

Dear customer,

Thank you for buying a SANYO microwave oven and putting your trust in the SANYO brand name.

Before using your SANYO microwave oven for the first time, please read the instruction book thoroughly. This will enable you to take advantage of all the features that the appliance offers. It will also ensure trouble-free operation and minimise unnecessary service calls.



Important information concerning your safety or the operation of your appliance is noted by this symbol and/or mentions words such as «Warning», «Take care». Be sure to follow all instructions carefully.



Throughout the manual, this symbol guides you step by step when operating the appliance.



This symbol indicates further information concerning the use of the appliance.



The clover indicates energy-saving tips and hints for environmentally friendly use of your appliance.

In the event of malfunctioning, please follow the instructions given in the section «What to do if.....»

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When using your microwave oven

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Important Safety instructions.

- The built-in safety interlock switches prevent the microwave oven from operating when the door is open.
- Do not tamper with them, or attempt to operate the oven with the door open as open door operation can result in exposure to microwave energy.
- Do not allow food spills or cleaner residue to accumulate on door sealing surfaces. See the Cleaning and Care section for cleaning instructions.
- It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (warped), (2) hinges and latches (broken or insecure), (3) door seals and sealing surface. If the door, hinges/latches or door seals are damaged, the microwave must not be operated until it has been repaired by a authorised service person.



It is hazardous for anyone except factory trained service personnel to service or make adjustments to this oven. Contact your nearest authorised service agent if service should be required.

- Do not remove the outer case, door or control panel at any time. Doing so may cause exposure to extremely high voltage.
- Install or locate this oven only in accordance with 'installation instructions' found in this manual.
- Use the appliance for its intended use as described in this manual. Do not use corrosive chemicals in this appliance. This type of oven is specifically designed to heat, cook, or defrost food. It is not designed for industrial or laboratory use neither for commercial use as this will invalidate the guarantee.
- Do not operate the oven empty. If food or water is not present to absorb the microwave energy, the magnetron tube can be damaged.
- Do not store this appliance outdoors. Do not use this product near water.
- Do not attempt to dry clothing or newspapers in the microwave oven. These items can ignite. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.



If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames. Never use water.



Only allow children to use the microwave, without supervision, when adequate instructions have been given so that the child is able to use the microwave in a safe way and understand the hazards of improper use.

Utensil safety

- Most glass, glass ceramic and heat-resistant glass-ware utensils are excellent for use in the micro-wave oven. Although microwave energy will not heat most glass and ceramic items, these utensils can become hot as heat transfers from the food to the container. The use of oven gloves to remove dishes is recommended.

Testing suitability of cookware

- Place the cookware in the microwave along with a glass half full of water. Heat on Hi W (1000W) (100%) for one minute. If the cookware feels hot, you should not use it. If it is just slightly warm, you can use it for reheating but not for cooking. If the dish is room temperature, it is suitable for microwave cooking.
- Paper napkins, wax paper, paper towels, plates, cups, cartons, freezer wrap and cardboard are great convenience utensils. Always be sure containers are filled with food to absorb energy and thus avoid the possibility of overheating.
- Many plastic dishes, cups, freezer containers and plastic wraps may be used in the microwave oven. Follow manufacturer's instructions when using plastics in the oven. Avoid using plastic utensils with foods that have high fat or sugar content since these foods reach high temperatures and could melt some plastics.
- Do not leave oven unattended, and look at it from time to time when heating or cooking food in plastic, paper or other combustible containers. If smoke is observed, keep door closed, switch the oven off or disconnect oven until smoke stops.
- Metal utensils and utensils with metallic trim should not be used in the microwave oven, unless specifically recommended for microwave use.
- Containers with restricted openings, such as bottles, should not be used for microwave cooking.
- Use caution when removing a lid or cover from a dish to avoid steam burns.

Foil containers

Shallow foil containers may safely be used to reheat foods in your microwave oven providing the following rules are observed:

- Foil containers should not be more than 3 cms (1 1/4") deep.
- Foil lids must not be used.
- The foil containers must be at least two-thirds full of food. Empty containers must never be used.
- Foil containers should be used singly in the microwave oven and should not be allowed to touch the sides. If your oven has a metal turntable or cooking rack, the foil container should be placed on an upturned oven-proof plate.
- Foil containers should never be re-used in the microwave oven.
- If the microwave oven has been in use for 15 minutes or more, allow it to cool before using it again.
- The container and turntable may become hot during use, take great care when removing either from the oven. It is advisable to use an oven cloth or glove when doing so.
- Remember when using an aluminium foil container that the reheating or cooking times may be longer than you are used to, always ensure that the food is piping hot before serving.

