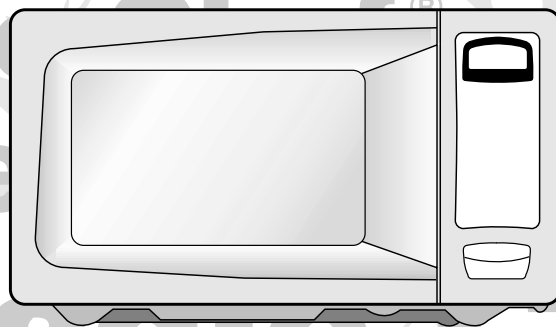




1.3 cu. ft. Microwave Oven Browner

MCG1310AW / MCG1310AB

Instruction Manual
and Cooking Guide



So Right at Home.

Before operating this oven, please read these instructions completely.

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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FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT

WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception.

It has been type-tested and found to comply with limits for an ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the followings.

- Reorient the receiving antenna of radio or television.
- Relocate the Microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, the grounding plug reduces the risk of electric shock by providing an escape wire for 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.

WARNING:

Improper use of the grounding can result in a risk of electric shock.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and either :

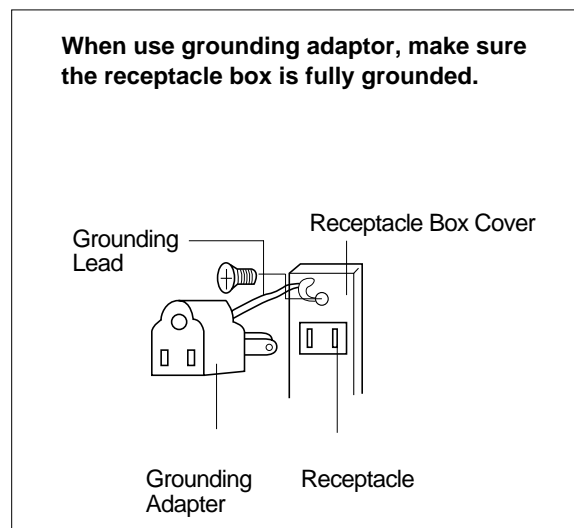
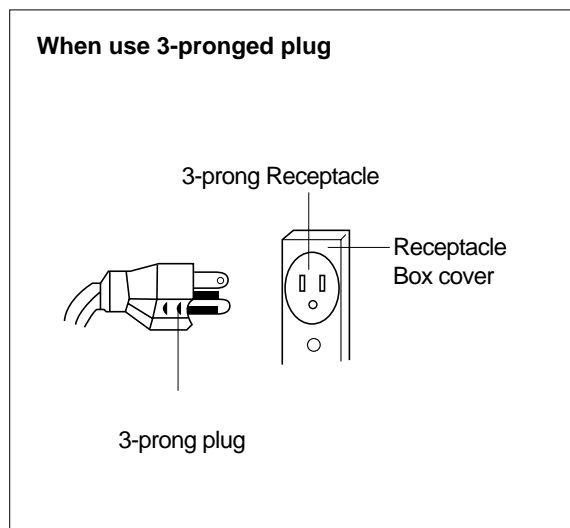
- (1) If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.
or
- (2) Do not use an extension cord, if the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

WARNING:

Do not cut or remove the third (ground) prong from the power cord under any circumstances.

INSTALLATION

- 1 Examine the oven after unpacking.** Check for damage such as a misaligned door, broken door or dent in the cavity.
If any damage is visible, **DO NOT INSTALL**, and notify your dealer immediately.
- 2 Level, flat location.** Install the microwave oven on a level, flat surface.
- 3 Ventilation.** Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure. For proper ventilation, allow 4 inches of space between oven top, sides, rear and adjacent surfaces.
- 4 Away from radio and TV sets.** Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, feeder, etc. Place the oven as far from them as possible.
- 5 Away from heating appliances and water taps.** Keep the oven away from heat, steam or splashing liquids. These things can adversely affect oven wiring and contacts.
- 6 Power supply.** This microwave oven requires a power supply of approximately 11 Amperes, 120 Volts, 60Hz and a grounded outlet. A short power cord is provided to reduce the risk of the user becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
If an extension cord is used, the marked electrical rating of the cord should be at least as great as the electrical rating of the oven.
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 table top or counter where it can be pulled on by children or tripped over unintentionally.
- 7** The minimum height of free space necessary above the top surface of the oven is 4inches.



“THE CANADIAN ELECTRICAL CORD DOES NOT ALLOW THE USE OF THE GROUNDING ADAPTOR”

SPECIFICATIONS

POWER SUPPLY		120V 60Hz, SINGLE PHASE WITH EARTHING
POWER	MICROWAVE	1400 W
CONSUMPTION	GRILL	1150 W
MICROWAVE ENERGY OUTPUT		1000W
MICROWAVE FREQUENCY		2450MHz
OUTSIDE DIMENSIONS (WXHxD)		563X318X418mm
CAVITY DIMENSIONS (WXHxD)		380X246X386mm
NET WEIGHT		APPROX. 17.5Kg
TIMER		99 min. 99 sec.
POWER SELECTIONS		10 LEVELS
CAVITY VOLUME		1.3 Cu.Ft.

* Specifications are subject to change without notice.

IMPORTANT

The wires in this mains lead are coloured in accordance with the following code.

Green-and-yellow : Earth
 Blue : Neutral
 Brown : Live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter 'E' or by the earth symbol or green-and-yellow. The wire which is coloured blue must be connected to the terminal which is marked with the letter 'N' or coloured black.

The wire which is coloured brown must be connected to the terminal which is marked with the letter 'L' or coloured red.

WARNING: This appliance must be earthed.

