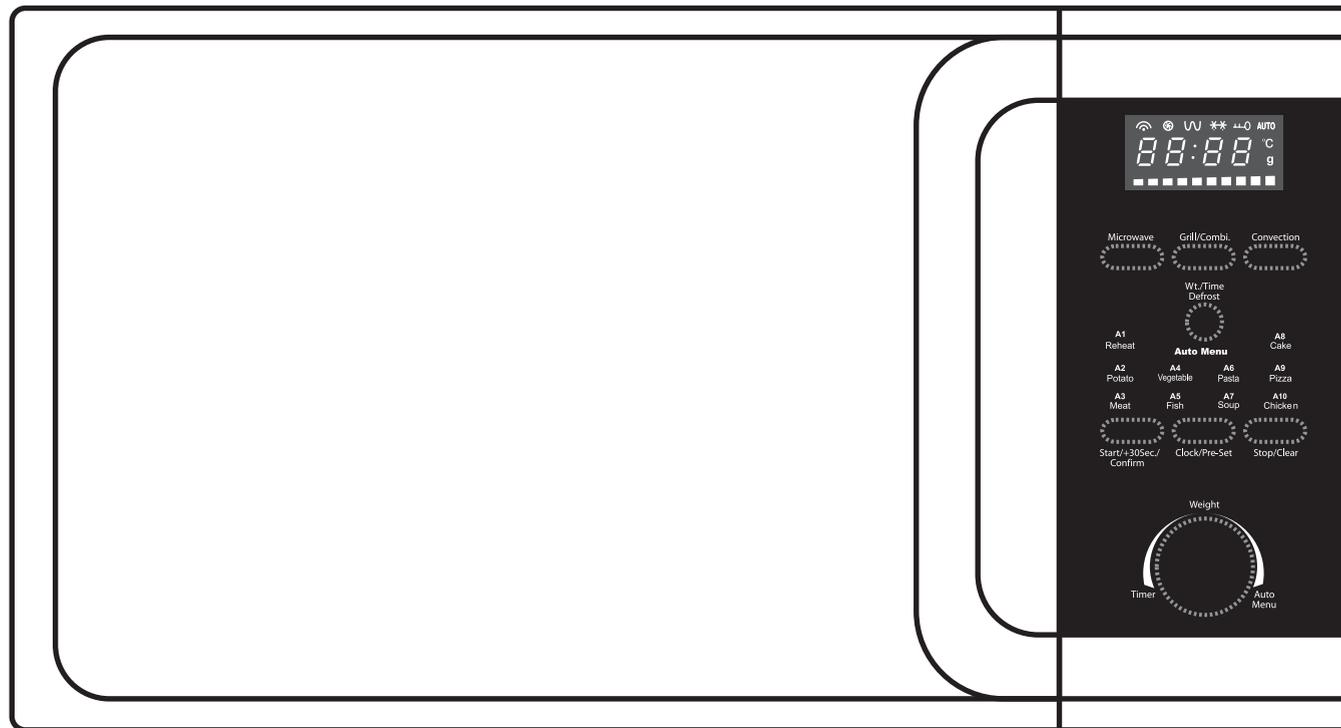


KENWOOD KEN CJSi25



# Cooking with your microwave

Instruction booklet



## Safety

### First aid



Treat scalding by:

- 1 Quickly placing the scald under cold running water for at least 10 minutes.
- 2 Cover with a clean dry dressing. Do not use creams, oils or lotions.

### Fire



In the event of fire:

- 1 Keep the oven door closed.
- 2 Turn off the power.
- 3 Unplug from mains.

# Important Safety Instructions

*Please Read Carefully and Keep for Future Reference*

Maintenance of your Microwave  
*It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.*

- 1 If the door are damaged, the oven must not be operated until it has been repaired by a competent person.
- 1 If smoke is observed, switch off or unplug the appliance and keep the door closed in order to contain any flames.
- 1 If the supply cord is damaged, it must be replaced by a service agent or similar qualified person.
- 1 If you wear a pacemaker, please contact your doctor before using a microwave oven.

### Microwave use

- 1 This microwave is designed for food preparation only and is not intended for commercial use.
- 1 It should never be used for drying cloths or other non-food purposes.
- 1 The microwave should not be left unattended when in use.
- 1 Only use utensils that are suitable for microwave use.
- 1 Care should be taken so metal objects are not left in the microwave
- 1 The temperature of accessible surfaces may be high when the appliance is operating.

1 Only use utensils that are suitable for microwave use. Refer to the section on the correct utensils to use in this appliance.

