td> <td style="padding: 2px;">3.5 oz. (99 g)</td> </tr> <tr> <td style="padding: 2px;">twice</td> <td style="padding: 2px;">3.0 oz. (85 g)</td> </tr> <tr> <td style="padding: 2px;">3 times</td> <td style="padding: 2px;">1.75 oz. (50 g)</td> </tr> </tbody> </table>	Press	Weight	once	3.5 oz. (99 g)	twice	3.0 oz. (85 g)	3 times	1.75 oz. (50 g)
Press	Weight								
once	3.5 oz. (99 g)								
twice	3.0 oz. (85 g)								
3 times	1.75 oz. (50 g)								
<p>Step2.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto; text-align: center;">More</div> <p style="text-align: center;">OR</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto; text-align: center;">Less</div> <p style="text-align: center;">Optional</p>	<p>(see More/Less Feature.)</p>								
<p>Step3.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto; text-align: center;">↕ Start</div>	<ul style="list-style-type: none"> • Press Start. AAfter several seconds, cooking time appears in the display window and begins to count down. 								

NOTES ON POPCORN FEATURE:

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

NOTE:

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

REMARKS:

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



More/Less Feature

For Popcorn:

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

More

 : Adds time

More 1 = Adds Approx. 10 secs.
 More 2 = Adds Approx. 20 secs.

Less

 : Subtracts time

Less 1 = Subtracts Approx. 10 secs.
 Less 2 = Subtracts Approx. 20 secs.
 Press **More** Pad or **Less** pad before pressing **Start**.

For Sensor Reheat/Cook:

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

More

 : Adds time

More = Adds Approx. 20% time

Less

 : Subtracts time

Less = Subtracts Approx. 20% time
 Press **More** Pad or **Less** pad before pressing **Start**.






Inverter Turbo Defrost Feature

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

Example: To Defrost 1.5 pounds of meat

Place food on microwave safe dish.

<p>Step1.</p> 	<ul style="list-style-type: none"> • Press Inverter Turbo Defrost.
<p>Step2.</p> 	<ul style="list-style-type: none"> • Set weight of the food, using the number pads.
<p>Step3.</p> 	<ul style="list-style-type: none"> • Press Start. Defrosting will start. The time will count down. Larger weight foods will cause a signal midway through defrosting. If 2 beeps sound, turn over, rearrange foods or shield with aluminum foil.

Conversion Chart:

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

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

Note:

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




Defrosting Tips & Techniques

Preparation for freezing:


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

To Defrost:

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

 **Defrosting Tips & Techniques** *(continued)*





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



Sensor Reheat Feature

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

Example: To reheat a plate of food

Step1. 	<ul style="list-style-type: none"> • Press Sensor Reheat.
Step2.   Optional	(see More/Less Feature.) (□page 17)
Step3. 	<ul style="list-style-type: none"> • Press Start. □Cooking starts.

Cooking is complete when 5 beeps sound. (When steam is detected by the Genius Sensor and 2 beeps sound, the remaining cooking time will appear in the display window.)

NOTE:

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

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

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

DO NOT USE SENSOR REHEAT





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



Sensor Cook Feature

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

Example: To cook Frozen Entrées

Step1.  Press 6 times	<ul style="list-style-type: none"> • Press Sensor Cook until the desired food number appears on the display window
Step2.   Optional	(see More/Less Feature.) (□page 17)
Step3. 	<ul style="list-style-type: none"> • Press Start. □Cooking starts.

Cooking is complete when 5 beeps sound. (For some menus, when steam is detected by the Genius Sensor and 2 beeps sound, the remaining cooking time will appear in the display window.)

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

BEFORE Reheating/Cooking:

1. The room temperature surrounding the oven should be below 35 °C (95 °F).
2. Food weight should exceed 110 g (4 oz.).
3. Be sure the glass tray, the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
4. Cover food with lid, or with vented plastic wrap. Never use tightly sealed plastic containers—they can prevent steam from escaping and cause food to overcook.

DURING Reheating/Cooking:

DO NOT open the oven door until 2 beeps sound and cooking time appears on the Display Window. Doing so will cause inaccurate cooking since the steam from food is no longer contained within the oven cavity. Once the cooking time begins to count down, the oven door may be opened to stir, turn or rearrange foods for some menus.

