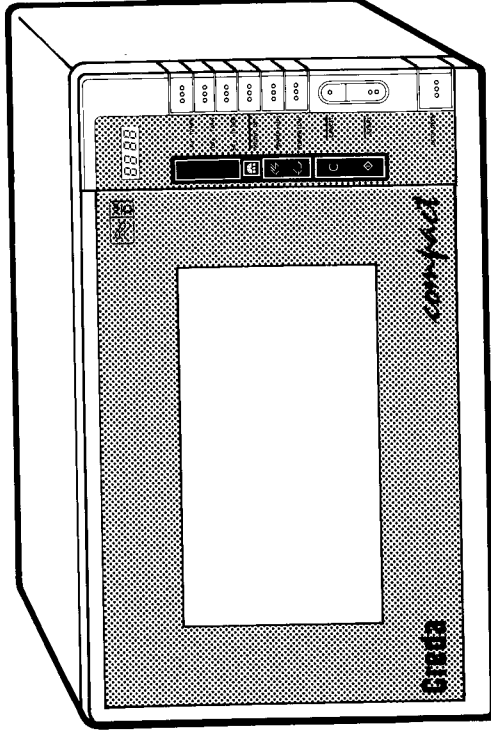




# Compact Microwave Oven User's Instructions Model 49053



**You must read these instructions prior to using the appliance and retain them for future reference**

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## SERVICE

For details of your nearest Service Centre please see the separate Service Leaflet. If you have any queries regarding Service or Spares, our Spares and Service division will be pleased to advise. You should write to:  
Creda Ltd., Spares and Service Division  
CredaCare Building, Creda Works  
Blythe Bridge, Stoke-on-Trent ST11 9LN  
or telephone 0782 388300

May we wish you many years of carefree successful cooking and remember our Home Economics Department is always available to you for advice if you write to: —

The Home Economist  
Creda Limited  
P.O. Box 5  
Creda Works  
Blythe Bridge  
Stoke-on-Trent  
England  
ST11 9LJ

## BEFORE CALLING FOR SERVICE

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

### The oven doesn't work

- Check that the appliance is correctly plugged in.
  - Check that the door is firmly closed.
  - Check that the cooking programme is set.
  - Check for a blown circuit fuse or tripped main circuit breaker in your house.
- Sparking in the cavity**
- 1. Check that utensils are not metal containers or dishes with metal trim.
  - 2. Check that metal skewers do not touch the interior walls.
  - 3. Do not operate the oven when empty.
- If there is still a problem, notify your dealer.

**NOTE: If oven lamp should fail, contact your dealer. Do not attempt to replace the lamp yourself as dangerous voltages exist inside the oven.**

## INTRODUCTION

This instruction book has been carefully designed to help you get the most out of your new microwave oven. You will find that it will take you a little time to become familiar with the functions and facilities which your oven offers you. By taking the time to read these instructions and by following them carefully you will learn more quickly, and make fewer mistakes than if you try to manage without reading them.

### What the instruction book is designed to do

The purpose of this instruction book is to show you what your oven can do. It will help you to understand the control panel and all the functions of the oven. It takes you through all the different things you can do in easy steps. As well as this instruction book, you have also been given a cookery book specially designed to accompany your oven. However, all the information you will need to get started with your new oven is included in this instruction book. The basic cooking information is complemented by more detailed recipes in the cookery book and the two books are designed to be used together.

Your new oven has been labelled in accordance with the new MAFF labelling scheme. The label is located on the oven door, and it informs you of the power output in watts (700W) and the heating category (C). This is achieved when using power level 8. Most packaged food suitable for microwaving will be marked with these symbols. After heating always check that the food is piping hot throughout.

**Before you do anything with your oven, including putting a plug on it, please read the Important Safety Instructions on pages 6 to 10. This is for your own safety and to make sure you don't damage your new oven.**

**THIS APPARATUS COMPLIES WITH THE REQUIREMENTS OF BS800: 1988 AND EN 55014, 02, 1987.**

## SPECIFICATIONS

AC Line Voltage:  
Single phase 240V, 50Hz  
AC Power Required:  
1150W  
Output Power:  
700W (IEC 705)



Microwave Frequency:  
2450MHz  
Outside Dimensions:  
462mm(W) x 309mm(H) x 342mm(D)  
Cavity Dimensions:  
300mm(W) x 202mm(H) x 298mm(D)  
Oven Capacity:  
18 litres  
Cooking Uniformity:  
Turntable system (φ 275mm)  
Weight:  
Approx. 16kg

As a part of our policy of continuous improvement, we reserve the right to alter design and specification without notice.

## INSTALLATION INSTRUCTIONS

### HOW TO EXAMINE YOUR MICROWAVE OVEN AFTER UNPACKING

1. Take all of the packing material from inside the oven and remove all the protective film and labels from the oven door.
2. Check the oven for any damage. If you notice any damage please do not use it, contact your dealer.

### WHERE TO PLACE YOUR MICROWAVE OVEN

Place the oven on a flat and level surface, strong enough to take the weight, plus the heaviest item likely to be cooked.

