

Safety

RECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

Failure to observe the following safety precautions may result in harmful exposure to 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 or dented),
 - (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.

Safety Precautions

Important Safety Instructions.

Read Carefully and keep for future reference.

Before cooking food or liquids in your microwave oven, please check that the following safety precautions are taken.

1. **DO NOT** use any metallic cookware in the microwave oven:
 - Metallic containers
 - Dinnerware with gold or silver trimmings
 - Skewers, forks, etc.

Reason: Electric arcing or sparking may occur and may damage the oven.
2. **DO NOT** heat:
 - Airtight or vacuum-sealed bottles, jars, containers
 - Ex) Baby food jars
 - Airtight food.
 - Ex) Eggs, nuts in shells, tomatoes

Reason: The increase in pressure may cause them to explode.

Tip: Remove lids and pierce skins, bags, etc.
3. **DO NOT** operate the microwave oven when it is empty.

Reason: The oven walls may be damaged.

Tip: Leave a glass of water inside the oven at all times. The water will absorb the microwaves if you accidentally set the oven going when it is empty.
4. **DO NOT** cover the rear ventilation slots with cloths or paper.

Reason: The cloths or paper may catch fire as hot air is evacuated from the oven.
5. **ALWAYS** use oven gloves when removing a dish from the oven.

Reason: Some dishes absorb microwaves and heat is always transferred from the food to the dish. The dishes are therefore hot.
6. **DO NOT** touch heating elements or interior oven walls.

Reason: These walls may be hot enough to burn even after cooking has finished, even though they do not appear to be so. Do not allow inflammable materials to come into contact with any interior area of the oven. Let the oven cool down first.
7. To reduce the risk of fire in the oven cavity:
 - Do not store flammable materials in the oven
 - Remove wire twist ties from paper or plastic bags
 - Do not use your microwave oven to dry newspapers.
 - If smoke is observed, keep the oven door closed and switch off or disconnect the oven from the power supply
8. Take particular care when heating liquids and baby foods.
 - ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize.
 - Stir during heating, if necessary, and ALWAYS stir after heating.
 - Take care when handling the container after heating. You may burn yourself if the container is too hot.
 - A risk of delayed eruptive boiling exists.

Code	Item	Weight	Initial Temperature	Remarks
A-1	Chicken Breast	200-250g 300-350g 400-450g	Refrigerated	Select fresh chicken breasts, score, insert 3-4 cuts with a sharp knife along breast and cook plain or firstly marinate with you favo-rite flavor for two hours or overnight covered in the refrigerator. Or sprinkle breasts with soy sauce or lemon juice or your favorite shaker herbs salt or pepper. Then cover breasts with baking paper tucked in on plate or in Pyrex dish and cook. At half cooking time oven will beep turn breast(s) over and press start to continue. After cooking stand breast(s) for 3-5 minutes. Serve.
A-2	Fish Fillet	150-200g 250-300g 350-400g	Refrigerated	Select fresh fish fillets and cook plain or marinate with you favorite seafood marin-ade for two hours or overnight covered in the refrigerator. Or sprinkle fillets with lemon juice or your favorite shaker herbs especially lemon pepper seasoning, salt or pepper. Then cover fillets with baking paper tucked in on plate or in Pyrex dish and cook. After cooking stand fillets(s) for 3 minutes. Serve.

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Food	Cook Time/Power Level	Directions
Whole Chicken Up to 4 lbs.	Cooking Time: 7-10 min. / 0.5kg 80°C Power Level: Medium High(7).	Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min.
Chicken Pieces Up to 2 lbs.	Cooking Time: 7-10 min. / 0.5kg 80°C dark meat 75°C light meat Power Level: Medium High(7).	Place chicken bone-side down on dish, with the thickest portions towards the outside of the dish. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min.

Cooking Instructions

Recipes

Beef and Barley Stew

675 g beef stew cubes, cut into ½-inch pieces

½ cup chopped onion

2 Tbs. all-purpose flour

1 Tbs Worcestershire sauce

1 can (380-405g) beef broth

2 medium carrots, cut into ½-inch slices (about 1 cup)

½ cup barley

1 bay leaf

¼ tsp. pepper

1 pkg. (250-280g) frozen peas, thawed

1. In a 2-quart casserole, combine beef, onion, flour, and Worcestershire; mix well. Cover with lid. Cook at High(0) for 6 to 8 minutes until beef is no longer pink, stirring once.
2. Stir in beef broth, carrots, barley, bay leaf, and pepper. Cover with lid. Cook at Medium for 1 to 1½ hours until carrots and beef are tender, stirring 2 to 3 times.
3. Stir in peas. Cover with lid. Cook at Medium for 10 minutes. Let stand for 10 minutes. Remove bay leaf before serving.