AFTER Reheating/Cooking:



Sensor Cook Chart

Recipe	Serving/Weight	Hints
1. Oatmeal	0.5 - 1 cup (40 - 80 g)	Place inside a microwave safe serving bowl with no cover. Follow manufacturers' directions for preparation.
2. Breakfast Sausage	2 - 8 links	Follow manufacturers' directions for preparation of precooked breakfast sausage. Place in a radial pattern.
3. Omelet	2 - 4 eggs	Follow Basic Omelet recipe on page 22.
4. Quinoa	¼ - 1 cups (45 - 180 g)	Place quinoa in a microwave safe 3 qt casserole dish. Add 2 parts water to 1 part quinoa. Cover with lid or vented plastic wrap. After 2 beeps, stir. Let stand 14 minutes before serving.
5. Soup	1 - 2 cups (250 ml - 500 ml)	Pour soup into a microwave safe serving bowl. Do not cover. Stir after cooking.
6. Frozen Entrées	(220 - 800 g) (8 - 28 oz.)	Follow manufacturers' directions for preparation. After 2 beeps, stir or rearrange. Be careful when removing the film cover after cooking. Remove facing away from you to avoid steam burns. If additional time is needed, continue to cook manually.
7. Frozen Pizza (single)	220 g (8 oz.)	Follow manufacturers' directions for preparation. Add more time of cooking if needed.
8. Potatoes (pierce skin)	1 - 4 potatoes (170 - 220 g) (6 - 8 oz. each)	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined glass tray (Turntable), at least 1 inch (2.5 cm) apart. Do not cover. Turn over after 2 beeps. Let stand 5 minutes to complete cooking.
9. Fresh Vegetables	110 - 450 g (4 - 16 oz.)	All pieces should be the same size. Wash thoroughly, add 1 tbsp of water per ½ cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
10. Frozen Vegetables	170 - 450 g (6 - 16 oz.)	Wash thoroughly, add 1 tbsp. of water per ½ cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking. (Not suitable for vegetables in butter or sauce.)
11. Rice	½ - 1½ cups (110 - 335 g)	Place rice with hot tap water in a microwave safe casserole dish. Cover with lid or vented plastic wrap. Let stand 5 to 10 minutes before serving.
12. Frozen Dinners	300 - 450 g (11 - 16 oz.)	Follow manufacturers' directions for covering or removing covers. Do not use frozen foods packaged in foil trays. After 2 beeps, stir or rearrange.
13. Pasta	55 - 220 g (2 - 8 oz.)	Place 2 oz. pasta and 3 cups hot tap water in a microwave safe 2 qt casserole, salt and oil, if desired, covered with lid or vented plastic wrap. For 4 oz. pasta use 4 cups water, for 6 oz. pasta use 6 cups water in 3 qt casserole, for 8 oz. pasta use 7 cups water.
14. Fish Fillets	110 - 450 g (4 - 16 oz.)	Arrange in a single layer. Cover with lid or vented plastic wrap.

Microwave Recipes

OMELET

Basic omelet

- 1 tablespoon butter or margarine
- 2 eggs
- 2 tablespoons milk
- salt and ground black pepper, if desired

Heat butter in a microwave-safe 23 cm (9-inch) pie plate, 20 seconds at P10, or until melted. Turn the plate to coat the bottom with butter. Meanwhile, combine the remaining ingredients in a separate bowl, beat together and pour into the pie plate. Cook, covered with vented plastic wrap, using Omelet selection. Let stand 2 minutes. With a spatula, loosen the edges of the omelet from the plate, fold into thirds to serve. **Always use scrambled eggs.**

Yield: 1 serving

NOTE: Double ingredients for a 4 eggs Omelet. (Cook at P6 power for 5 minutes.)

CASSEROLE

Shepherd's Pie

- 450 g (1 pound) lean ground beef
- ½ cup frozen peas, thawed
- ¼ cup chopped onion
- 1 tablespoon gravypowder
- ½ teaspoon curry powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups mashed potatoes

In a 2-qt. casserole dish, crumble the ground beef and cook for 5-7 minutes at P6 or until the meat is cooked, stirring twice. Add the remaining ingredients, except for potatoes. Stir well, and then spread the potatoes evenly on the top. Cover with a lid or vented plastic wrap and cook at P6 power for 16-18 minutes.