IMPORTANT SAFETY INSTRUCTIONS

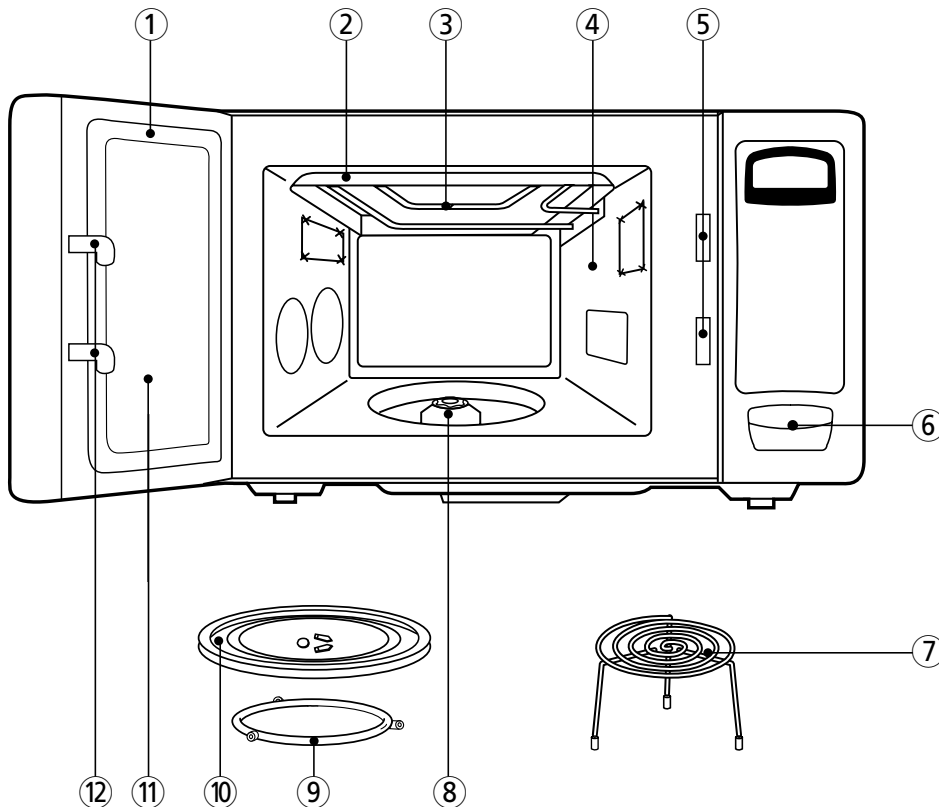
When using electrical appliances, basic safety precautions should be followed, including the following:

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

1. Read all instructions before using the 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. To ensure continued protection against shock hazard, connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 3.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers - for example, closed glass jars-may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. 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.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. 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, and the like.
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 table or counter.
15. Either:
 - a) When cleaning surfaces of door and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth , or
 - b) When separate cleaning instructions are provided, See door surface cleaning instructions on (page.16).
16. To reduce the risk of fire in the oven cavity:
 - a) Do not overcook food. Carefully attend appliance if paper, plastic, or other com-bustible 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 materials inside the oven should ignite, 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.
17. Do not use this microwave oven to heat corrosive chemicals (for example, sulfides and chlorides). Vapours from such corrosive chemicals may interact with the contact and springs of the safety interlock switches thereby rendering them inoperable.
18. Keep the waveguide cover clean at all times. Wipe the oven interior with a soft damp cloth after each use. If you leave grease or fat anywhere in the cavity it may overheat, smoke or even catch fire when next using the oven.
19. Never heat oil or fat for deep frying as you cannot control the temperature and doing so may lead to overheating and fire.

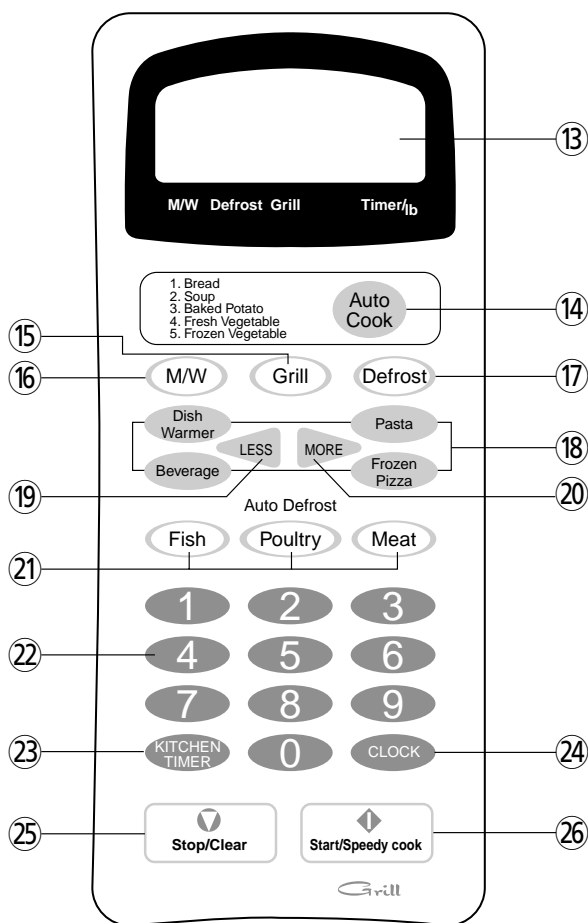
SAVE THESE INSTRUCTIONS

FEATURES DIAGRAM



- ① **Door seal** - Door seal maintains the microwave energy within the oven cavity and prevents microwave leakage.
- ② **Reflector (Insulator Heater)**
- ③ **Heating Element**
- ④ **Oven cavity**
- ⑤ **Safety interlock system**
- ⑥ **Door release button** - By pushing this button the latch system cut off all circuits and stops the oven before the door is opened.
- ⑦ **Metal Rack**
- ⑧ **Coupler** - This fits over the shaft in the center of the ovens cavity floor. This is to remain in the oven for all cooking.
- ⑨ **Roller guide** - This must always be used for cooking together with the glass cooking tray.
- ⑩ **Glass cooking tray** - Made of special heat resistant glass. Food in a proper receptacle is placed on this tray for cooking.
- ⑪ **Door viewing screen** - Allows viewing of food. The screen is designed so that light can pass through, but not the microwave.
- ⑫ **Door hook** - When the door is closed, it will automatically shut off. If the door is opened while the oven is operating, the magnetron will immediately stop operating.

FEATURES DIAGRAM (continued)



- ⑬ **Display**-Cooking time, power level, indicators and present time are displayed.
- ⑭ **Auto Cook**-Used to cook or reheat.
- ⑮ **Grill**-Used to cook GRILL.
- ⑯ **M/W**-Used to set power level.
- ⑰ **Defrost**-Used to defrost foods.(for time)
- ⑱ **One touch**-Used to cook or reheat specific quantities of food.
- ⑲ **Less**-Used to remove time from cooking.
- ⑳ **More**-Used to add time to cooking.
- ㉑ **Auto Defrost**-Used to defrost foods.(for weight)
- ㉒ **Time set pad**-Used to set the cooking time and the present time.
- ㉓ **Kitchen Timer**-Used as a minute timer, to delay the start of cooking, or to set a holding time after cooking.
- ㉔ **Clock**-Used to set clock.
- ㉕ **Stop/Clear**-Used to stop the oven operation or to delete the cooking data.
- ㉖ **Start/Speedy cook**-Used to start the oven and also used to set a reheat time.

OPERATION PROCEDURE

This section includes useful information about oven operation.

- a. Plug power supply cord into a 120V 60Hz power outlet.
- b. After placing the food in a suitable container, open the oven door and put it on the glass tray.
The glass tray and roller guide must always be in place during cooking.
- c. Shut the door. Make sure that it is firmly closed.