#### IMPORTANT NOTE:

- Take care when lifting the oven, it is heavy.
- The oven must not be located in areas where heat and moisture are generated and not near to easily combustible materials (e.g. curtains).
- Do not install the oven in a humid place, where it could damage the oven.
- Do not store or use the oven outdoors.

### ELECTRICAL CONNECTION

**WARNING – THIS APPLIANCE MUST BE EARTHED.**

**REFER TO RATING PLATE FOR VOLTAGE AND CHECK THAT THE APPLIANCE SUPPLY VOLTAGE CORRESPONDS WITH THE SUPPLY VOLTAGE.**

**Applicable only if the moulded plug is removed or a plug is not supplied**

The flexible mains lead must be correctly connected, as below, to a three pin plug of not less than 13 amp capacity. You must use a 3 pin plug which should be marked with the number BS 1363 and it should be fitted with a BROWN coloured 13 amp fuse marked with the number BS 1362.

We recommend the use of good quality plugs and wall sockets that can be switched off when the machine is not in use.

**IMPORTANT:** The wires in the mains lead fitted to this appliance 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:—

4

## QUESTIONS AND ANSWERS

**Q: I accidentally ran my microwave oven without any food in it. Is it damaged?**

**A:** We do not recommend operating the microwave oven without any food. However, running the oven empty for a SHORT time will not damage the oven.

**Q: Can I open the door when the oven is operating?**

**A:** The door can be opened anytime during the cooking operation. Microwave energy will be instantly switched off and the time setting will maintain until the door is closed.

**Q: Can the oven be used with the glass tray or roller guide removed?**

**A:** No. Both the glass tray and roller guide must be positioned correctly in the oven before cooking.

**Q: My microwave oven causes interference with my TV. Is this normal?**

**A:** Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

**Q: How can we know whether the Microwave is generated or not?**

**A:** Microwave is generated only when the door is closed, Timer is on. The operation of fan motor is same as the Magnetron.

**Q: Why does my oven light dim?**

**A:** When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light, dims and clicking noises can be heard when the oven cycles.

**Q: Why does steam accumulate on the oven door?**

**A:** During cooking, steam is given off from the food. Most of the steam is removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.

**Q: Sometimes warm air comes from the oven vents. Why?**

**A:** The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

**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: When is the oven light on and off?**

**A:** The oven light is off only when the door is closed and the timer is off.

## INSTALLATION INSTRUCTIONS

Only 13amp replacement fuses which are ASTA approved to BS1362, should be fitted.

- The socket must be readily accessible to allow easy removal of the plug in an emergency.
- When removing the plug from the wall socket, always grip the plug and never pull out by the mains lead as this will damage the mains lead and the connections inside the plug.
- Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
- Do not immerse power supply cord or plug, in water.
- Do insert the plug into the socket completely, otherwise the plug may become overheated and catch fire.
- Do not connect another appliance to the same socket using an adapter as it may cause the house wiring to become overheated and may catch fire.
- If the plug or socket is loose or if the power supply cord is damaged, do not operate the oven and contact your dealer or an authorised service agent. The defective plug, power supply cord or socket may become hot and catch fire during operation or cause electrical shock.

## MICROWAVE COOKING TECHNIQUES

### Microwave cooking techniques

You also need to know the important techniques for microwave cooking. The important techniques of the food are:

#### Quality of the Food

1. As microwaves will cook quickly, when roasting meat, better cuts should be used.
2. More economical cuts are recommended to be cooked by casseroling, stewing, pot roasting.
3. Vegetables and fish should be as fresh as possible to obtain best results.

#### The starting temperature

1. Cold food takes longer to cook than food at room temperature.
2. Recipes assume that food has been stored at its normal storage temperature e.g. fish and chicken from a fridge, vegetables and soup at room temperature.

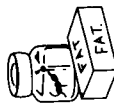


#### The density

1. Dense or solid foods e.g. whole potatoes will take longer to cook than less dense foods e.g. fresh peas.

#### The composition

1. Food with high fat or sugar content will heat more quickly than food with a lower content.
2. Take care when you reheat mince pies and Christmas pudding which are both high in sugar and fat.



#### Size and Shape

1. This affects the overall cooking times.
2. When cooking more than one of a particular food e.g. jacket potatoes — choose items of the same size so they cook evenly.
3. If different sized items are cooked together uneven cooking will occur.

#### The arrangement

1. Arrange food so that the thickest part is towards the outside of the dish.
2. A good example is chicken drumsticks where the thinner bony ends won't require as much cooking as the thicker ends.

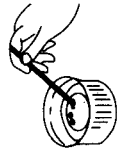


#### Covering

1. Certain types of food benefit from being covered during microwave cooking.
2. Covering will prevent splashing and help foods cook evenly.
3. Use a lid or microwave plastic wrap.

#### Piercing

1. Always pierce foods which have a skin or membrane. These include: eggs, potatoes, tomatoes, apples, sausages, aubergines.
2. If you don't pierce them, steam will build up inside and they may explode.



#### Stirring and turning

1. Always either stir or turn food during cooking wherever possible, for example, casseroles so that the hot food on the outside is mixed with the cooler food.
2. Turn joints of meat or poultry over halfway through their cooking time to ensure even cooking.