Food safety

- Do not heat food in a can in the microwave oven. Always remove the food to a suitable container.
- Deep fat frying should not be done in the microwave oven, because the fat temperature cannot be controlled, hazardous situations can result.
- Popcorn may be prepared in the microwave oven, but only in special packages or utensils designed specifically for this purpose. This cooking operation should never be unattended.
- Pierce foods with non-porous skins or membranes to prevent steam build-up and bursting. Apples, potatoes, chicken livers, and egg yolks are examples of items that should be pierced.
- The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns. When heating liquids, e.g. soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
 1. Avoid using straight-sided containers with narrow necks.
 2. Do not overheat.
 3. Stir the liquid before placing the container in the oven and again halfway through the heating time.
 4. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container. Some products such as whole eggs and sealed containers – for example, closed glass jars – may explode and should not be heated in this oven. Occasionally, poached eggs may explode during cooking. Always pierce the yolk, then cover and allow the standing time of one minute before removing cover.

Keep these instructions!

Unpacking

N.B. When you unpack the oven, check that the product is free from damage. Damage or any missing parts must be reported immediately to the retailer. The oven, parts of the oven or the accessories may be wrapped by a protection foil. If so, you must remove this foil before using the oven. Do not leave packing material so that small children can play with it. This can be hazardous.

Installation

1. Remove any promotion label from the door.
2. The oven should be installed on a flat, level surface. The surface must be strong enough to safely bear the weight (18 kg) of the oven, and the contents. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
3. Keep the oven away from heat and water. Exposure to heat and water can lower oven efficiency and lead to malfunctioning, so be sure to install the oven away from heat and water sources.
4. Do not block air vents on the top and the sides of the cabinet and also do not place any articles on the top of the oven. If air vents are blocked during operation, the oven may overheat, and this may lead to malfunctioning. Hot air escapes from the vents, so be sure not to obstruct it or let curtains come between the oven and the rear wall.
5. Place the oven as far away from radios and TV's as possible. This oven does conform to EEC requirements of radio interference suppression, but some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.
6. If positioned in a corner, leave a gap of at least 5 cm from the walls and 17 cm above the microwave.



IMPORTANT! The oven can be placed almost anywhere in the kitchen. Make sure the oven is placed on a flat, level surface and that vents as well as the surface underneath the oven are not blocked (for sufficient ventilation).



* The appliance is not intended for use by young children or infirm persons without supervision.



* Young children should be supervised to ensure that they do not play with the appliance.



* The supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Connecting to the mains

The oven is delivered with the power cord and a plug for 230V, 50Hz, earthed socket outlet. Earth protection minimises the risks should a short circuit occur. Check to ensure the voltage of the oven matches the supply.

N.B. If the oven is connected to the socket via an extension cord, make sure the cord is earthed.



This appliance must not be used on a non-earth protected power supply. Contact an electrician if you are uncertain regarding electrical connection of the oven or provision of earth protection of the supply.



This appliance must be earthed. If this appliance is fitted with a non-rewireable plug for which your socket is unsuitable, the plug should be cut off and the appropriate plug fitted. If it is necessary to change the fuse in a non-rewireable plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the plug must not be used until a replacement is obtained.

IMPORTANT

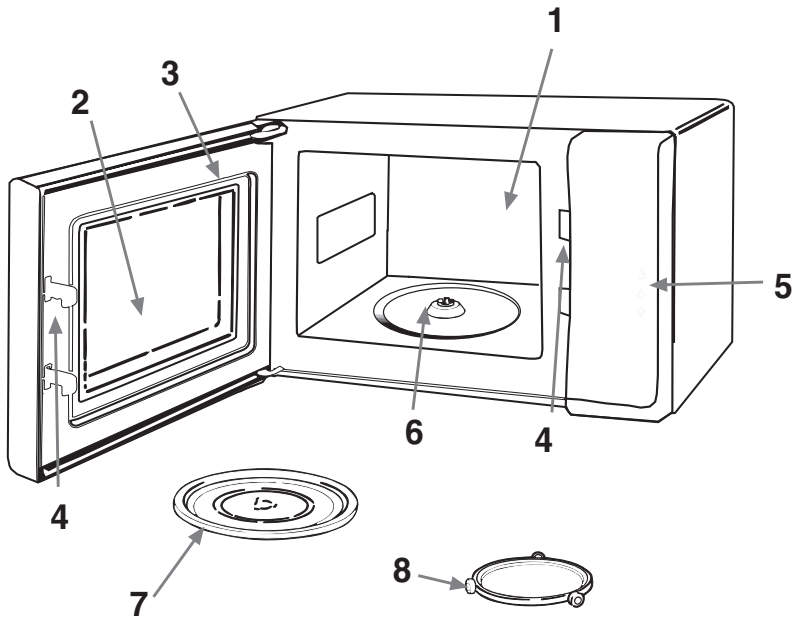
The wires in the mains lead are coloured in accordance with the following code:

GREEN AND YELLOW	EARTH
BLUE	NEUTRAL
BROWN	LIVE

If you fit your own plug, the colours of the wires in the mains lead of your appliance may not correspond with the markings identifying the terminals in your plug, proceed as follows:

- Connect the green and yellow (earth) wire to the terminal in the plug which is marked with the letter "E" or the earth symbol (\perp) or coloured green and yellow.
- Connect the blue (neutral) wire to the terminal in the plug which is marked with the letter "N" or coloured black.
- Connect the brown (live) wire to the terminal in the plug which is marked with the letter "L" or coloured red.

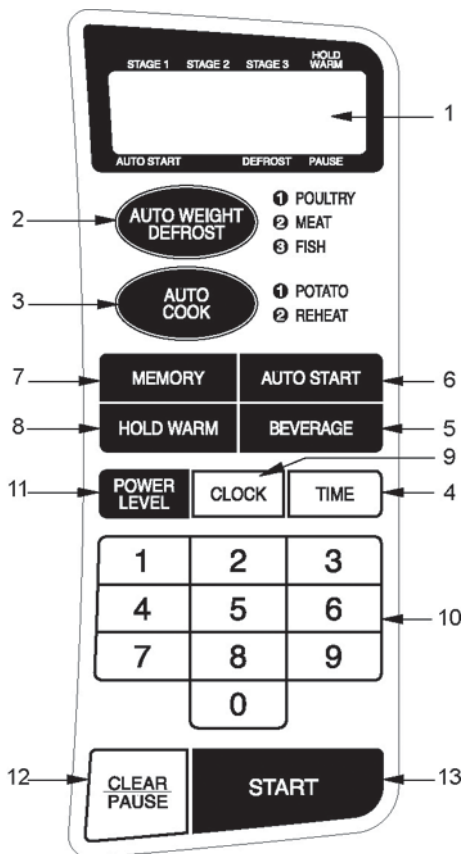
The microwave oven and accessories



Name and function of parts

1. Cooking compartment. Wipe the compartment clean after using the oven.
2. Viewing window. Food can be checked while the microwave oven is in operation.
3. Oven door. The door must always be firmly closed while cooking.
4. Latch hook and safety interlock system.
5. Control panel.
6. Drive shaft for turntable.
7. Turntable. Made of special heat-resistant glass. Food in a suitable container is placed on this tray for cooking. Do not use the oven without the turntable.
8. Turntable support. Place the support on the floor of the cooking chamber to support the turntable.

Control panel

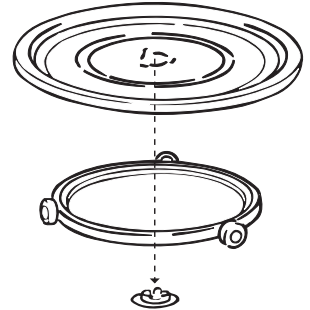


1. Display window - showing time of day, operating mode and cooking time.
2. Auto Defrost by weight.
 1. Poultry
 2. Meat
 3. Fish
3. Auto Cook.
 1. Potato
 2. Reheat (Plated Meals)
4. Time. For setting cook time.
5. Beverage. To automatically heat up drinks.
6. Auto Start. To set a start time.
7. Memory. To save a frequently used programme.
8. Hold Warm. Keep food warm for up to 30 mins.
9. Clock. To set the time.
10. Number pad. To enter time, weight and power.
11. Power. To set power.
12. Clear/Pause.
13. Start.

Before using your microwave oven for the first time

Turntable installation

1. Place the turntable support on the cavity bottom.
2. Place the turntable on top of the turntable support as shown in the diagram. Make sure that turntable hub is securely locked in the turntable shaft. Never place the turntable upside down.