Yield: 4 servings

Macaroni and Cheese

- ¼ cup butter
- 2 tablespoons chopped onion
- 1 clove minced garlic
- ¼ cup all-purpose flour
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups milk
- 2 cups grated cheddar cheese
- 220 g (8 oz.) (dry weight) macaroni, cooked and drained
- 1/3 cup bread crumbs
- 1 teaspoon paprika

In a 2-qt. casserole dish, melt the butter for 40 seconds at P10. Add onion and garlic and cook for 1 minute at P10. Stir in flour, mustard, salt and pepper, and gradually add the milk. Cook for 3-4 minutes at P10 until sauce thickens, stirring once. Add the cheddar cheese, stirring thoroughly. Pour and stir the sauce into the macaroni, in a 3-qt. casserole dish. Top with breadcrumbs and paprika. Cover with lid or vented plastic wrap. Cook at P6 power for 16-18 minutes.

Yield: 6 servings

Beef and Macaroni Casserole

- 450 g (1 pound) lean ground beef
- 1 small onion, chopped
- ½ green bell pepper, chopped
- 1 cup chopped celery
- 2 430 g (15 oz.) cans tomato sauce
- 1¼ cups water
- 1 cup uncooked elbow macaroni
- 1 teaspoon parsley
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup grated cheddar cheese

Crumble the ground beef in a 3-qt. casserole dish. Cook for 5-7 minutes at P6 or until the meat is cooked, stirring twice. Stir in onion, peppers and celery. Cook for 3-4 minutes at P10. Stir in the remaining ingredients, except cheese. Cover with lid or vented plastic wrap. Cook at P6 power for 16-18 minutes. Sprinkle with cheese. Cover and let stand 5 minutes.

Yield: 4-6 servings

Tuna Casserole

- 1 170 g (6 oz.) can tuna, drained and flaked
- 4 cups cooked and drained noodles
- 1 300 g (10½ oz.) can condensed cream of mushroom soup
- 1 110 g (4 oz.) can mushroom pieces and stems, drained
- 1 450 g (16 oz.) package frozen peas, defrosted
- ¾ cup milk
- 1 cup crushed potato chips
- ½ cup grated cheddar cheese

In a 3-qt. casserole dish, combine tuna, noodles, soup, mushrooms, peas and milk; mix well. Cover with lid or vented plastic wrap. Cook at P6 power for 16-18 minutes. Top with potato chips and cheese before serving.

Yield: 4-6 servings




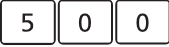

Timer Feature

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


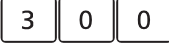

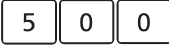

CAUTION:

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

To Use as a Kitchen Timer:

Example: To count down 5 minutes.	
Step1. 	• Press Timer once.
Step2. 	• Set desired amount of time using number pads.
Step3. 	• Press Start . <input type="checkbox"/> Time will count down without oven operating.

To Set Stand Time:


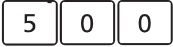

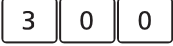

Example: To cook at P6 power for 3 minutes, with stand time of 5 minutes.	
Step1.  Press 5 times	• Enter the desired Power level (see page 15 for directions).
Step2. 	• Set desired cooking time using number pads.
Step3. 	• Press Timer once.
Step4. 	• Set desired amount of Stand Time using number pads.
Step5. 	• Press Start . <input checked="" type="checkbox"/> Cooking will start. After cooking, stand time will count down without oven operating.



Timer Feature

(continued)

To Set Delay Start:

<p>Example: To delay the start of cooking for 5 minutes, and cook at P6 power for 3 minutes.</p>	
<p>Step1.</p> 	<ul style="list-style-type: none"> • Press Timer once.
<p>Step2.</p> 	<ul style="list-style-type: none"> • Enter desired amount of delay time using number pads.
<p>Step3.</p>  <p>Press 5 times</p>	<ul style="list-style-type: none"> • Enter the desired Power level (see page 15 for directions).
<p>Step4.</p> 	<ul style="list-style-type: none"> • Set desired cooking time using number pads.
<p>Step5.</p> 	<ul style="list-style-type: none"> • Press Start. <input type="checkbox"/> Delay time will count down. Then cooking will start.

NOTES:

1. When each stage finishes, a two-beep signal sounds. At the end of the program, the oven will beep five times.
2. If the oven door is opened during Stand Time, Kitchen Timer or Delay Time, the time on the display will continue to count down.
3. Stand time and Delay start cannot be programmed before inverter turbo defrost, sensor or other auto features. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.
4. The maximum programmable time of Standing Time, Kitchen Time or Delay Time is up to 99 minutes and 99 seconds.
5. The Standing time or Delay start feature can only be added to a 2-cycle cooking sequence.