#### Standing time

This is an essential part of the cooking process to ensure food is completely cooked. This standing time allows the heat to spread evenly through the food. All food needs to stand and the amount of standing time you should allow is usually given in the recipe.



Food defrosted in the microwave oven must also be left to stand.

## IMPORTANT SAFETY INSTRUCTIONS

**GENERAL** — It is recommended that the microwave oven is attended during the cooking stages. Exceeding the cooking time and too high a power level leads to overheating of food, which may burn and cause a risk of fire.

**WARNING** — To avoid fire, damage to your oven, burns, electric shock or injury:

### To avoid fire

#### 1. Attendance

It is recommended that the microwave oven is attended during the cooking operations.

#### 2. Times and power

Follow the instructions in the attached cookery book supplied.

Exceeding the specified cooking times and/or the incorrect programming of a microwave power setting could result in overheating of the item of food, and in extreme circumstances the risk of burning your food and damage to the oven.

Care should be taken when cooking or heating foods with a high sugar or fat content, such as Christmas pudding, mince pies and fruit cakes.

#### 3. Risk of fire

In the case of overheating the item of food if the food smokes or burns (because of overheating), the following procedure must be carried out:

1. Keep the oven door closed.
2. Turn the oven off and disconnect the plug from the socket.

If you don't follow these instructions, food may catch fire and damage the oven.

#### 4. Disposable containers

Use only microwave suitable materials. Do not leave the oven in unattended operation when food is heated or cooked in disposable containers of plastic, paper or other combustible materials, see page 22.

#### 5. Ventilation

1. Do not block or obstruct the air vent openings.
2. Do not put anything near the air vent openings that may be ignited easily by the hot air coming out of them.

#### 6. Roasting bags

Plastic and wire twist ties should not be used within the oven as they may melt or catch fire due to an electrical discharge.

#### 7. Paper products

Do not use newspaper or re-cycled paper inside the oven, as these may contain materials that could get hot and cause a fire.

#### 8. Oil and fat

Never heat oil or fat. You cannot control the temperature of them so they may overheat and catch fire.

#### 9. Popcorn

Unless you have a special microwave popcorn popper **never** cook popcorn in your oven as it can be dangerous and the results are disappointing. Don't use oil unless the manufacturer recommends the use of it and never heat for longer than stated.

#### 10. Bottle fruit

Do not try to bottle fruit in your microwave oven as it requires prolonged high temperatures to do so properly.

#### 11. Storing foods

Do not keep food or anything inside the oven when it is not being used except in case of the AUTO START cooking conditions.

#### 12. Food splash shield

After each use wipe the splash shield cover on the ceiling of the oven with a soft damp cloth to remove any splashes. If you leave grease on the shield it might overheat next time the microwave is used and start to smoke or even catch fire.

#### 13. Turntable and walls

Always wipe up spills and splashes on the turntable and inner oven cavity after cooking. If you leave grease on the turntable it might overheat next time the oven is used and start to smoke or even catch fire.

#### 14. Check

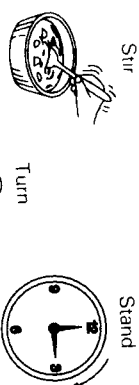
Please check the setting after you start the oven, to ensure the oven is operating as desired. Exceeding the cooking time or using too high a power level, leads to overheating of food which may burn and could cause a risk of fire.

## MICROWAVE COOKING TECHNIQUES

### The Background to Cooking by microwaves

**How microwaves cook and heat food**

1. Microwaves are absorbed by the water, sugar and fat which are in the food. The microwaves make the individual particles vibrate very quickly causing the food to heat up by friction, in the same way that your hands get warm when you rub them together. Most parts of the food are heated by microwaves directly as mentioned above. And the rest of it is heated by conduction of heat from hot food next to it. This is why it is very important that you turn food around, rearrange or stir it up so that hot and cooler parts are mixed together for even cooking. You must allow the food to stand (the standing time), otherwise some parts may be cool and slightly undercooked and other parts may be very hot. This is the Stir - Turn - Stand idea. See page 24.











2. Microwaves can pass straight through dishes and utensils which are non-metallic and can then heat the food inside the container. Information about the best type of dishes to use is given on page 22.
3. Microwaves are reflected by metal, which is why the oven is lined with metal and there is a fine metal mesh in the door. This will make sure that there is no danger of the microwaves leaking out.

## MICROWAVE COOKING UTENSILS

### Microwave cooking utensils

You can use a variety of cookware in your microwave oven as long as it allows microwaves to pass through into the food. You should try and choose round or oval dishes rather than square or oblong ones. It is very easy for food in the corners of square dishes to overcook if they are not shielded during microwave cooking and defrosting.