- Both turntable and turntable support must always be used during cooking.
- All food and containers of food are always placed on this turntable for cooking.
- This turntable rotates clockwise and anticlockwise; this is normal.

How to operate your microwave oven.

Pause/Clear

If you would like to stop the oven during cooking without opening the door, touch **Pause/Clear ONCE**. To continue cooking, touch **Start**. Should food be removed from the oven before the set cooking time is completed, touch **Pause/Clear TWICE**.

You can turn off the oven during cooking, to stir or re-arrange food. There are two ways of doing so;

1. Just open the door, the safety mechanisms stop microwave power. To continue cooking, close the door and touch **Start**.
2. Touch **Pause/Clear ONCE**, and open the door. To continue cooking, close the door and touch **Start**.

Setting the clock



When your oven is plugged in for the first time or when power resumes after a power Interruption, the clock symbol and numbers in the display window flash and the time is reset to 12:00.

Example: To set 4.30

1. Set the desired time (12 hour format) using the number pad.
2. Touch the Clock button to lock in the time and start the clock running.



If you need to change the time of day after setting, press the clock button, the numbers in the display window will flash. You can then set the time as above.

Example: To change the time to 15.45

1. Press and the Clock button. The numbers in the display window will flash.
2. Set the desired time (12 hour format) using the number pad.
3. Touch the Clock button to lock in the time and start the clock running.

Child safety lock



This oven has a safety feature which prevents the accidental running of the oven by a child. After the lock has been set, no part of the microwave oven will operate until the child lock feature has been cancelled.

To set:

1. Touch Pause/Clear button so that the time of day only is displayed
2. Touch '0' button.
3. Touch Start button 5 times, Loc will be displayed



To cancel the child lock, simply repeat the setting procedure. Loc disappears and the time of day display reappears in the window.

Microwave cooking

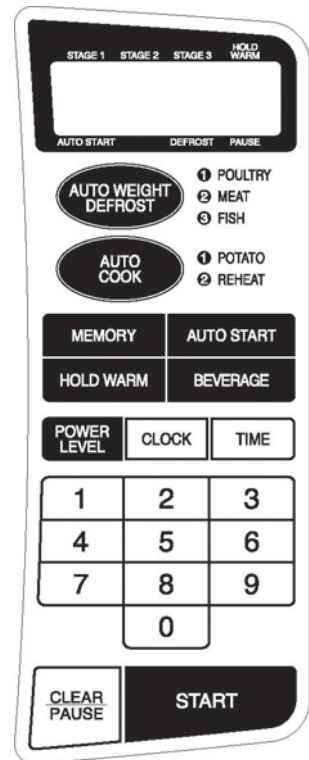


This basic microwave cooking method allows you to cook food for a desired time. In addition to the maximum power level, you can select different microwave power from 9 levels, Hi W(1000W) to 100W for the foods that require lower cooking.

Foods with high moisture content should be cooked on maximum power as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

Example: To cook at 500W for 1 min 30 sec's:

1. Touch Pause/Clear
2. Touch the time button.
3. Set the desired time by pressing buttons ' 1 ' , ' 3 ' then ' 0 ' on the number pad.
4. Touch the power button.
5. Set the desired power (500W = 5) by pressing button ' 5 ' on the number pad.
6. Touch Start



The Microwave oven is automatically set to 1000W(Hi W). If this power level is required for cooking, you may set the time and then press start (You do not need to select the required power) At the end of the cooking time, the microwave power will automatically stop. The cooling fan and oven light will continue to run whilst 5 soft audible bell sounds are heard. ' End ' will appear in the display window. After the cooking time has finished pressing Pause/Clear will reset the display window to the time of day.

Microwave setting guide

Power Setting		Suggested use
100W	PL-1	Keeping warm : Keeping foods warm
200W	PL-2	Defrost : Thawing frozen foods.
300W	PL-3	Simmer : Completing the cooking cycle of some pot roasts. Casseroles and stews.
400W	PL-4	Medium Low : Baked custards or cheesecakes.
500W	PL-5	Medium : Faster defrosting for casseroles and stews.
600W	PL-6	Medium Hi : Baking cakes and sponge puddings
700W	PL-7	Reheat Low : Reheating of casseroles and stews..
800W	PL-8	Reheat : Reheating pre-cooked foods.
900W	PL-9	Reheat Hi : Roasting joints of meat and poultry.
1000W	PL-10	Max Power : Boiling or reheating liquids. Cooking vegetables. Preheating a browning dish.