- 1 The oven light is on only when the microwave oven is operating.
- 2 The oven door can be opened at any time during operation by touching the door release button on the control panel. The oven will automatically shut off.
- 3 Each time a pad is touched, a BEEP will sound to acknowledge the touch.
- 4 The oven automatically cooks on full power unless set to a lower power level.
- 5 The display will show " : 0" when the oven is plugged in.
- 6 Time clock returns to the present time when the cooking time ends.
- 7 When the STOP/CLEAR pad is touched during the oven operation, the oven stops cooking and all information retained. To erase all information(except the present time), touch the STOP/CLEAR pad once more.
If the oven door is opened during the oven operation, all information is retained.
- 8 If the START pad is touched and the oven does not operate, check the area between the door and door seal for obstructions and make sure the door is closed securely. The oven will not start cooking until the door is completely closed or the program has been reset.
- 9 NOTE : When using the GRILL mode;
 - Do not open the door so often, the temperature inside the oven decrease and the cooking may not be completed in setting time.
 - Never touch the oven window and metal interior of the oven when taking food in and out, because the temperature inside the oven and door is very high.
 - When using these modes, be careful as the tray will be hot to touch, use oven gloves or pot holders while handling tray.

Make sure the oven is properly installed and plugged into the electrical outlet.

WATTAGE OUTPUT CHART

- The power-level is set by pressing the M/W pad. The chart shows the display, the power level and the percentage of power.

Touch M/W pad	Power level (Display)	Approximate Percentage of Power
once	P-HI	100%
twice	P-90	90%
3 times	P-80	80%
4 times	P-70	70%
5 times	P-60	60%
6 times	P-50	50%
7 times	P-40	40%
8 times	P-30	30%
9 times	P-20	20%
10 times	P-10	10%
11 times	P-00	0%

CONTROLS

SETTING THE CLOCK

When the oven is first plugged in, the display will flash “ :0” and a tone will sound. If the AC power ever goes off, the display shows “ : 0” when the power comes back on.

Clock

1. Touch Clock pad.
This is a 12 hour clock system.

2. Touch Clock pad once more.
This is a 24 hour clock system.

NOTE : This oven has multiple clock systems. If you want 12 hour clock system, omit this step.

3. Enter the correct time of day by touching the time set pads.

4. Touch Clock pad.

Clock

The display stops blinking, and the colon starts blinking. If you selected 12 hour clock system, this digital clock allows you to set from 1:00 to 12:59. If you selected 24 hour clock system, this digital clock allows you to set from 0:00 to 23:59.

NOTE: If you attempt to enter an incorrect time, the time will not be set and a error signal tone will sound. Touch the Clock pad and re-enter the time.

TIME DEFROSTING

When Defrost is selected, the automatic cycle divides the defrosting time into periods of alternating defrost and stand times by cycling on and off.

Defrost

1. Touch Defrost pad.

The Def. indicator lights and “ : 0” is displayed.

2. Touch the time set pads for the desired time.

The display will show what you touched.

Note : Your oven can be programmed for 99 minutes 99 seconds. (99 : 99)

3. Touch START pad.

When you touch START pad, the Def. indicator starts blinking to show the oven is in the DEFROST mode. The display counts down the time to show you how much defrosting time is left in the DEFROST mode. The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. When the defrosting time ends, you will hear 3 beeps.

WEIGHT DEFROSTING

Auto Defrost lets you easily defrost food by eliminating guesswork in determining defrosting time. Follow the steps below for easy defrosting.

- | | | |
|-------------|--|---|
| Meat | 1. Touch Meat pad. | The Timer/ lb indicator light and “ 1.0 ” is displayed. |
| | 2. Select the desired defrosting weight.
(Refer to the weight defrost chart below.) | The display will show what you touched. |
| | 3. Touch START pad. | MEAT DEFROSTING begins. |

- | | | |
|----------------|--|---|
| Poultry | 1. Touch Poultry pad. | The Timer/ lb indicator light and “ 1.5 ” is displayed. |
| | 2. Select the desired defrosting weight.
(Refer to the weight defrost chart below.) | The display will show what you touched. |
| | 3. Touch START pad. | POULTRY DEFROSTING begins. |

- | | | |
|-------------|--|---|
| Fish | 1. Touch Fish pad. | The Timer/ lb indicator light and “ 0.5 ” is displayed. |
| | 2. Select the desired defrosting weight.
(Refer to the weight defrost chart below.) | The display will show what you touched. |
| | 3. Touch START pad. | FISH DEFROSTING begins. |

* WEIGHT DEFROST CHART

Touch pad	MEAT	POULTRY	FISH
once	1.0 lb	1.5 lb	0.5 lb
twice	1.5 lb	2.0 lb	1.0 lb
3 times	2.0 lb	2.5 lb	1.5 lb
4 times	2.5 lb	3.0 lb	2.0 lb

The defrosting time is automatically determined by the weight selected. When you touch START pad, the Timer/ lb indicator goes off and the Def. indicator blinks and the defrosting time counts down in the display window. The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. When the defrosting time ends, you will hear 3 beeps.

COOKING IN ONE STAGE



- X 6
1. Touch M/W pad.
(Select the desired power level.)

The M/W indicator lights.
The display will show what you touched.
This example shows power level 5.

Note : If step 1 is omitted, the oven will cook at full power.

2. Touch the time set pads for the cooking time.

The display will show what you touched.

Note : Your oven can be programmed for 99 minutes 99 seconds. (99 : 99)

3. Touch START pad.

When you touch START pad, the M/W indicator starts blinking to show the oven is cooking.
The display counts down the time to show how much cooking time is left. When the cooking time ends, you will hear 3 beeps.

NOTE: Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and slow cooking of meats.

COOKING IN TWO STAGES

All recipes require frozen foods to be defrosted fully before cooking.
This oven can be programmed to automatically defrost foods before cooking.



1. Touch Defrost pad.

The Def. indicator lights and “ : 0” is displayed.

2. Touch the time set pads for the defrosting time you want.

The display will show what you touched.



- X 6
3. Touch M/W pad.
(Select the desired power level.)

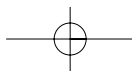
The M/W indicator lights and “P-HI” is displayed.
The display will show what you touched.
This example shows power level 5.

4. Touch the time set pads for the desired cooking time.

The display will show what you touched.

5. Touch START pad.

When you touch START pad, the Def. and M/W indicators come on to confirm the power levels selected. The Def. indicator starts blinking to show you that the oven is in DEFROST mode.
The display counts down the time remaining in DEFROST mode. When the oven beeps, turn over, break apart and/or redistribute the food. At the end of DEFROST mode, the oven will beep and start M/W cook. The Def. indicator goes off and the M/W indicator starts blinking. The display counts down the time remaining in M/W mode. When M/W cook ends, you will hear 3 beeps.



GRILL COOKING

This function allows you to brown food quickly. The heating element is located in the top of the oven. There is no pre-heating the oven for grill cooking. Place food inside the oven when setting the controls.



1. Touch GRILL pad.

The Grill indicator lights and “ : 0” is displayed.

2. Touch the time set pads for the cooking time.

The display will show what you touched.