Microwave shortcuts

FOOD	POWER	TIME (in mins.)	DIRECTIONS
To separate refrigerated Bacon , 450 g (1 pound)	P10 (HIGH)	30 sec.	Remove wrapper and place in microwave safe dish. After heating, use a plastic spatula to separate slices.
To soften Brown Sugar 250 ml (1 cup)	P10 (HIGH)	20 - 30 sec.	Place brown sugar in microwave safe dish with a slice of bread. Cover with lid or plastic wrap.
To soften refrigerated Butter , 1 stick, 110 g (¼ pound)	P3 (MED-LOW)	1	Remove wrapper and place butter in a microwave safe dish.
To melt refrigerated Butter , 1 stick, 110 g (¼ pound)	P6 (MEDIUM)	1½ - 2	Remove wrapper and place butter in a microwave safe dish covered with lid or vented plastic wrap.
To melt Chocolate , 1 square, 28 g (1 oz.)	P6 (MEDIUM)	1 - 1½	Remove wrapper and place chocolate in a microwave safe dish. After heating, stir until completely melted. <i>NOTE: Chocolate holds its shape even when softened.</i>
To melt Chocolate , 125 ml (½ cup) chips	P6 (MEDIUM)	1 - 1½	
To toast Coconut , 125 ml (½ cup)	P10 (HIGH)	1	Place in a microwave safe dish. Stir every 30 seconds.
To soften Cream Cheese , 225 g (8 oz.)	P3 (MED-LOW)	1 - 2	Remove wrapper and place in a microwave safe bowl.
To brown Ground Beef , 450 g (1 pound)	P10 (HIGH)	4 - 5	Crumble into a microwave safe colander set into another dish. Cover with plastic wrap. Stir twice. Drain grease.
To cook Vegetables , Fresh (225 g) (½ pound)	P8	3½ - 4	All pieces should be the same size. Wash thoroughly, add 1 tbsp of water per ½ cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
Frozen (280 g) (10 oz.)	P8	3½ - 4	
Canned (430 g) (15 oz.)	P8	3½ - 4	



Microwave shortcuts *(continued)*

FOOD	POWER	TIME (in mins.)	DIRECTIONS
To cook baked Potato , (170 - 220 g) (6 - 8 oz. each) 1 2	P8 P8	3½ - 4 6 - 7	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined glass tray (Turntable), at least 2.5 cm (1 inch) apart. Do not cover. Let stand 5 minutes to complete cooking.
To steam Hand Towels - 4	P10 (HIGH)	20 - 30 sec.	Soak in water, then wring out excess. Place on a microwave safe dish. Heat. Present immediately.
To soften Ice Cream , 2 qt. (½ gallon)	P3 (MED-LOW)	1 - 1½	Check often to prevent melting.
Cup of liquid To boil water, broth, etc. 1 cup, 250 ml (8 oz.) 2 cups, 500 ml (16 oz.)	P10 (HIGH)	1½ - 2 2½ - 3	Heated liquids can erupt if not stirred. Do not heat liquids in microwave oven without stirring before heating.
Cup of liquid To warm Beverage , 1 cup, 250 ml (8 oz.) 2 cups, 500 ml. (16 oz.)	P7 (MED-HIGH)	1½ - 2 2½ - 3	
To roast Nuts , 375 ml (1½ cups)	P10 (HIGH)	3 - 4	Spread nuts into a 23 cm (9-inch) microwave safe pie plate. Stir occasionally.
To toast Sesame Seeds , 60 ml (¼ cup)	P10 (HIGH)	2 - 2½	Place in a small microwave safe bowl. Stir twice.
To skin Tomatoes , (one at a time)	P10 (HIGH)	30 sec.	Place tomato into a microwave safe bowl containing boiling water. Rinse and peel. Repeat for each tomato.
To remove Cooking Odours	P10 (HIGH)	5	Combine 1 to 250 - 375 ml (1½ cups) water with the juice and peel of one lemon in a 2 quart microwave safe bowl. After water finishes boiling, wipe interior of oven with a cloth. You can also use a combination of several whole cloves and ¼ cup of vinegar with 1 cup of water.

Food Characteristics

Bone and Fat

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



Density

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



Quantity

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



Shape

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



Size

Thin pieces cook more quickly than thick pieces.