Microwave cooking in two or three stages



This basic microwave cooking method allows you to cook food for a desired time at different power levels. In addition to the maximum power level, you can select different microwave power from 9 levels, Hi W(1000W) to 100W for the foods that require slower cooking. Foods with high moisture content should be cooked on maximum power as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

Example: To cook at 500W for 1 min 30 sec's, then at 1000W for 7min.

1. Touch Pause/Clear
2. Touch the time button.
3. Set the desired time by pressing buttons ' 1 ' , ' 3 ' then ' 0 ' on the number pad.
4. Touch the power button.
5. Set the desired power (500W = 5) by pressing button ' 5 ' on the number pad.
6. Touch the time button.
7. Set the desired time by pressing buttons ' 7 ' , ' 0 ' then ' 0 ' on the number pad.
8. Touch the power button.
9. Set the desired power (1000W = 10) by pressing button ' 1 ' then ' 0 ' on the number pad.
10. Touch Start



If you wish to cook in three stages, simply repeat steps 2, 3, 4 and 5 before you press the start button.

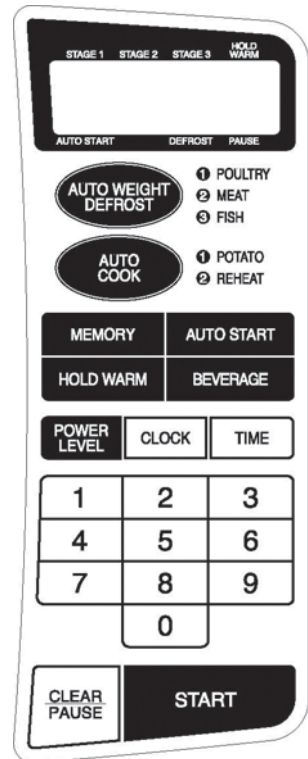
Manual defrosting



For manual defrosting (without operating the Auto Defrost feature), use 200W. The blue defrost symbol appears in the window display whenever this power level is selected. To speed up the defrosting of dense foods over 450g (1lb), the oven may be started on Hi W(1000W) power for 1- 3 minutes, then reduce to 200W until defrosting is complete.

Example: To defrost at 200W for 8 min 30 sec's:

1. Touch Pause/Clear
2. Touch the time button.
3. Set the desired time by pressing buttons '8', '3' then '0' on the number pad.
4. Touch the power button.
5. Set the desired power (200W = 2) by pressing button '2' on the number pad.
6. Touch Start



At the end of the defrosting time, the microwave power will automatically stop. The cooling fan and oven light will continue to run whilst 5 soft audible bell sounds are heard. 'End' will appear in the display window. After the defrosting time has finished pressing Pause/Clear will reset the display window to the time of day.

Defrosting Tips

1. It is better to underestimate defrosting time if you are unsure. Food will continue to defrost during the standing time.
2. Separate food as soon as possible.
3. Turn large items, e.g. joints, halfway through the defrosting time, or at pause.
4. Remove any thawed food as soon as possible.
5. Remove or open any packaging before defrosting.
6. Place food in a larger container than that which it was frozen in, this will allow for easy stirring.
7. Begin thawing poultry, breast side down and turn over halfway through defrosting time or at pause. Delicate areas such as wing tips can be shielded with small pieces of smooth foil.
8. Standing time is very important, particularly for large, dense foods which cannot be stirred to ensure that the centre is completely defrosted before cooking.

Microwave Hints

- Always keep the oven clean – avoid spill-overs and do not forget to clean under the glass tray and the inside of the door.
- Preferably use round or oval casseroles with a lid when cooking in your microwave oven.
- Do not use metal or metal decorated casseroles. Certain plastic materials can melt and be warped by hot food.
- Cover the food when cooking. Use a glass lid, a plate or grease proof paper.
- Pastry, bread and the like can be defrosted directly in a bread basket or on a paper towel.
- If frozen food is heated in its packaging, the packaging should be opened. Packaging containing metal or metal decoration must not be used unless specifically recommended for use in the microwave. Remove metal clips and wire ties.
- Smaller pieces of aluminium foil can be used to cover parts that easily over cook such as chicken legs.
- Food with peel or skin should be pierced with a fork – e.g. potatoes and sausages. Do not boil eggs in the microwave oven as they can explode.
- Put large, thick pieces close to the edge of the casserole and try to cut the food in to even sized pieces. Always place the food in the centre of the oven.
- The food will be evenly cooked if you stir or turn it a few times.
- Always set a shorter cooking time than indicated in your recipe to avoid over cooking. The larger the amount of food the longer it takes.
- Use little or no water for vegetables.
- Use less salt and spices than for 'normal' cooking.
- Season afterwards. Allow a few minutes 'standing' time after the oven has switched off to ensure complete and even cooking results.
- Always ensure food is piping hot throughout before serving.
- Use pot holders or gloves when taking dishes and food from the oven.