Utensil	Use	Advice
 Overproof glass	YES	Ideal for cooking, reheating and defrosting.
 Plastic microwave cookware	YES	Ideal for cooking, reheating and defrosting.
 Microwave plastic wrap Microwave bags Roasting bags	YES	You should always pierce the bags or wraps to let the steam out. <b>Do not use metal ties to fasten the bags.</b>
 China and ceramics	YES/NO	<b>Most ovenproof china and ceramic dishes are suitable, as long as they do not have any gold or silver decoration.</b> These metallic decorations will cause the microwaves to arc (flash). This may cause damage to both your oven and your china. Do not use antique dishes.
 Thin plastic, straw and wood	YES	Only suitable for warming food in. Straw and wood are not high temperature resistant material, therefore excessive over heating of these materials may cause a fire in your microwave oven.
 Kitchen paper towel (not re-cycled)	YES	Only suitable for warming food in. Can also be crumpled up and used to absorb fat and splashes when you cook bacon. Paper is not high temperature resistant material, therefore excessive over heating of this material may cause a fire in your microwave oven.
 Metal bakeware	NO	Reflects microwaves so cannot pass into the food and may cause arcing.
 Foil and foil container	YES/NO	You can use small pieces of foil to stop overheating of parts of foods you are cooking. But you should not use large pieces of foil, as microwaves are reflected by metal and they must not touch the walls of the oven to avoid arcing. Preferably take food out of foil trays and place in a microwave proof dish. Where microwaveable covering or no lid fitted, always remember to stir the product immediately it is defrosted and halfway through the heating cycle. <b>Foil board lids must not be used and must always be removed before heating in microwave oven.</b> <b>Do not place any empty foil container in a microwave oven.</b> If the microwave oven has been used to reheat a product for more than 15 minutes, allow the glass turntable to cool before using again. Care should be exercised when removing any lid or covering from heated food, as hot steam may escape.

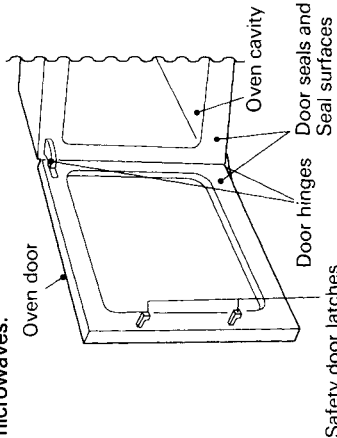
NOTE: If you are not sure if a dish is suitable to use, ask the dish manufacturer.

## IMPORTANT SAFETY INSTRUCTIONS

### To avoid damage to your oven

- Visual check**  
Check the oven carefully for any signs of damage. Pay particular attention to:
  - The door, make sure the door closes properly and make sure it is not misaligned or warped.
  - The hinges and safety door latches, check and make sure they are not broken or loose.
  - The door seals and seal surfaces, make sure that they have not been damaged.
  - Inside the oven cavity or on the door, check to be certain that there are no dents or damaged surfaces.

If there is any damage, please do not operate the oven. Contact your dealer or an authorised service agent, because the damaged oven may cause leakage of microwaves.



**It is dangerous for this oven to be adjusted or repaired by anyone except a properly qualified service technician trained by the manufacturer.**

### 2. Door

- Do not attempt to operate the oven with the door open. It is important not to deface or tamper with the safety door latches as it could result in exposure to microwave energy with the door open.
- Do not operate the oven with any object caught in the door seal between the oven front face and the oven door as this may cause microwaves to leak out.
- Never allow grease or dirt to build up on the door seal and sealing surfaces as this may stop the door working correctly and may cause microwaves to leak out. Wipe the seals and door regularly with a damp cloth, preferably before splashes and grease become dried on to the surface.

### To avoid electric shock

- Outer cabinet**  
Never remove the outer cabinet, it is very dangerous because there are some high voltage parts inside which can be fatal if touched.
- Holes**  
Do not insert fingers or objects in the holes of the door latches or air vent openings. It may cause an electric shock or damage the oven.

### To avoid explosion and sudden boiling

- Lids**  
Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't, then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.
- Liquids**  
**Warning: When heating liquids, e.g. soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without the evidence of bubbling. This could result in a sudden "boil over" of the hot liquid.**  
To help prevent this happening, the following steps should be followed:
  - Avoid straight sided containers with narrow tops or necks.
  - Do not overheat.
  - Stir the liquid before placing the container in oven and again halfway through the heating time.
  - After heating, allow to stand in the oven for a short time, stir again before carefully removing the container.

### 3. Eggs

Never cook eggs in their shells. Steam will build up inside the shell during cooking and the egg will explode. If you want to cook or reheat eggs which have not been broken up by scrambling or mixing, you must always pierce the yolks or these will also explode. You should slice shelled hard boiled eggs before you reheat them in your microwave oven.

### 4) Piercing

Always pierce food which has a skin or membrane, for example, potatoes, tomatoes, apples, sausages etc. If you don't pierce them, steam will build up inside and they may explode.

## IMPORTANT SAFETY INSTRUCTIONS

### To avoid burning

1. Do not heat baby foods/feeds in a microwave oven. The container may feel cool but the contents could be scalding hot.
2. **Oven gloves**  
Always use dry, good quality oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
3. **Face and hands**  
Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
4. **Standing back**  
Always stand back when opening the oven door to allow any build-up of heat or steam to disperse. Keep the door closed when the oven is not in use to prevent accidents.
5. **Foods with filling**  
Cut baked foods with filling after heating to release steam and avoid burns from their jam and liquid contents.
6. **Temperature**  
**Always** test the temperature of food or drink which has been heated in a microwave oven before you give it to somebody, especially to children or elderly people. This is important because things which have been heated in a microwave oven carry on getting hotter even though the microwave cooking has stopped.
7. The temperature of the outside of the container is not a good indication of the temperature of the food or drink inside, so you must test the temperature of the actual contents.