Starting Temperature

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



Cooking Techniques

Piercing

Foods with skins or membranes must be pierced, scored or have a strip of skin peeled before cooking to al-

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



Browning

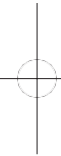
Foods will not have the same brown appearance as conventionally cooked foods or those foods which

are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine and brush on before cooking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.



Spacing

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



Cooking time

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

Turning

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

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	→ The oven is not plugged in securely. Main circuit breaker or main fuse is tripped or blown. There is a problem with the outlet.	Remove plug from outlet, wait 10 seconds and re-insert. Reset main circuit breaker or replace main fuse. Plug another appliance into the outlet to check if it is working.
Oven will not start cooking.	→ The door is not closed completely. Start Pad was not pressed after programming. Another program is already entered into the oven. The program is not correct. Stop/Reset Pad has been pressed accidentally.	Close the oven door securely. Press Start Pad. Press Stop/Reset Pad to cancel the previous program and enter new program. Program again according to the Operating Instructions. Program oven again.
The Glass Tray wobbles.	→ The Glass Tray is not positioned properly on the Roller Ring or there is food under the Roller Ring.	Take out Glass Tray and Roller Ring. Wipe with a damp cloth and reset Roller Ring and Glass Tray properly.
When the oven is operating, there is noise coming from the glass tray.	→ The Roller Ring and oven bottom are dirty.	Clean these parts according to Care and Cleaning of your Microwave oven (see page 10).
The indication light "🔒" appears in the Display Window.	→ The CHILD LOCK was activated.	Deactivate LOCK by pressing Stop/Reset Pad 3 times.
The oven stops cooking and nothing appears in the display window.	→ If the Display Window is blank, there is a problem with the microwave generation system.	Please contact an authorised Service Center (see page 30).

Quick Guide to Operation													
Feature	How to Operate												
To set Clock (Page 13)	Thru <input type="text" value="9"/> Press once. Enter time of day. Press once.												
To Use Child Safety Lock (Page 13)	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> To Set: Press 3 times. </td> <td style="width: 50%; text-align: center;"> To Cancel: Press 3 times. </td> </tr> </table>	To Set: Press 3 times.	To Cancel: Press 3 times.										
To Set: Press 3 times.	To Cancel: Press 3 times.												
To Use Power and Time (Page 15)	Thru <input type="text" value="9"/> Press to select Power Level. Set time. Press.												
To cook using Quick 30 (Page 16)	<table border="1" style="width: 100%;"> <tr> <td style="width: 30%; text-align: center;"> <input type="text" value="Quick 30"/> </td> <td style="width: 40%; text-align: center;"> → </td> <td style="width: 30%; text-align: center;"> <input type="text" value="Start"/> </td> </tr> <tr> <td colspan="3"> Press to set time (up to 5 min.) Press. </td> </tr> <tr> <td colspan="3" style="text-align: center;"> (manual cooking) During </td> </tr> <tr> <td colspan="3" style="text-align: right;"> Press to add time (up to 5 min.) </td> </tr> </table>	<input type="text" value="Quick 30"/>	→	<input type="text" value="Start"/>	Press to set time (up to 5 min.) Press.			(manual cooking) During			Press to add time (up to 5 min.)		
<input type="text" value="Quick 30"/>	→	<input type="text" value="Start"/>											
Press to set time (up to 5 min.) Press.													
(manual cooking) During													
Press to add time (up to 5 min.)													
To use Keep Warm (Page 16)	Thru <input type="text" value="9"/> Press Set keep warm time. (up to 30 min.) Press.												
To cook using Popcorn (Page 17)	or Press to select weight. Optional. Press.												
To defrost using Inverter Turbo Defrost (Page 18)	Thru <input type="text" value="9"/> Press. Set weight. Press.												
To reheat using Sensor Reheat (Page 20)	or Press. Optional. Press.												
To cook using Sensor Cook (Page 20)	or _____ Press to select food number. Optional. Press.												
To use as a Kitchen Timer (Page 23)	Thru <input type="text" value="9"/> Press Set keep warm time. (up to 30 min.) Press.												
To set Stand Timer (Page 23)	(ing programs. Input up to 2-stage cook-) Thru Press. Set time. Press.												
To set Delay Start (Page 24)	(ing programs. Input up to 2-stage cook-) Press. Set time. Press.												