Hold Warm can only be used with one stage microwave cooking.

Memory Cooking

If you often cook or reheat the same types of dishes, you can store the cooking times and functions in the oven's memory, so that you do not have to reset them each time. You can store one cooking.

Example : To set memory

1. Touch the **Memory** button.
2. Set your cooking programme as usual.
3. Touch **memory** button.
The oven will beep and the display reverts to the time of day. Your settings are now stored in the oven's memory.

To store different settings simply repeat setting procedure.

Example : To use memory

1. Touch **memory** button. Storing settings in the oven's memory appears in the display.
2. Touch **start** button.
The oven light comes on and the turntable starts rotating. Cooking starts and the time in the display will count down.

Hold Warm

The Hold Warm function is used to keep food warm for a maximum of 30 minutes (in steps of 10 minutes) after cooking has finished.

Example : To set the Hold Warm function

1. Set your cooking programme as usual.
2. Touch **Hold Warm** button. (Once for 10 mins. Twice for 20 mins and three times for 30 mins.)

Auto Start

This function allows you to program a start time for your cooking (Up to 11 hours and 59 minutes in advance.)

Example : To set Auto Start

1. Set your cooking programme as usual.
2. Touch the **Auto Start** button.
3. Enter the desired start time using the number pad.
4. Touch **Start**.



If the oven door is opened before the cook time has started you will have to press the start button again once the door has been closed. Some foods may spoil if left at room temperature for too long.

Auto Programmes



The Auto Programme features allow you to simply and automatically cook or defrost a range of popular foods. Your oven offers the following Auto programmes:

Programme	Microwave mode	Quantity	Display
Defrost Poultry	Microwave Only	0.1kg – 3.0kg	de f1
Defrost Meat	Microwave Only	0.1kg – 2.0kg	de f2
Defrost Fish	Microwave Only	0.1kg – 2.0kg	de f3
Baked Potatoes	Microwave Only	1, 2 or 3 potatoes	SA -1 (PO1, PO2, PO3)
Reheat Plated meals	Microwave Only	Small, Medium or large meals.	SA -2
Beverage	Microwave Only	1, 2 or 3 mugs	CU P1, CU P2, CU P3

Baked Potatoes

To automatically cook potatoes, you simply press the ' Auto Cook ' button once followed by the ' 1 ' button on the number pad. You may now press numbers ' 1 ', ' 2 ' or ' 3 ' on the number pad depending on the number of potatoes required, once this has been done you can press Start.

Reheat Plated meals

To automatically reheat a plated meal, you simply press the ' Auto Cook ' button once followed by the ' 2 ' button on the number pad. You may now press numbers ' 1 ', ' 2 ', ' 3 ', ' 4 ' or ' 5 ' on the number pad depending on the size of the plated meal (' 1 ' for a small meal, ' 5 ' for a very large meal), once this has been done you can press Start.

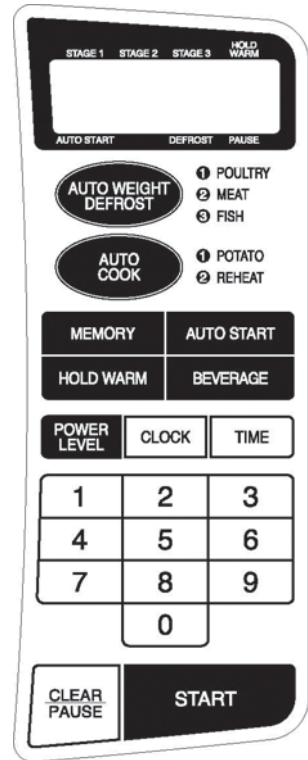
Beverage

To automatically heat up a drink, you simply press the ' Beverage ' button (once for 1 cup, twice for 2 cups and three times for 3 cups), once this has been done you can press Start.