### Guidelines to destroying harmful bacteria

1. Check to see if the food is thoroughly cooked. Look for the following signs indicating that cooking temperatures have been reached and food is cooked.
  - Food steams throughout, not just at edge.
  - Centre bottom of dish is very hot to touch.
  - Poultry and thigh joints move easily, poultry juices shows no pinkness.
  - Fish is opaque and flakes easily with a fork.

2. To test that the food is cooked fully, insert a meat thermometer in the thickest or densest area, away from areas such as fat and bone. Never leave the thermometer in food during cooking, unless it is approved for microwave oven use.
3. **Standing time** (see page 24)  
Always allow standing time after microwave cooking/thawing. Standing time is part of the microwave cooking process — it is not an optional extra. If you do not leave microwaved food to stand for the time stated in the recipe, there is a chance that it will not be properly cooked.
4. **Turn over, rearrange and stir**  
It is important to turn or rearrange food, and if possible stir it during microwave cooking. If you don't do this, some parts of it may be undercooked or not properly defrosted.
5. **Bacteria**  
Select, store, and handle food carefully to preserve its high quality and minimise the spread of foodborne bacteria.
6. **Cook chilled food**  
When reheating Cook Chilled Food, ensure the food is piping hot and if in doubt, extend the heating time declared by the Food Manufacturer.
7. **Sterilising**  
Do not sterilise baby feeding bottles in microwave ovens, as air bubbles can get trapped, causing incomplete sterilisation. Sterilising solution should not be heated in a microwave oven.
8. It is essential to wash meat, poultry products and the cooking utensil before cooking immediately after defrosting.
9. It is vitally important to strictly adhere to the basic principles of food handling and hygiene to prevent the possibility of bacterial growth.

## CLEANING AND MAINTENANCE

### Cleaning

Switch **Off** and remove plug from socket. It is easier to clean the microwave oven than a conventional cooker as oven surfaces are flat and cool. The daily cleaning procedure is as follows:  
Make sure the oven is turned off before cleaning any part.

### Interior

1. Do not allow grease, soil and spatter to build up. A build up of grease or food particles on the oven interior can result in damage to the oven as well as loss of cooking power.
2. Use only a mild detergent, water and a soft cloth to clean the door surface and interior. **DO NOT** use scouring pads, powder or other abrasive materials.
3. To loosen stubborn food particles, place a measuring cup filled with water on the turntable. Operate the oven until the water boils, the steam will loosen any stubborn particles.
4. Odours can be eliminated from the inside of the oven by boiling a solution of one cup of water and several tablespoons of lemon juice in the oven for 5-7 minutes.
5. Ensure that the oven door seal and front rim of the oven are kept clean and free from soil.
6. Wipe excess moisture from the inside of the oven, including the door and door seal, **AFTER EACH USE.**  
**Note:** The moisture on the inside of your microwave oven is normal, and nothing to worry about. It is caused by the steam from the cooking food coming into contact with the cool oven surface.

### Never Pour Water into the Oven

As a safety measure, frequently wipe the door sealing surface.  
The turntable is removable. To clean spills, remove and wash in sink or dishwasher. Periodic cleaning under the turntable may be required.

Never try to rapidly cool the turntable (or other cookware) in water while it is still hot. If the turntable is used successively for a long time, it will be heated up to a high temperature. Never dip it into cold water or wipe with a cold dish cloth. Such rapid cooling will possibly cause the turntable to crack or break.

### Exterior

The outer cabinet is painted. Clean with a cloth or sponge, moistened in a mild detergent solution, and then dry with a clean cloth. Avoid spilling water into the vents. Do not use Petroleum spirit, thinners or any kind of chemical solvent to clean the outer cabinet. The control panel and trim are best wiped with a damp cloth, and then wiped immediately with a dry cloth. The door window's outer panel is plastic. Use a damp cloth to wipe clean. Do not use Petroleum spirit, thinners or any kind of chemical solvent to clean the oven door or control panel. **Do not use scouring pads, or abrasive powder.**

### Storage

If you must store your microwave oven, choose a dry, dust-free place. Dust and dampness can affect the oven's working parts.



## HOW TO SET THE OVEN CONTROLS

### HELPFUL NOTES

#### To cancel

- Touch CANCEL pad to erase all cooking instructions.
- Opening the oven door during cooking will not cancel cooking instructions.
- If you touch CANCEL during a cooking operation, the cooking instructions will be erased.

#### Programming tone

- Each time you select a function button you will hear a beep.
- If you do not hear a tone, it is because an invalid command has been selected.

**Example:** If you touch the TIME/WEIGHT button without touching the FUNCTION button first, you will not hear a tone, and the microwave will not operate.

#### To stop the oven while it is operating

- Open the door.
- You can restart it by closing the door and touching START.
- Touch CANCEL. All cooking instructions will be erased. You must programme in new instructions.
- If you programme two instructions into the same stage, you will not hear a tone, and the microwave will not operate.