Note : Time can be set up to 29 minutes 99 seconds.

3. Touch START pad.

When you touch START pad, the Grill indicator starts blinking to show the oven is cooking. The display counts down the time to show how much cooking time is left. When the cooking time ends, you will hear 3 beeps.

KITCHEN TIMER MODE

Timer operates as a minute timer, can be set to delay cooking and used to set a holding time after cooking. However delay cooking can not be programmed for defrost. Timer operates without microwave energy.

HOW TO USE AS A MINUTE TIMER



1. Touch Kitchen Timer pad.

The Timer/ lb indicator lights and “ : 0” is displayed.

2. Press the amount of time you want to count down.

The display will show what you touched.

3. Touch START pad.

The Timer/ lb indicator starts blinking and the display counts down the time remaining in KITCHEN TIMER mode. When KITCHEN TIMER mode ends, you will hear 3 beeps.

HOW TO USE TO DELAY THE START OF COOKING



1. Touch Kitchen Timer pad.

The Timer/ lb indicator lights and “ : 0” is displayed.

2. Press the amount of time you want to delay.

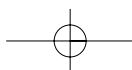
The display will show what you touched.

3. Program the desired power level and cooking time for food to be cooked.

The M/W indicator lights and the selected power level & cooking time are displayed.

4. Touch START pad.

When you touch START pad, the Timer/ lb indicator starts blinking and the display counts down the time remaining in KITCHEN TIMER mode. When KITCHEN TIMER mode ends, the oven will beep. The Timer/ lb indicator goes off and M/W indicator starts blinking. The display counts down the time remaining in M/W mode. When M/W cook ends, you will hear 3 beeps.



HOW TO USE TO SET A HOLDING TIME

1. Program the desired cooking time.



2. Touch Kitchen Timer pad.

The M/W indicator lights and the selected time is displayed.

The Timer/ lb indicator lights and " : 0" is displayed.

3. Press the amount of time you want the oven to hold.

The display will show what you touched.

4. Touch START pad.

The M/W indicator starts blinking and the display counts down the time remaining in M/W mode. When the M/W cook ends, the oven will beep. The M/W indicator goes off and Timer/ lb indicator starts blinking. The display counts down the time remaining in KITCHEN TIMER mode. When the KITCHEN TIMER mode ends, you will hear 3 beeps.

Note : Your oven can be programmed for 99 minutes 99 seconds. (99 : 99)

SPEEDY COOK

SPEEDY COOK allows you to reheat for 30 seconds at 100% (full power) by simply touching the SPEEDY COOK pad.

By repeatedly touching the SPEEDY COOK pad, you can also extend reheating time to 5 minutes by 30 second increments.



1. Touch SPEEDY COOK pad.

When you touch SPEEDY COOK, ":30" is displayed.

After 1.5 seconds, the oven starts reheating.

ONE TOUCH COOKING

One touch cook allows you to cook or reheat many of your favorite foods by touching just one pad. To increase quantity, touch chosen pad until number in display is same as desired quantity to cook.

Pasta

1. Touch Pasta pad once for 1 serving or twice for 2 serving.

When you touch Pasta pad once, " 1 " is displayed.
After 1.5 seconds, the display is changed into cooking time and the oven starts cooking.

* PASTA *

- 1 serving : Touch Pasta once.
- 2 serving : Touch Pasta twice within 1.5 seconds.

- NOTE:**
1. Place pasta into a deep casserole and double quantity of water.
 2. Cover with lid or plastic wrap. After cooking, stir.
 3. If possible, let stand 3 to 5 minutes or until liquid has been absorbed.

Frozen Pizza

1. Touch Frozen Pizza pad once for 7oz pizza or twice 14oz pizza.

When you touch Frozen Pizza pad once, " 7 " is displayed.
After 1.5 seconds, the display is changed into the cooking time and the oven starts cooking.

* FROZEN PIZZA *

- 7oz : Touch Frozen Pizza once.
- 14oz : Touch Frozen Pizza twice within 1.5 seconds.

- NOTE:**
- 1 Use only one frozen pizza at a time
 2. Use only frozen pizza made for microwave ovens.
 3. If the cheese of frozen pizza does not melt sufficiently, cook a few seconds longer.
 4. Some brands of frozen pizza may require more or less cooking time.

ONE TOUCH COOKING (continued)

Beverage

1. Touch Beverage pad once for 1 cup, twice for 2 cups or three times for 3 cups.

When you touch Beverage pad once, " 1 " is displayed.
After 1.5 seconds, the display is changed into cooking time and the oven starts cooking.

* BEVERAGE(200ml/cup) *

- 1 cup (mug): Touch Beverage once.
- 2 cups (mugs): Touch Beverage twice within 1.5 seconds.
- 3 cups (mugs): Touch Beverage three times within 1.5 seconds.

Dish Warmer

1. Touch Dish Warmer pad once for 12oz Dish or twice 15oz Dish.

When you touch Dish Warmer pad once, " 12 " is displayed.
After 1.5 seconds, the display is changed into the cooking time and the oven starts cooking.

* DISH WARMER *

- 12oz : Touch DISH WARMER once.
- 15oz : Touch DISH WARMER twice within 1.5 seconds.

AUTO COOK

Auto Cook allows you to cook or reheat many of your favorite foods by repeatedly touching auto cook pad.

Auto Cook

1. Touch Auto Cook pad.

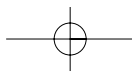
When you touch Auto Cook pad once, "AC-1" is displayed. By repeatedly touching this pad, you can select other food category as shown in the chart below.

CATEGORY	FOOD	WEIGHT	TOUCH PAD
AC-1	BREAD	4 slices	Touch Auto Cook once
AC-2	SOUP	12oz	Touch Auto Cook twice
AC-3	BAKED POTATO	3 potatoes(7~8oz each)	Touch Auto Cook three times
AC-4	FRESH VEGETABLE	7oz	Touch Auto Cook four times
AC-5	FROZEN VEGETABLE	7oz package	Touch Auto Cook five times

START

2. Touch START pad.

When you touch START pad, the display is changed into cooking time and the oven starts cooking.



LESS, MORE

To alter one touch cooking or cooking time whilst oven is in operation, use LESS or MORE.(except for defrosting)

Press LESS/MORE to decrease/increase the one touch cooking time in multiples of 10 seconds.

The overall one touch cooking time can be increased to a maximum of 99 minutes 50 seconds.

Press LESS/MORE to decrease/increase the cooking time in multiples of 1 minute.

The overall cooking time can be increased to a maximum of 99 minutes.

CHILD SAFETY LOCK

The safety lock prevents unwanted oven operation such as by small children.

To set, press and hold STOP/CLEAR for 3 seconds, and a beep sounds. Each time a pad(except STOP/CLEAR) is touched, "LOC" is displayed.

To cancel, press and hold STOP/CLEAR for 3 seconds, and a beep sounds.