Auto Programmes

Example: To automatically cook 2 potatoes:

1. Touch Pause/Clear
2. Touch the Auto cook button.
3. Press number ' 1 ' on the number pad to select the potato function.
4. Press number ' 2 ' on the number pad to select two potatoes.
5. Touch Start



At the end of the cooking time, the microwave power will automatically stop. The cooling fan and oven light will continue to run whilst 5 soft audible bell sounds are heard. ' End ' will appear in the display window. After the cooking time has finished pressing Pause/Clear will reset the display window to the time of day.

Auto Programmes

Auto Defrost



Auto Defrost by Weight is an accurate defrosting method for frozen meat, poultry or fish.

Example: To defrost 1.7 kg of Poultry:

1. Touch Pause/Clear
2. Touch Auto Weight Defrost button once.
3. Set the desired weight (1.7 kg) by pressing buttons ' 1 ' then ' 7 ' on the number pad.
4. Touch Start

Example: To defrost 0.8 kg of Meat:

1. Touch Pause/Clear
2. Touch Auto Weight Defrost button twice.
3. Set the desired weight (0.8 kg) by pressing buttons ' 0 ' then ' 8 ' on the number pad.
4. Touch Start

Example: To defrost 1.2 kg of Fish:

1. Touch Pause/Clear
2. Touch Auto Weight Defrost button three times.
3. Set the desired weight (1.2 kg) by pressing buttons ' 1 ' then ' 2 ' on the number pad.
4. Touch Start



The Auto Defrost function can be used in conjunction with two and three stage cooking. Auto Defrost can only be set for the first stage. Follow the instructions for two and three stage cooking to add an extra cooking stage.

Oven utensils and accessories guide

A variety of Utensils and Materials may be used for cooking in your microwave oven. For your safety and to prevent damaging utensils and your oven choose appropriate utensils and materials for each cooking method. The list below is a general guide.

Material	Utensils	Microwave Cooking
Ceramic & Glass	Corning ware	*1 YES
	Heat resistant glass ware	*1 YES
	Glass ware with metal decoration	NO
	Lead crystal glass	NO
China	Without metal decoration	YES
Pottery		*2 YES
Plastic	Microwave oven heat-proof wear	YES
	Plastic wrap	YES
Metal	Metal baking pan	NO
	Aluminium foil *3	YES
Paper	Cups, plates, towels	YES
Waxed Paper		YES
Wood		NO
Accessories	Turntable	YES
	Turntable support	YES

YES: Utensils and accessories to use

NO: Utensils and accessories to avoid

*1 Only if there is no metal trim.

*2 Only if it does not have a glaze containing metal.

*3 NOTE: Use aluminium foil only for shielding purposes, over use may cause arcing.

Recommendations for Defrosting using 200W

Some foods such as cakes and fruit will not defrost successfully using Auto Defrost. However these foods can be successfully thawed manually by using the 200W power setting.

FOOD	PREPARATION	(200W)	STANDING TIME
Bread			
Small loaf	Place on microwave-proof rack or kitchen paper. Turn over halfway through defrosting time.	8–10 min.	10–15 min.
Sliced large loaf	Place on microwave-proof rack or kitchen paper. Turn over halfway through defrosting time.	10–13 min.	10 min
2 slices	Place on kitchen paper.	45–60 sec.	5 min.
1 bread roll	Place on kitchen paper.	45–60 sec.	5 min.
2 bread rolls	Place on kitchen paper.	1–1½ min.	5 min.
Cakes and Pastry			
Gateau 450g/1 lb	Remove from packaging, place on plate.	9–11 min.	15–30 min.
Cheesecake 450g/1 lb	Remove from packaging, place on plate.	9–11 min.	15–30 min.
Pie (cooked) 450g/1 lb	Remove from packaging, place on plate.	7–9 min.	15–30 min.
Pastry 450g/1 lb	Remove from packaging, place on plate.	7–9 min.	15–30 min.
Butter			
250g/8.8 oz (1 packet)	If foil wrapped, remove from wrapper and place on a plate	3–4 min.	5–10 min.
Fruit			
225g/8 oz Soft berry fruits	Place in a single layer in a shallow dish.	5–6 min.	5–10 min.
450g/1 lb Soft berry fruits	Place in a single layer in a shallow dish.	7–8 min.	5–10 min.
Plated meal			
400g/14 oz	Cover with a plate or non PVC cling film. To reheat, microwave on Hi W(1000W)for 3–4 minutes.	7–8 min	5–10 min.
Vegetables			
	It is not necessary to defrost vegetables before cooking. All vegetables can be thawed and cooked on Hi W(1000W)		

Care and cleaning

The oven must always be clean. Residue of food from spill-overs or spatters will attract microwave energy causing it to burn on. This could reduce the efficiency of the oven and may cause bad odours.