#### Additional information

1. You cannot programme in more than 59 minutes, 50 seconds at each stage.
2. You cannot programme in more than 2000g in the WEIGHT defrost.
3. If you open the oven door before the oven begins to cook, or during the cooking time, remember to press the START button again.
4. The oven door can be opened at any time whilst the oven is operating. If the oven door is opened, the display will stop.

## IMPORTANT SAFETY INSTRUCTIONS

### To avoid misuse by children

1. Children should not be allowed to operate or remove items from the oven.
2. **Leaning or swinging**  
Do not allow anyone to lean or swing on the oven door. And do not allow anyone to play with the oven.

### Other warnings

1. **Repair**  
It is very dangerous for anyone other than a service technician trained by the manufacturer, to perform a repair or service of the oven.  
**Never** adjust or repair the oven by yourself, or never allow anyone who is not a trained service technician to do so.
2. **Modification**  
**Never** attempt to modify the oven in any way.
3. **Working**  
Do not operate the oven if it is not working properly.
4. **Moving**  
**Never** attempt to move the oven while it is operating.
5. **Purpose**  
Only use the microwave oven for cooking/defrosting or heating of food. This product is not suitable for any other use.
6. **Domestic use**  
Please note, that the microwave oven is designed for domestic use. The oven is not suitable for commercial, industrial or laboratory use.  
The manufacturer declines any liability for damages caused by improper use.
7. **Keep clean**  
Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.
8. **Plastic wrap**  
Plastic wrap that is specially marked for microwave use can be used for cooking and heating. It is recommended that the plastic wrap does not touch food because it may melt. Vent plastic wrap so steam can escape.
9. **Installation**  
**Never** install the oven at a height where a hazard could be created when removing hot food and liquids.

### CAUTION – To reduce the possibility of trouble with the oven or damaging it:















1. **Ventilation**
  - a) Do not block the air vent openings of the oven.
  - b) When water or food drops into the inside of the oven through the air vent openings, stop the oven immediately, unplug it and call for the service agent.
2. **Empty oven**  
**Never** use the microwave function with an empty oven as it will damage the oven.
3. **Checking utensils**  
Before you use any dishes or utensils for microwave cooking you must check that they are suitable. Instructions on what kind of dishes and utensils are suitable are found on page 22.
4. **Browning dish**  
Should you wish to use a browning dish, we would suggest that a heat proof plate be placed between turntable and browning dish in order to prevent the glass turntable and roller guide from damage by heat stress. It is important that the recommended preheating time of the dish should not be exceeded.
5. **Self heating material**  
Do not place self heating materials directly onto the turntable (see browning dish above).
6. **Metal**  
Metal utensils should NOT be used for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
  - If metal (such as aluminium foil) is used for a special purpose, it must never come into contact with the oven walls during operation, because they may get damaged. **The distance to the oven walls must be kept to at least 2cm.**
7. **Canned food**  
Never heat cans of food in the microwave oven, (see Metal above).
8. **Turntable**  
For all operations, the roller guide should be correctly installed on the coupling and the turntable should be correctly placed upon it. If you do not do so, the turntable may not turn or may rattle, as a result it may damage the oven. If you operate the oven without the above accessories, the food will not be heated thoroughly.

## IMPORTANT SAFETY INSTRUCTIONS

8. **Turntable** (continued)  
Do not place food heavier than 10 lbs (5kg) as the turntable motor could become damaged.
  9. **Disposal**  
At the end of the microwave's life, it must be disposed of safely to avoid further use. To make it safe, snap off the door latches, and remove the mains cable. This will prevent the door latching shut and the oven from being powered up.
- NOTE — Information you need to know.**
1. **Guarantee claim** (see guarantee card)  
In the unlikely event of this equipment requiring repair during the guarantee period, you will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase.
  2. **Turntable**  
The turntable will rotate in either direction. The rotary direction of the turntable may change every time you start the oven. The direction of rotation of the turntable does not affect the performance of the oven.
  3. **Oven light**  
The oven light comes on whenever you open the door, and stays on when food is being cooked in the oven.
  4. **Rack**  
When defrosting and/or cooking meat, we recommend the use of a microwave proof roasting rack and dish. This will help to prevent spillage of the juices into the cavity.
  5. **Steam**  
Sometimes food with a high moisture content may give off a lot of steam during cooking. This is quite normal.
  6. **Microwave oven wattage**  
Due to the adoption of the IEC 705 power rating you may find that when following old cook book timings (which have not been rated to IEC 705) they may require adjustment. Either increase or decrease the cooking time according to the condition of the food.
  7. **Door seal**  
The door seal stops microwaves from leaking out of the oven during cooking, but it does not form an airtight seal. This means that you may sometimes see drops of water, light, or feel warm air coming out from around the door. This is quite normal and does not mean that the oven is allowing microwaves to leak out.
  8. **Operation of key pads**  
The key pads will only operate once the oven door is closed.