TO STOP THE OVEN WHILE THE OVEN IS OPERATING

1. Press STOP/CLEAR pad.

- You can restart the oven by touching START pad.
- Touch STOP/CLEAR once more to erase all instructions.
- You must enter in new instructions.

2. Open the door.

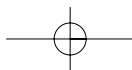
- You can restart the oven by closing the door and touching START.

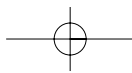
NOTE: Oven stops operating when door is opened.

CARE AND CLEANING

Although your oven is provided with safety features, it is important to observe the following:

1. It is important not to defeat or tamper with safety interlocks.
2. Do not place any object between the oven front face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and dry. Never use abrasive powders or pads.
3. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damage to the door. Do not operate the oven if it is damaged, until it has been repaired by a trained service technician. It is particularly important that the oven closes properly and that there is no damage to the:
 - i) Door(bent)
 - ii) Hinges and Hookes(broken or loosened)
 - iii) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except a properly trained service technician.





BEFORE YOU CALL FOR SERVICE

Refer to following checklist, you may prevent an unnecessary service call.

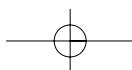
- * The oven doesn't work :
 1. Check that the power cord is securely plugged in.
 2. Check that the door is firmly closed.
 3. Check that the cooking time is set.
 4. Check for a blown circuit fuse or tripped main circuit breaker in your house.
- * Sparking in the cavity;
 1. Check utensils. Metal containers or dishes with metal trim should not be used.
 2. Check that metal skewers or foil does not touch the interior walls.

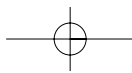
If there is still a problem, contact the service station.
A list of these stations is included in the oven.

DO NOT ATTEMPT TO SERVICE THE OVEN YOURSELF !

QUESTIONS AND ANSWERS

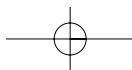
- * **Q: I accidentally ran my microwave oven without any food in it. Is it damaged?**
A: Running the oven empty for a short time will not damage the oven. However, it is not recommended.
- * **Q: Can the oven be used with the glass tray or roller guide removed?**
A: No. Both the glass tray and roller guide must always be used in the oven before cooking.
- * **Q: Can I open the door when the oven is operating?**
A: The door can be opened anytime during the cooking operation. Then microwave energy will be instantly switched off and the time setting will maintain until the door is closed.
- * **Q: Why do I have moisture in my microwave oven after cooking?**
A: The moisture on the side of your microwave oven is normal. It is caused by steam from cooking food hitting the cool oven surface.
- * **Q: Does microwave energy pass through the viewing screen in the door?**
A: No. The metal screen bounces back the energy to the oven cavity. The holes are made to allow light to pass through. They do not let microwave energy pass through.
- * **Q : Why do eggs sometimes pop?**
A : When baking or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking. Never cook eggs without piercing their shells.





QUESTIONS AND ANSWERS (continued)

- * **Q** : Why this standing time recommended after the cooking operation has been completed?
A : Standing time is very important.
With microwave cooking, the heat is in the food, not in the oven. Many foods build up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.
- * **Q** : What does “standing time” mean?
A : “Standing time” means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking.
- * **Q** : Why does my oven not always cook as fast as the microwave cooking guide says?
A : Check your cooking guide again, to make sure you’ve followed directions exactly ; and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, to help prevent over-cooking... the most common problem in getting used to a microwave oven.
Variations in the size, shape and weights and dimensions could require longer cooking time. Use your own judgement along with the cooking guide suggestions to check whether the food has been properly cooked just as you would do with a conventional cooker.
- * **Q** : Will the microwave oven be damaged if it operates while empty?
A : Yes. Never run it empty.
- * **Q** : Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish?
A : No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.
- * **Q** : Is it normal for the turntable to turn in either direction?
A : Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins.
- * **Q** : Can I pop popcorn in my microwave oven? How do I get the best results?
A : Yes. Pop packaged microwave popcorn following manufacture’s guidelines or use the preset POPCORN pad. Do not use regular paper bags. Use the “listening test” by stopping the oven as soon as the popping slows to a “pop” every 1 or 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.



COOKING INSTRUCTIONS

Utensils should be checked to ensure that they are suitable for use in microwave ovens.

UTENSILS TEST

Place the utensil in question next to a glass measure filled with water, in the microwave oven. Microwave at high power for 1-2 minutes. If the water heats up, but the utensil remains cool, the utensil is microwave-safe. However if the utensil becomes warm, microwaves are being absorbed by the utensil and it should not be in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Read through the following checklist.

COOKING UTENSILS

Recommended Use

- **Glass and glass-ceramic bowls and Dishes** - Use for heating or cooking.
- **Microwave browning dish** - Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with you browning dish.
- **Microwaveable plastic wrap** - Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.
- **Wax paper** - Use as a cover to prevent spattering.
- **Paper towels, and napkins and cups** - Use for short term heating and covering; they absorb excess moisture when warming food. Pay special attention as over-heating may cause a fire in your oven. Do not use re-cycled paper products, e.g. kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.
- **Thermometers** - Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used once the food has been removed from the oven.
- **Microwave cling film, microwave roasting bags** - Microwave cling film and bags must be vented for steam to escape, pierce in 4-5 places. Do not use plastic or metal ties as they may melt or catch fire due to electrical 'arcing'.

Limited Use

- **Aluminum foil** - Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful.
- **Ceramic, porcelain, and stoneware** - Use these if they are labeled "Microwave Safe." If they are not labeled, test them to make sure they can be used safely. Never use dishes with metallic trim.
- **Plastic** - Use only if labeled "Microwave Safe." Other plastics can melt.
- **Thin plastic, paper, straw and wooden containers** - Always attend the oven closely. Look at the oven from time to time when cooking or reheating food in disposable containers of plastic, paper or other combustible material. Only use for warming food. Pay special attention as over-heating may cause a fire in your oven.

Not Recommended

- **Glass jars and bottles** - Regular glass is too thin to be used in a microwave, and can shatter.
- **Paper bags** - These are a fire hazard, except for popcorn bags that are designed for microwave use.
- **Styrofoam plates and cups** - These can melt and leave an unhealthy residue on food.
- **Plastic storage and food containers** - Containers such as margarine tubs can melt in the microwave.
- **Metal utensils** - These can damage your oven. Remove all metal before cooking.

USE YOUR MICROWAVE OVEN SAFELY

General Use

Do not attempt to defeat or tamper with safety interlocks.

Do not place any object between the oven front frame and the door or allow residue to build up on sealing surfaces. Wipe with a mild detergent, rinse and dry. Never use abrasive powders or pads.

Do not subject the oven door to strain or weight such as a child hanging on an open door.

This could cause the oven to fall forward resulting in injury to you and damage to the oven.

Do not operate the oven if door seals or sealing surfaces are damaged; or if door is bent; or if hinges are loose or broken.

Do not operate the oven empty. This will damage the oven.

Do not attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.