Do not attempt to tamper with or make any adjustments or repairs to any part of the oven. Repairs should only be done by a qualified service technician.

Be sure the oven is off or the unit is unplugged before cleaning.

Cleaning the accessories (turntable and support)

Clean them with mild detergent after removing them for the cavity. Turntable support should be carefully handled. The inside of the oven and turntable get very hot, so do not touch them immediately after use.

Cleaning the interior

Always keep the inside of the oven clean. Wipe up spill-overs and food spatters immediately. Deposits that are allowed to remain on the oven walls, door seal and door surface will absorb microwave energy, reduce the efficiency of the oven, and possibly damage the oven interior. Use mild, liquid detergent, warm water and a soft, clean cloth to remove deposits from the base of the oven. For the side of the oven use a soft damp cloth only, no liquids should be used near the venting holes.

NEVER USE ABRASIVE CLEANERS, COMMERCIAL OVEN CLEANERS OR STEEL WOOL PADS ON ANY PART OF THE MICROWAVE OVEN.

To loosen difficult deposits, boil a cup of water in the microwave oven for 2 or 3 minutes.

NEVER USE A KNIFE OR ANY UTENSIL TO REMOVE DEPOSITS FROM OVEN SURFACES.

To remove odours from the oven interior, boil a cup of water plus 2 tablespoons of lemon juice for 5 minutes.

Cleaning the door seals

Wipe up spill-overs and food spatters immediately. Deposits that are allowed to remain on the door seals will absorb microwave energy, reduce the efficiency of the oven, and possibly damage the oven interior. You can only use mild, liquid detergent, warm water and a soft, clean cloth to remove deposits from the door seals.

Cleaning the exterior

Open the oven door when cleaning the control panel. This will prevent the oven from being turned on accidentally. You should clean outside surfaces of the oven with mild liquid detergent and water followed by a wiping with clear water to remove any excess detergent. Dry with a soft cloth.

Spray-on window cleaners or all purpose spray-on kitchen cleaners can also be used. Never use abrasive cleaners, scouring pads or harsh chemicals on outside surfaces of your oven. To prevent damage to the working parts, do not allow water to seep into ventilation openings.

What to do if.....

If the appliance does not work please carry out the following checks before contacting your local

If the oven does not come on:

- Check the appliance is connected correctly.
- Check that the oven is plugged in properly.
- Replace the fuse in the plug, if required, with another of the same rating and check that the plug has been wired correctly.
- Check that the socket switch and/or the switch from the mains supply to the oven are ON.
- Check that the socket is receiving power, by plugging in an appliance you know to be working.
- Check that the fuse in the fuse box is intact.

If the microwave does not function:

- The child safety lock may have been set.
- Check the controls are set correctly.
- Check settings/procedures against the booklet
- Check the door closes properly (if food particles or other objects have become stuck inside the door, it will not close properly and microwave cooking will not take place).
- Check the start pad has been depressed.

Note: The interior light bulb can only be replaced by trained technicians

Service and spare parts

When you order service or spare parts, please refer to the product and model number of the microwave oven. You will find these on the data plate. Write them down here below so you have them handy whenever you need them.

Model:.....

Serial number:.....

PNC:.....

Date of purchase:.....

It is vitally important that you record these details correctly. These details should be recorded when you remove your new oven from its box

N.B. Remember to keep your receipt.

Service Information

You can perform certain maintenance on your own; these operations are listed in the section << what to do if...>>. Firstly, you should verify the problem, then look it up in the section. If you do not find the solution therein, then please contact your local Service centre

Technical data.

Overall dimension	Width	520 mm	Power source	230 V, 50 Hz
	Depth	376 mm	Fuse	10 A
	Height	292 mm	Power consumption	1450W
Cavity dimension	Width	349 mm	Microwave (Power)	1000W
	Depth	350 mm	Weight	18.8 kg
	Height	215 mm	Volume	27 litre