1 Care should be taken so metal objects are not left in the microwave

These include :

- Metal cooking utensils
- Metal plates or trays
- Wire twist ties
- Crockery with metal trims
- Meat thermometer

1 Care should be taken when using paper, plastic, wooden or other combustible materials in the oven as they can catch fire

1 Oil & fat for deep frying should not heated in the microwave

1 Only use cling film designed for microwave use & take extra care when removing the film to avoid steam burns

1 Only heat popcorn that has been designed for microwave use.

### Cooking use

*As the power of different microwave ovens can vary considerably, care must be taken when first using this appliance as it may cook faster than your old unit.*

1 Do not leave the appliance unattended during use.

1 Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use;

1 Take care when cooking food with a high sugar or fat content, such as Christmas pudding or fruitcake. The sugar or fat can overheat and in some cases catch fire.

### Cleaning

*The oven should be cleaned regularly and food deposits removed. Failure to maintain the oven in a clean condition can affect the life of the appliance and possibly result in a hazardous situation.  
(See cleaning your microwave )*

### Containers

1 Pressure will build up in sealed containers and can cause them to explode. Therefore do not use the following in your microwave:

- Sealed containers
- Capped bottles
- Vacuum containers
- Sealed jars
- Hard-boiled egg
- Eggs in their shells
- Nuts

1 Always pierce the skin of fruit and vegetables, such as potatoes.

### Delayed boiling

*Liquids heated in a microwave can boil up when removing them from the microwave.*

*Take the following precautions :*

- 1 Always stir liquids, before & after cooking
- 1 Allow them to stand
- 1 Use containers that are wider at the top than the bottom

### Preparing Food for babies

*Extra care must be taken when preparing food or drink for babies and small children.*

- 1 *Always test the food or liquid temperature before giving it to baby.*
- 1 When using a baby bottle, ensure the teat is removed before heating.
- 1 When warming milk, ensure the bottle is shaken.

### Caution

During convection and grill modes outer surfaces will become hot, do not touch outer casing of appliance. care should be taken not to store any items on top of your microwave oven

# Contents

Unpacking and getting ready	page 4
Introducing microwave cooking	page 6
Setting the child lock	page 11
Clock Setting	page 12
Microwave Cooking	page 13
Grill Cooking	page 14
Combination Cooking	page 15
Convection Cooking (Warm-up)	page 16
Convection Cooking (No Warm-up)	page 17
Multi-Stage Cooking	page 18
Pre-set Function	page 19
Auto Menu	page 20
Express Cooking	page 22
Inquiring Function	page 23
Notes to Users	page 24
Defrost	page 25
Cleaning your microwave	page 27
Using aluminium foil in your microwave	page 28
Questions and answers	page 29
Specification	page 31

This microwave oven is designed for home use. It should not be used for commercial catering.

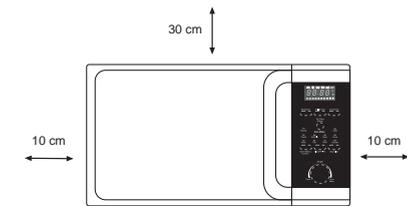
# Unpacking and getting ready

- 1 After unpacking your oven, check that it has not been damaged whilst in the box. Make sure there are no dents on the oven, and the door closes properly and without damages. A dented or damaged oven could allow microwave energy to escape.

Make sure that you have taken all the packaging from inside the oven.

- 2 Choose a flat work surface for your microwave away from heat sources such as radiators or fires, and away from anywhere that is very cold.

You should allow a 10cm space all around the oven and 30cm above so that warm air can escape from the vents during cooking – it is not designed to be built in.

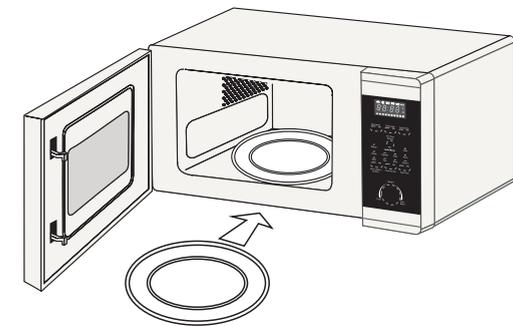


- 3 Plug your oven into a standard household electrical socket (240 volt, 13 amp rated).