## HOW TO SET THE OVEN CONTROLS

### WEIGHT DEFROSTING AND COOKING IN TWO STAGES







THIS HAPPENS...	
INDICATOR LIGHT	DISPLAY
	
	Count Down
	BEEP
	
<p>8. Touch START.</p> <p>When the start button is touched the programmed weight defrost cooking will commence and the function indicator will flash, also the first and second cooking stage indicator will remain lit.</p> <p>The display will count down to show the time remaining in the weight defrost. Once the weight defrost has finished a beep will be heard and the oven will automatically start cooking in the first stage.</p>	
	
	Count Down
	BEEP
	
<p>The function indicator will flash and the display will count down to show the time remaining in the first stage cooking. Once the first stage cooking has finished a beep will be heard and the oven will automatically start cooking in the second stage.</p>	
	
	Count Down
	BEEP BEEP BEEP
<p>The function indicator will flash and the display will count down to show the time remaining in the second stage cooking. Once the cooking has finished the display will show " " and three beeps will be heard.</p>	

**Note:** The oven door can be opened at any time during the cooking operation, the oven will automatically stop cooking and the display will remain unchanged.

## HOW TO SET THE OVEN CONTROLS

### WEIGHT DEFROSTING AND COOKING IN TWO STAGES

For best results, some recipes call for one power for a certain length of time and another power for different length of time. Your microwave oven can be set to change from one to another.

THIS HAPPENS...	
INDICATOR LIGHT	DISPLAY
<p><b>DO THIS...</b></p> <p>1. Place the food in the oven and close the door.</p>	<p>The WEIGHT DEFROST indicator light will be lit.</p> 
<p>2. Touch WEIGHT DEFROST.</p> <p>100 g 1 MIN 4 times 50 g 10 SEC once</p>	<p>The display will show the weight selected. e.g. 450 grammes</p> 
<p>3. Touch TIME/WEIGHT pads for the cooking weight required.</p> <p>POWER LOW</p>	<p>The POWER LOW indicator light will be lit.</p> 
<p>4. Touch POWER LOW.</p> <p>1 Kg 10 MIN once 100 g 1 MIN once 50 g 10 SEC twice</p>	<p>The display will show the added numbers touched. e.g. 12 mins 20 secs</p> 
<p>5. Touch TIME/WEIGHT pads for the cooking time required in the first stage.</p> <p>POWER HIGH</p>	<p>The POWER HIGH indicator light will be lit.</p> 
<p>6. Touch POWER HIGH.</p> <p>100 g 1 MIN</p>	<p>The display will show the selected time you touched. e.g. 3 mins.</p> 
<p>7. Touch TIME/WEIGHT pads for the cooking time you want in the second stage.</p>	

## KNOW YOUR COMPACT MICROWAVE OVEN

### CONTROL PANEL

The Control Panel allows you to use the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand.

You can make your own programme to suit your individualised cooking style with your microwave oven.

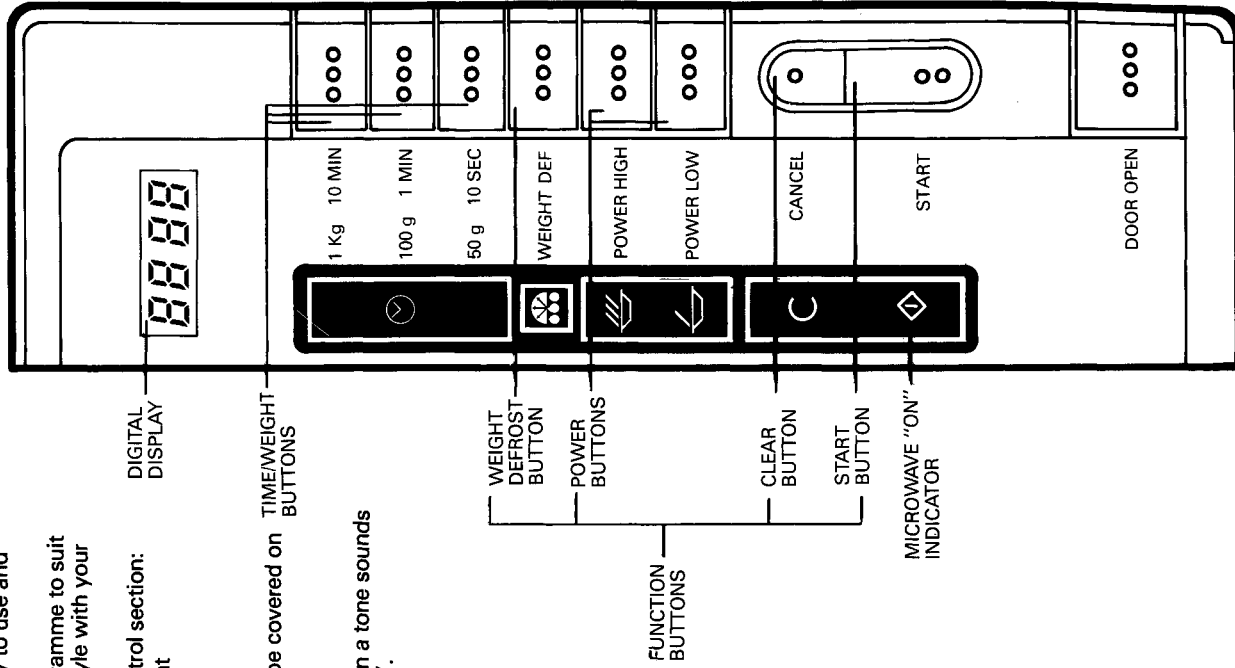
There are four parts in the control section:

- Digital Display: Time/weight
- Command Buttons
- Time/weight Buttons
- Indicator Light

What each of these does will be covered on the following page.