Do not use recycled paper products as they may contain impurities which may cause sparks or fires.

Do not hit or strike the control panel with hard objects. This can damage the oven.

Food

Never use your microwave oven for home canning. The oven is not designed for proper home canning.

Improperly canned food may spoil and be dangerous to consume.

Always use the minimum recipe cooking time. It is better to undercook rather than overcook foods.

Undercooked foods can be returned to the oven for more cooking. If food is overcooked, nothing can be done.

Heat small quantities of food or foods with low moisture carefully. These can quickly dry out, burn or catch on fire.

Do not heat eggs in the shell. Pressure may build up and eggs can explode.

Potatoes, apples, egg yolks and sausages are examples of food with non-porous skins.

These must be pierced before cooking to prevent bursting.

Do not attempt to deep fat fry in your microwave oven.

Always stir liquids before heating. Heated liquids can erupt, if not mixed with air.

Do not leave the oven unattended while popping corn.

Do not pop corn in a paper bag unless it is the commercially prepared Microwave Popcorn product. The kernels can overheat and ignite a brown paper bag.

Do not put packaged Microwave Popcorn bags directly on the oven tray. Place the package on a microwave safe glass or ceramic plate to avoid overheating and cracking the oven tray.

Do not exceed the Microwave Popcorn manufacturers suggested popping time.

Longer popping does not yield more popcorn but it can result in scorch, burn or fire. Remember, the

Popcorn bag and tray can be too hot to handle. Remove with caution and use pot holders.

ARCING

*If you see arcing, press **STOP/CLEAR** button and correct the problem.*

Arcing is the microwave term for sparks in the oven.

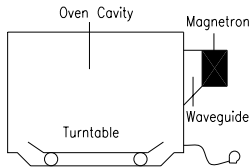
Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

MICROWAVING PRINCIPLES

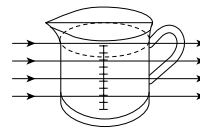
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and manmade sources. Manmade sources include radar, radio, television, telecommunication links and car

HOW MICROWAVES COOK FOOD



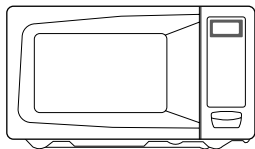
In a microwave oven, electricity is converted into microwave by the **MAGNETRON**.

► TRANSMISSION



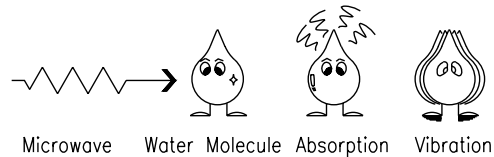
Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.

► REFLECTION



The microwaves bounce off the metal walls and the metal door screen.

► ABSORPTION



The microwaves cause the water molecules to vibrate which causes **FRICTION**, i.e. **HEAT**. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1 1/2 - 2 inches (4-5cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

WEIGHT MEASURES		VOLUME MEASURES		SPOON MEASURES	
15 g	1/2 oz.	30 ml	1 fl.oz.	1.25 ml	1/4 tsp
25 g	1 oz.	100 ml	3 fl.oz.	2.5 ml	1/2 tsp
50 g	2 oz.	150 ml	5 fl.oz. (1/4 pt)	5 ml	1 tsp
100 g	4 oz.	300 ml	10 fl.oz. (1/2 pt)	15 ml	1 tbsp
175 g	6 oz.	600 ml	20 fl.oz. (1pt)		
225 g	8 oz.				
450 g	1 lb.				

FLUID MEASUREMENTS		
1 Cup	= 8 fl.oz.	= 240 ml
1 Pint	= 16 fl.oz. (UK 20 fl.oz.)	= 480 ml (UK 560 ml)
1 Quart	= 32 fl.oz. (UK 40 fl.oz.)	= 960 ml (UK 1120 ml)
1 Gallon	= 128 fl.oz. (UK 160 fl.oz.)	= 3840 ml (UK 4500 ml)

COOKING TECHNIQUES

STANDING TIME

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

MOISTURE CONTENT

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

DENSITY

Porous airy foods heat more quickly than dense heavy foods.

CLING FILM

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

SHAPE

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

SPACING

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

STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.

LIQUIDS

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

TURNING & STIRRING

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

ARRANGING

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

QUANTITY

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

PIERCING

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

COVERING

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

DEFROSTING GUIDE

- Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Use only containers that are microwave-safe.
 - Begin defrosting whole poultry breast-side- down. Begin defrosting roasts fat-side-down.
 - The shape of the package alters the defrosting time. Shallow rectangular shapes defrost more quickly than a deep block.
 - After $\frac{1}{3}$ of the defrost time has elapsed, check the food. You may wish to turn over, break apart, rearrange or remove thawed portions of the food.
 - During defrost, the oven will prompt you to turn the over. At this point, open oven door and check the food. Follow the techniques listed below for optimum defrost results. Then, close oven door, touch the START pad to complete defrosting.
 - When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes. After defrosting, allow food to stand 5-60 minutes if there are any icy areas.
Poultry and fish may be placed under running cool water until defrosted
- ⇒ **Turn over** : Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
- ⇒ **Rearrange** : Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
- ⇒ **Shield** : Use small strips of aluminum foil to protect thin areas or edges of unevenly shaped foods such as chicken wings. To prevent arching, do not allow foil to come within 1-inch of oven walls or door.
- ⇒ **Remove** : To prevent cooking, thawed portions should be removed from the oven at this point. This may shorten defrost time for food weighing less than 3 lbs.(1350g).

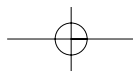
DEFROSTING CHART

Item and Weight	Defrosting Time	Standing Time	Special Techniques
BEEF Minced beef 1 lb./454g	10-12 min.	15-20 min.	Break apart and remove thawed portions with fork.
Stew Meat 1½ lbs./675g	9-11 min.	25-30 min.	Separate and rearrange once.
Loin Roast 2 lbs./900g	15-18 min.	45-60 min.	Turn over after half the time. Shield as needed.
Patties 4 (4 oz./110g)	7-8 min.	15-20 min.	Turn over after half the time.
PORK Loin Roast 2 lbs./900g	15-16 min.	45-60 min.	Turn over after half the time. Shield as needed.
Spareibs 1 lb. 450g	6-7 min.	25-30 min.	Separate and rearrange once.
Chops 4 (5 oz./125g)	7-8 min.	25-30 min.	Separate and turn over once.
Minced 1lb./450g	9-10 min.	15-20 min.	Break apart and remove thawed portions with fork.
POULTRY Whole Chicken 2½ lbs./1125g	20-22 min.	45-90 min.	Break side down. Turn over after half the time. Shield as needed.
Chicken Breasts 1lb./450g	9-10 min.	15-30 min.	Separate and rearrange once.
Fryer Chicken(cut up) 2lbs./900g	12-14 min.	25-30 min.	Separate and rearrange once.
Chicken Thighs 1½ lbs./675g	12-14 min.	15-30 min.	Separate and rearrange once.
FISH & SEAFOOD Whole Fish 1lb./450g	6-7 min.	15-20 min.	Turn over after half the time. Shield as needed.
Fish Fillets 1½ lb./675g	7-8 min.	15-20 min.	Separate and turn over once.
Shrimp ½ lb./225g	3-4 min.	10-15 min.	Separate and rearrange once.