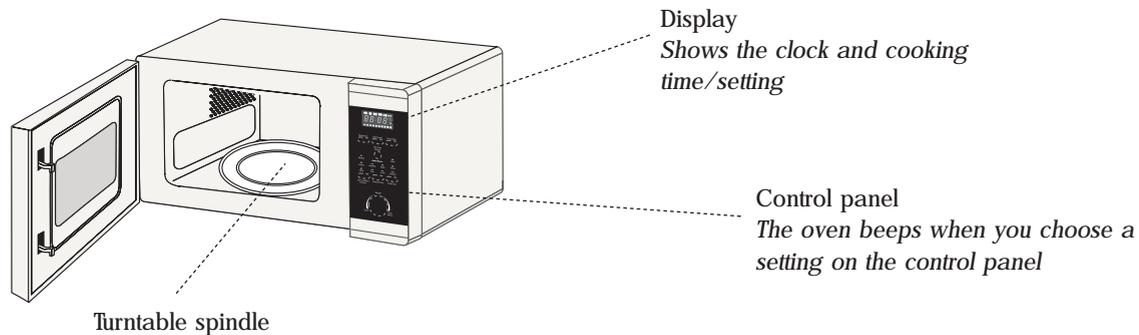
Avoid using a socket that also has an adaptor and other equipment plugged in. Do not use a multi adaptor.

- 4 Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

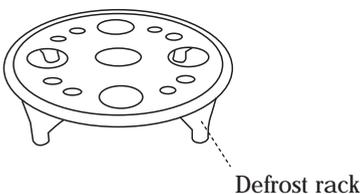
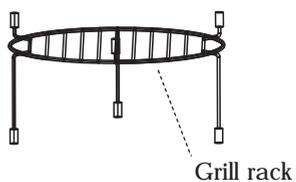
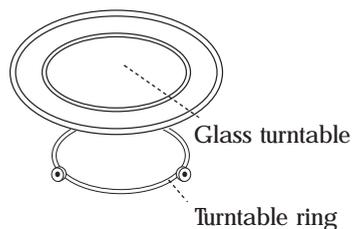
You must always use the turntable and ring whenever you use the microwave.



# Unpacking



## Accessories: (included)



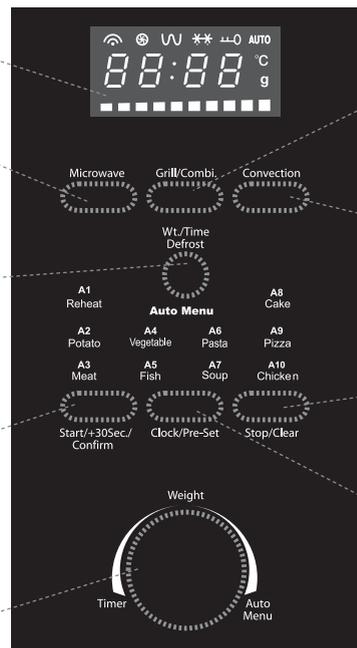
**LED display**  
Shows the clock or cooking time/setting

**Microwave button**  
Use this button to select the function of microwave

**Wt./Time Defrost button**  
Use this button to set defrost by weight & defrost by time

**Start/+30Sec./Confirm button**  
This button will stop cooking and clear cooking settings.

**Timer/weight/Auto Menu setting**  
For setting time, weight and auto menu



**Grill/Combination button**  
Use this button to select the function of grill, convection & microwave combination

**Convection button**  
Use this button to select the function of convection

**Stop/Clear button**  
This button will stop cooking and clear cooking settings.

**Clock/Pre-Set button**  
Use this button to setting clock and preset

## Introducing microwave cooking

### Inverter Technology



This Inverter microwave oven has revolutionised your experience of microwave cooking. It takes advantage of multiple power levels to maintain the best colour, shape, texture, and flavours of your food.

It is lighter in weight yet more powerful, and it consumes less electricity compared to conventional microwaves. Its consistent power helps to cook your food more evenly and to defrost your frozen food more fully.

The Inverter microwave allows you to have larger interior space inside the oven, and it takes less space for components.

# Introducing microwave cooking

Always remember the basic safeguards you would follow when using any cooking equipment or handling hot food.

This page gives some of the basic guidelines for microwave cooking. If you are unfamiliar with using a microwave, there is more information at the back of this instruction booklet.

## Cooking with a microwave



Cooking with a microwave is much faster than conventional cooking and, whilst you should make sure that food is fully cooked, you should be careful not to overcook it.



If you are cooking a number of individual foods at the same time, such as baked potatoes or small cakes, arrange them evenly on the turntable so that they cook evenly. Never stack food in your microwave.



Meat and poultry which is cooked for 15 minutes or more will brown lightly in its own fat. Anything cooked for a shorter time can be brushed with a browning sauce to give an appetising colour.



Microwave energy can heat unevenly so stirring to distribute heat is very important. Always stir from the outside towards the centre.



Turn larger foods such as meat roasts and poultry during cooking so that the top and bottom cook evenly. It is also a good idea to turn chops and chicken pieces, especially if they contain the bone.