Please read them carefully.

When you first plug in the oven a tone sounds and the display will show "0".


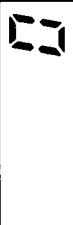










## HOW TO SET THE OVEN CONTROLS




### COOKING IN TWO STAGES

For best results, some recipes call for one power level for a certain length of time and another power level for a different length of time. Your microwave can be set to change from one to another.

THIS HAPPENS...	
INDICATOR LIGHT	DISPLAY
DO THIS...	
1. Place the food in the oven and close the door.	
<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 2px; margin-right: 5px;">POWER LOW</div>  </div> <p>The POWER LOW indicator light will be lit.</p>	
2. Touch POWER LOW.	
<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 2px; margin-right: 5px;">1 Kg 10 MIN</div> <div style="margin-right: 5px;">once</div> <div style="border: 1px solid black; padding: 2px; margin-right: 5px;">100 g 1 MIN</div> <div style="margin-right: 5px;">3 times</div> <div style="border: 1px solid black; padding: 2px; margin-right: 5px;">50 g 10 SEC</div> <div style="margin-right: 5px;">twice</div> </div> <p>The display will show the cooking time selected. e.g. 13 mins 20 secs</p>	  
3. Touch TIME/WEIGHT pads for the cooking time required in the first stage.	
<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 2px; margin-right: 5px;">POWER HIGH</div>  </div> <p>The power indicator light will change from low power to high power.</p>	
4. Touch POWER HIGH.	
<div style="border: 1px solid black; padding: 2px; margin-right: 5px;">100 g 1 MIN</div> <p>The display will show the stage 2 cooking time selected. e.g. 3 mins.</p>	  
5. Touch TIME/WEIGHT pads for the cooking time you require in the second stage.	

## TIMEWEIGHT BUTTONS AND INDICATOR LIGHTS

The following power is selected when the function button is touched:

Function Button	Indicator Light	Wattage
Weight Defrost		Variable
Power Low		410W
Power High		700W

When following recipes from cookbooks it is important to check the wattage against the power levels above.

## UNDERSTANDING THE OVEN'S COOKING FEATURES

### Cooking by Time

This is the cooking method you will use most frequently. This oven allows you to set in a desired cooking time up to 59 minutes and 50 seconds. When cooking by TIME, you may also choose to use one of the two power levels (POWER LOW or POWER HIGH).



### Programme Cooking

Experimentation with microwave cooking shows that some foods cook better if the power level is changed during cooking. With this oven all of the necessary cooking instructions can be programmed into the oven at once, thus eliminating the need to return to the oven before cooking is completed. Please refer to 'How to Set the Oven Controls'.

## HOW TO SET THE OVEN CONTROLS

### WEIGHT DEFROSTING

When weight defrosting is selected, the microwave will automatically select the desired power level and time required. This method will provide oven defrosting.

THIS HAPPENS...	
INDICATOR LIGHT	DISPLAY
	

1. Place the food in the oven and close the door.

**WEIGHT DEFROST**

The **WEIGHT DEFROST** indicator light will be lit.

2. Touch **WEIGHT DEFROST**.

1 Kg  
10 MIN  
once

1050

The display will show the weight selected.  
e.g. 1050 grammes

3. Touch **TIME/WEIGHT** pads for the cooking weight required.

**START**

2427

The oven will automatically select 50% of full power. Once the start button has been touched the displayed weight shall change to cook time and the weight defrost indicator shall also start to flash. The display counts down to show you how much cooking time is remaining in the **WEIGHT** defrosting mode. Once the cooking time has finished the display will show "0".

Count Down  
BEEP  
BEEP  
BEEP



4. Touch **START**.

**Note:** The oven door can be opened at any time during the cooking operation, the oven will automatically stop cooking and the display will remain unchanged.

## HOW TO SET THE OVEN CONTROLS

### COOKING IN ONE STAGE

When cooking in one stage, the microwave will cook for the selected time and power level.

THIS HAPPENS...	
INDICATOR LIGHT	DISPLAY
	

1. Place the food in the oven and close the door.

**POWER HIGH**

0

The **POWER HIGH** indicator light will be lit.

2. Touch **POWER HIGH**.

1 Kg  
10 MIN  
once

1120

The display will show the cooking time selected.  
e.g. 11 mins 20 secs

3. Touch **TIME/WEIGHT** pads for the cooking time required.

**START**

1120

The **POWER HIGH** indicator light flashes to show cooking is in progress. The digital display counts down to show how much cooking time is remaining. As soon as the cooking time ends the digital display will show "0".

Count Down  
BEEP  
BEEP  
BEEP



4. Touch **START**.

**Note:** The oven door can be opened at any time during the cooking operation, the oven will automatically stop cooking and the display will remain unchanged.