* The times are approximate because freezer temperatures vary.

COOKING & REHEATING CHART

Item	Power Level	Cooking Time Per lb./450g		
MEAT				
Beef				
Standing / rolled Rib - Rare	P-80	9-11 min.		
- Medium	P-80	10-12 min.		
- well done	P-80	12-14 min.		
Ground Beef (to brown for casserole)	P-HI	5-7 min.		
Hamburgers, Fresh or defrosted (4oz. Each/100g) 2 patties	P-HI	3-5 min.		
4 patties	P-HI	4-6 min.		
Pork				
Loin, Leg	P-80	13-16 min.		
Bacon 4 slices	P-HI	2-3 min.		
6 slices	P-HI	3-4 min.		
NOTE: The above times should be regarded only as a guide, Allow for difference in individual lasts and preferences. The times may vary due to the shape, cut, and composition of the meat.				
POULTRY				
Chicken				
Whole	P-HI	8-10 min.		
Breast(boned)	P-80	6-8 min.		
portions	P-80	7-9 min.		
Turkey				
Whole	P-HI	10-12 min.		
NOTE : The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the food.				
FRESH FISH				
Item	Power Level	Cooking Time Per lb./450g	Method	Standing Time
Fish Fillets	P-HI	4-6 min.	Add 15-30 ml(1-2 Tbsp)	2-3 min.
Whole Mackerel, Cleaned and Prepared	P-HI	4-6 min.	-	3-4 min.
Whole Trout, Cleaned and Prepared	P-HI	5-7 min.	-	3-4 min.
Salmon Steaks	P-HI	5-7 min.	Add 15-30 ml(1-2 Tbsp)	3-4 min.
ITEM	POWER LEVEL	Cooking Time	Standing Time	
Lasagna 1 serving(10 1/2 oz./300g)	P-HI	5-7 min.	Place lasagna on microwaveable plate. Cover with plastic wrap and vent.	
Casserole 1 cup	P-HI	1 1/2 -3 min.	Cook covered in microwaveable casserole.	
4 cups	P-HI	5-7 min.	Stir once halfway through cooking.	
Mashed potatoes 1 cup	P-HI	2-3 min.	Cook covered in microwaveable casserole.	
4 cups	P-HI	6-8 min.	Stir once halfway through cooking.	
Baked beans 1 cup	P-HI	2-3 min.	Cook covered in microwaveable casserole. Stir once halfway through cooking.	

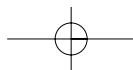


ITEM	POWER LEVEL	Cooking Time	Standing Time
Ravioli or pasta in sauce 1 cup 4 cups	P-HI P-HI	3-4 min. 8-11 min.	Cook covered in microwaveable casserole. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	P-HI	20-30 sec.	Wrap in paper towel and place on glass microwaveable rack * Note : Do not use recycled paper towels.

VEGETABLE CHART

* Note : Use power level P-HI unless otherwise noted.

VEGETABLES	AMOUNT	TIME	SPECIAL INSTRUCTIONS
Asparagus Fresh spears Frozen spears	1 lb./450g 10-oz./280g package	5-8 min. 4-7 min.	In medium casserole, place 1/4 cup water. In medium casserole.
Beans Fresh green Frozen green Frozen lima	1 lb./450g cut in half 10-oz./280g package 10-oz./280g package	10-15 min. 5-8 min. 4-7 min.	In medium casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water. In medium casserole, place 1/4 cup. Water.
Beets Fresh, whole	1 bunch(1 1/4 -1 1/2 lbs.) /560-680g	16-22 min.	In medium casserole, place 1/2 cup water.
Broccoli Fresh cut Fresh spears Frozen, chopped Frozen spears	1 bunch(1 1/4 -1 1/2 lbs.) /560-680g 1 bunch(1 1/4 -1 1/2 lbs.) /560-680g 10-oz./280g package 10-oz./280g package	5-9 min. 7-11 min. 4-7 min. 4-7 min.	In large casserole, place 1/2 cup water. In large casserole, place 1/2 cup water. In medium casserole. In medium casserole, place 3 tbsp water.
Cabbage Fresh Wedges	1 medium head (about 2 lbs./900g)	6-10 min. 5-9 min.	In large casserole, place 1/4 cup water. In large casserole, place 1/4 cup water.
Carrots fresh, sliced frozen	1 lb./450g 10-oz./280g package	4-8 min. 4-7 min.	In large casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water.
Cauliflower flowerets fresh, whole frozen	1 medium head (about 2 lbs./900g) 1 medium head (about 2 lbs./900g) 10-oz./280g package	7-11 min. 7-15 min. 3-7 min.	In large casserole, place 1/2 cup water. In large casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water.
Corn frozen kernel	10-oz./280g package	2-6 min.	In medium casserole, place 2 tbsp water.
Corn on the cob fresh frozen	1-5 ears 1 ear 2-6 ears	(per ear) 1 1/4 -4min. 3-6 min. 2-3 min.	In large glass baking dish, place corn. If corn is in husk, use no water;if corn has been husked, add 1/4 cup water. Rearrange after half of time. Place in large oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.



VEGETABLES	AMOUNT	TIME	SPECIAL INSTRUCTIONS
Mixed vegetable frozen	10-oz./280g package	2-6 min.	In medium casserole, place 3 tbsp water.
Peas fresh, shelled frozen	2 lbs.(450g) unshelled 10-oz.(280g) package	7-10 min. 2-6 min.	In medium casserole, place 1/4 cup water. In medium casserole, place 2 tbsp water.
Potatoes fresh, cubed, white fresh, whole, sweet or white	4 potatoes (6-8 oz. /160-220g each) 1 (6-8 oz./160-220g)	9-12 min. 2-4 min.	Peel and cut into 1-inch cubes. Place in large casserole with 1/2 cup water. Stir after half of time. Pierce with cooking fork. Place in the oven, 1-inch apart, in circular arrangement. Let stand 5 minutes.
Spinach fresh frozen, chopped, and leaf	10-16 oz./280-450g 10-oz./280g package	3-6 min. 3-6 min.	In large casserole, place washed spinach. In medium casserole, place 3 tbsp water.
Squash fresh, summer, and yellow winter, acorn, or butternut	1 lb./450g sliced. 1-2 squash (about 1 lb./450g each)	3-5 min. 5-9 min.	In large casserole, place 1/4 cup water. Cut in half and remove fibrous membranes. In large glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

TOMATO & ORANGE SOUP

1 oz.(25g) butter
 1 medium onion, chopped
 1 large carrot & 1 large potato, chopped
 1³/₄lb(800g) canned, chopped tomatoes
 juice and grated rind of 1 small orange
 1¹/₂pints(900ml) hot vegetable stock
 salt and pepper to taste

1. Melt the in a large bowl on P-HI for 1 minute.
2. Add the onion, carrot and potato and cook on P-HI for 6 minutes. stir halfway through cooking.
3. Add the tomatoes, orange juice, orange rind and stock. Mix thoroughly. Season with salt and pepper to taste. Cover the bowl and cook on P-HI for 18 minutes. stir 2-3 times during cooking, until the vegetables are tender.
4. Blend and serve immediately.