Makes 6 servings.

Broccoli and Cheese Casserole

¼ cup butter or margarine

¼ cup chopped onion

1½ Tbs. flour

½ tsp. salt

¼ tsp. dry mustard

1/8 tsp. pepper

1½ cups milk

¼ cup chopped red pepper

225g (2 cups) cheddar cheese, shredded

1 pkg. (250-280g) frozen chopped broccoli, thawed

4 cups cooked spiral shaped pasta (225g dry)

1. In a 2-quart casserole, cook butter and onion at High(0) for 1 to 2 minutes until onion is soft, stirring once.
2. Add flour, salt, mustard, and pepper; mix well. Cook at High(0) for 30 to 60 seconds until mixture boils. Stir in milk until smooth.
3. Stir in red pepper. Cook at High(0) for 2 to 3 minutes until mixture boils and thickens slightly, stirring twice. Stir in cheese until melted.
4. Add broccoli and pasta, mix well. Cover with lid. Cook at High(0) for 4 to 6 minutes until heated through, stirring once. Stir before serving.

Makes 6 servings.

Warm Potato Salad

900g small red potatoes, cut into ½-inch pieces

4 slices bacon (uncooked), cut into ½-inch pieces

¼ cup chopped onion

2 tsp. sugar

1 tsp. salt

1 tsp. flour

½ tsp. celery seed

1/8 tsp. pepper

2½ Tbs. apple cider vinegar

1. In a 2-quart casserole, combine potatoes and ¼ cup water. Cover with lid. Cook at High(0) until potatoes are tender (7-10 min.); stir twice. Drain and set aside to cool slightly.
2. In a medium bowl, cook bacon at High(0) until crisp (2½-3½ min.); stir once. Place bacon on a paper towel. Reserve 1 Tbs. drippings.
3. Combine drippings and onion. Cover with plastic wrap; turn back a corner to vent steam. Cook at High(0) until tender (1½-2½ min.); stir once.
4. Stir in sugar, salt, flour, celery seed, and pepper. Cook at High(0) until mixture boils (30-40 sec.). Stir in vinegar and ½ cup water. Cook at High(0) until liquid boils and thickens slightly (1-2 min.); stir once. Add bacon to dressing. Pour dressing over potatoes. Stir well.

Makes 6 servings.

Black Bean Soup

- 1 cup chopped onion
- 1 clove garlic, minced
- 2 cans (420g each) black beans, drained
- 1 can (390-450g) stewed tomatoes, chopped
- 1 can (385-405g) chicken broth
- 1 can (195-240g) corn
- 1 can (110g) chopped green chilies
- 1-2 tsp. ground cumin, or to taste

1. Place onion and garlic in a 3-quart casserole. Cover with lid. Cook at High(0) for 2 to 4 minutes until tender.
2. Add one can of beans, mash beans with a fork. Add remaining ingredients; mix well.
3. Cook uncovered, at High(0) for 10 minutes; stir. Reduce power to Medium and cook for 5 minutes. Stir before serving.

- **Makes about 2 quarts.**

Appendix

Specifications

Model Number	MW103H
Oven Cavity	1.0cuft
Controls	10 power levels, including defrost
Timer	99 minutes, 99 seconds
Power Source	230 V ~ 50 Hz
Power consumption Microwave	1550 Watts
Power Output	1000 Watts (IEC-705)
Operating frequency	2450 MHz
Outside Dimensions	517 (W) X 297 (H) X 379 (D)
Oven Cavity Dimensions	336 (W) X 241 (H) X 349 (D)
Weight Net	15.0 kg

Model Number	MW123H
Oven Cavity	1.2cuft
Controls	10 power levels, including defrost
Timer	99 minutes, 99 seconds
Power Source	230 V ~ 50 Hz
Power consumption Microwave	1550 Watts
Power Output	1000 Watts (IEC-705)
Operating frequency	2450 MHz
Outside Dimensions	523 (W) X 299 (H) X 417 (D)
Oven Cavity Dimensions	368 (W) X 239 (H) X 396 (D)
Weight Net	15.5 kg

SAMSUNG

If you have any questions or comments relating to Samsung products, please contact the **SAMSUNG** customer care centre.

QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
BAHRAIN	8000-4726	www.samsung.com
Egypt	08000-726786	
JORDAN	800-22273	
Morocco	080 100 2255	
Oman	800-SAMSUNG (726-7864)	
Saudi Arabia	9200-21230	
Turkey	444 77 11	
U.A.E	800-SAMSUNG (726-7864)	

Samsung Electronics Co., Ltd.

English

Correct Disposal of This Product
(Waste Electrical & Electronic Equipment)

(Applicable in the European Union and other European countries with separate collection systems)

This marking shown on the product or its literature, indicates that it should not be disposed with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial wastes for disposal.

Romania

Evacuarea corectă a acestui produs
(reziduuri provenind din aparatură electrică și electronică)

Marcajele de pe acest produs sau menționate în instrucțiunile sale de folosire indică faptul că produsul nu trebuie aruncat împreună cu alte reziduuri din gospodărie atunci când nu mai este în stare de funcționare. Pentru a preveni posibile efecte dăunătoare asupra mediului înconjurător sau a sănătății oamenilor datorate evacuării necontrolate a reziduurilor, vă rugăm să separați acest produs de alte tipuri de reziduuri și să-l reciclați în mod responsabil pentru a promova reîntoarcerea resurselor materiale.

Utilizatorii casnici sunt rugați să ia legătura fie cu distribuitorul de la care au achiziționat acest produs, fie cu autoritățile locale, pentru a primi informații cu privire la locul și modul în care pot deconta acest produs în vederea reciclării sale ecologice.

Utilizatorii instituționali sunt rugați să ia legătura cu furnizorul și să verifice condițiile stipulate în contractul de vânzare. Acest produs nu trebuie amestecat cu alte reziduuri de natură comercială.

Bulgaria

Изхвърляйте правилно този продукт
(отпаднало електрическо и електронно оборудване)

Това обозначение на продукта или съпътстващите го материали означава, че той не бива да бъде изхвърляне заедно с другите битови отпадъци след края на ползването му. За да се предотврати възможното увреждане на околната среда или човешки живот от неконтролирано изхвърляне на отпадъци, моля, отделете правилно продукта от другите видове отпадъци и го рециклирайте, демонстрирайки отговорно отношение към изчерпването на устойчива материална употреба на материални ресурси.

При употреба за битови нужди трябва да се свържете с продавача на дребно, от който сте закупили продукта или с местните власти за подробности относно това къде и как можете да предадете продукта за безопасно рециклиране.

При употреба за стопански нужди трябва да се свържете с доставчика си и да проверите реда и условията в договора за закупуване. Този продукт не трябва да се смесва с други отпадъци на работното място.

Greece

Σωστή Διάθεση αυτού του Προϊόντος
(Απορρίμματα Ηλεκτρική & Ηλεκτρονική Εξοπλισμού)

Το σήμα που εμφανίζεται πάνω στο προϊόν ή στα συρτάκια που το συνοδεύουν, υποδηλώνουν ότι δεν θα πρέπει να ρίχνεται μαζί με τα υπόλοιπα σκουπίδια αμέσως μετά το τέλος του κύκλου ζωής του. Προκειμένου να αποφευχθούν ενδεχόμενες βλαβερές συνέπειες στο περιβάλλον ή την υγεία εξαιτίας της ανεξέλεγκτης διάθεσης απορριμμάτων, σας παρακαλούμε να το διαχωρίσετε από άλλους τύπους απορριμμάτων και να το ανακυκλώσετε, ώστε να βοηθήσετε στην βιώσιμη επαναχρησιμοποίηση των υλικών πόρων.

Οι οικιακοί χρήστες θα πρέπει να έλθουν σε επικοινωνία είτε με τον πωλητή από όπου αγοράσαν αυτό το προϊόν, είτε τις κατά τόπους υπηρεσίες, προκειμένου να πληροφορηθούν τις λεπτομέρειες σχετικά με τον τόπο και τον τρόπο με τον οποίο μπορούν να δώσουν αυτό το προϊόν (ως σκουπίδι) προς το περιβάλλον ανακύκλωσης.

Οι επιχειρησιακοί-χρήστες θα πρέπει να έλθουν σε επαφή με τον προμηθευτή τους και να ελέγξουν τους όρους και τις προϋποθέσεις του συμβολαίου πώλησης. Το προϊόν αυτό δεν θα πρέπει να αναμειγνύεται με άλλα συνθιψόμενα απορρίμματα προς διάθεση.