FRENCH ONION SOUP

1 large onions, sliced
 1 tbsp (15ml) corn oil
 2 oz.(50g) plain flour
 2 pints(1.2 liters) hot meat
 or vegetable stock
 salt and pepper to taste
 2 tbsp (30ml) parsley, chopped
 4 thick slices French bread
 2 oz.(50g) cheese, grated

1. Place the onion and oil a bowl, mix well and cook on P-HI for 2 minutes.
2. Stir in the flour to make a paste and gradually add stock. Season and add the parsley.
3. Cover the bowl and cook on P-70 for 20 minutes.
4. Pour the soup into serving bowls, submerge bread and sprinkle generously with cheese.
5. Cook on P-70 for 2 minutes, until the cheese has melted.

STIR FRIED VEGETABLES

1 tbsp(15ml) sunflower oil
 2 tbsp (30ml) soy sauce
 1 tbsp (15ml) sherry
 1"(2.5cm) root ginger,
 peeled and finely grated
 2 medium carrots, cut into fine strips
 4 oz.(100g) button mushrooms,
 chopped
 2 oz.(50g) beansprouts
 4 oz.(100g) mange-tout
 1 red pepper, seeded and thinly sliced
 4 spring onions, chopped
 4 oz.(100g) canned water chestnuts,
 sliced
 1/4 head of chinese leaves, thinly sliced

1. Place the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl, mix thoroughly
2. Cover and cook on P-HI for 5-6 minutes, stirring once.
3. Add the button mushrooms, beansprouts, mange-tout, red pepper, spring onions, water chestnuts and chinese leaves. Mix thoroughly.
4. Cook on P-HI for 6-7 minutes, until the vegetables are tender. Stir 2-3 times during cooking.

Stir fried vegetables are ideally served with meat or fish.

HONEYED CHICKEN

4 boneless chicken breasts
 2 tbsp(30ml) clear honey
 1 tbsp(15ml) whole grain mustard
 1/2 tsp(2.5ml) dried tarragon
 1 tbsp(15ml) tomato puree
 1/4 pint(150ml) chicken stock

1. Place the chicken breasts in a casserole dish.
2. Mix all remaining ingredients together and pour over the chicken. Salt and pepper to taste.
3. Cook on P-HI for 13-14 minutes. Rearrange and coat the chicken with the sauce twice during cooking.

BLUE CHEESE & CHIVE JACKETS

2 baking potatoes,
(approx.9 oz.(250g) each)
2 oz.(50g) butter
4 oz.(100g) blue cheese, chopped
1 tbsp(15ml) fresh chives, chopped
2 oz.(50g) mushrooms, sliced
salt and pepper to taste

1. Prick each potato in several places. Cook on P-HI for 12-13 minutes. Halve and scoop the flesh into a bowl, add the butter, cheese, chives, mushrooms, salt and pepper, mix thoroughly.
2. Pile mixture into the potato skins and place in a flan dish, on the rack.
3. Cook on P-50 for 10 minutes.

WHITE SAUCE

1 oz.(25g) butter
1 oz.(25g) plain flour
1/2 pint(300ml) milk
salt and pepper to taste

1. Place the butter in a bowl and cook on P-HI for 1 minute, until melted.
2. Stir in the flour and whisk in the milk. Cook on P-HI for 4-5 minutes, stirring every 2 minutes until thick and smooth. Season with salt and pepper to taste.

STRAWBERRY JAM

1 1/2 lb.(675g) strawberries, hulled
3 tbsp(45ml) lemon juice
1 1/2 lb.(675g) caster sugar

1. Place strawberries and lemon juice in a very large bowl, heat on P-HI for 5 minutes, or until the fruit has softened. Add sugar, mix well.
2. Cook on P-70 for 30-35 minutes, until setting point* is reached, stir every 4-5 minutes.
3. Pour into hot, clean jars. Cover, seal and label.

** setting point : To determine setting point, place 1 tsp(5ml)jam onto chilled saucer. Allow to stand for 1 minute. Move surface of jam gently with your finger, if the surface wrinkles setting point has been reached.*

PLAIN MICROWAVE CAKE

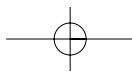
4 oz.(100g) margarine
4 oz.(100g) sugar
1 eggs
4 oz.(100g) self raising flour, sifted
2-3 tbsp(30-45ml) milk

1. line the base of 8" (20.4cm) cake dish with grease-proof paper.
2. Cream the margarine and sugar together until light and fluffy. Beat in the eggs and fold in the sifted flour alternately with the milk.
3. Pour into prepared container. Cook on P-HI for 4-5 minutes, until a skewer comes out cleanly.
4. Leave the cake to stand for 5 minutes before turning out.

OMELETTES

1/2 oz.(15g) butter
4 eggs
6 tbsp(90ml) milk
salt & pepper

1. Whisk together eggs and milk. Season.
2. Place butter in 10"(26cm) flan dish. Cook on P-HI for 1 minute, until melted. Coat the dish with the melted butter.
3. Pour omelette mixture into flan dish. Cook on P-HI for 2 minutes. whisk mixture and cook again on P-HI for 1 minutes.



SCRAMBLED EGG

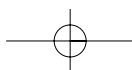
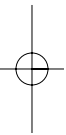
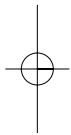
1/2 oz.(15g) butter
2 eggs
2 tbsp(30ml) milk
salt & pepper

1. Melt the butter in a bowl on P-HI for 1 minutes.
2. Add the eggs, milk and seasoning and mix well.
3. Cook on P-HI for 3 minutes, stirring every 30 seconds.

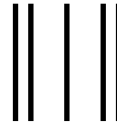
SAVORY MINCE

1 small onion, diced
1 clove garlic, crushed
1 tsp(5ml) oil
7 oz.(200g) can chopped tomatoes
1 tbsp(15ml) tomato puree
1 tsp(5ml) mixed herbs
8 oz.(225g) minced beef
salt and pepper

1. Place onion, garlic and oil in casserole, and cook on P-HI for 2 minutes or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on P-HI for 5 minutes then P-50 for 10-15 minutes or until the meat is cooked.



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Model	Parts	Labor	Magnetron
MCG1310AW/MCG1310AB	1 year	1 year	8 years

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