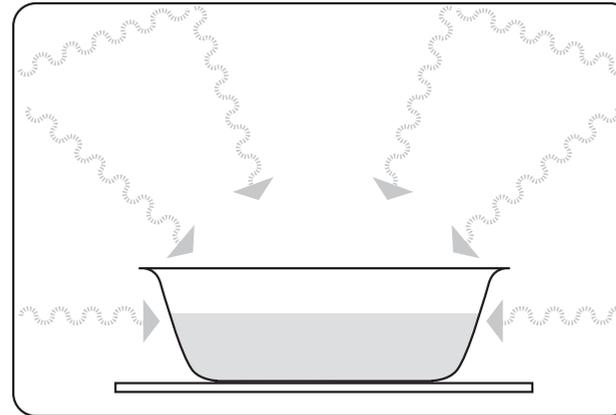
Strips of aluminium foil can be used to cover the thinner pieces of food to stop them overcooking before the thicker parts of the food have had a chance to cook. Use the foil sparingly and wrap around the food or container carefully to stop it touching the inside of the oven which could cause sparks.

You should always have your microwave checked if it is dropped or damaged.

Microwave ovens cook food using microwave energy that is similar to naturally occurring radio waves. Normally, these "waves" would fade as they disappeared into the atmosphere but in a microwave oven they are concentrated onto food causing it to heat up.

Microwave energy can not pass through metal – so it can not escape from inside your microwave oven – but it can pass through materials like glass, porcelain, plastic and paper. These are the things used to make *microwave-safe* cooking equipment.

Microwave-safe cooking equipment will still get hot as the food it contains heats up.



The microwave energy focuses on the moisture in the food causing lots of tiny vibrations. The vibrations get so great that the moisture – and the food – heat up.

## Checking your cooking utensils

Most heat-resistant, non-metallic cooking utensils are safe to use in your microwave. If you are not sure you can use a utensil in your microwave, follow this simple test:

- 1 Make sure that the grill is positioned in the upwards position to the top of the microwave (Do not use your hands to touch the grill as it may already be hot).
- 2 Put the utensil into the oven next to a cup of water – use a cup that you know is microwave-safe. Close the door
- 3 Turn the microwave oven on for 30 seconds only.
- 4 At the end of the time, carefully check to see if the water has warmed up. If the water has not warmed up but the utensil has, the utensil is not microwave-safe and should not be used in the oven.

## Introducing microwave cooking

### Safety



Never use equipment made of metal, except foil in your microwave oven.

The microwave energy can not pass through the metal so it bounces off and sparks against the inside of the oven.

Stop the microwave straight away if any equipment does cause sparks.

Remember that some crockery has a metal trim around the edge. Even this trim can cause sparks.

### Safety



Never use scratched, cracked or damaged glass in a microwave. Damaged glass can explode.

Introducing microwave cooking

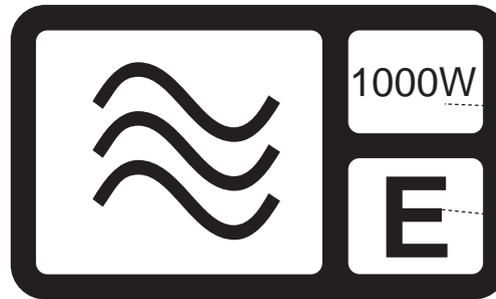
## More about getting the most from microwave cooking

### Microwave heating categories

Your oven has been tested and labelled to meet the government's voluntary agreement on the reheating of pre-cooked food.

**Remember**

Always check that the food is evenly cooked and piping hot before you serve it.



1000W is the output power of the oven.

E is the heating category for your oven.

Check the cooking times for category E on the food's packaging to see how long it should be cooked for.

To Microwave: Remove outer packaging. Pierce film lid SEVERAL TIMES. Place on a microwaveable plate. Heat on full power. Turn halfway through heating.

	Heating Category		Wattage (IEC 705)	
	B	D	650W	750W
Full Power	2	2	2	2
Turn	Turn		Turn	
Full Power	2	1.5	2	1.5
Standing Time	1	1	1	1
	Minutes		Minutes	

To Microwave from Frozen: Remove outer packaging. Pierce film lid SEVERAL TIMES. Place on a microwaveable plate. Heat on full power. Turn halfway through heating.

	Heating Category		Wattage (IEC 705)	
	B	D	650W	750W
Full Power	3	2.5	3	2.5
Turn	Turn		Turn	
Full Power	4	3.5	4	3.5
Standing Time	1	1	1	1
	Minutes		Minutes	

The heating characteristics and output power levels of microwave ovens are usually calculated using a relatively large portion of food (a 1000 gram load, IEC 705) but many packs of pre-cooked food are sold in smaller packs, often about 350 grams. The government, in partnership with food companies and microwave manufacturers, have set up a system of heating categories to help you choose the reheating time for pre-cooked food.

## Steam

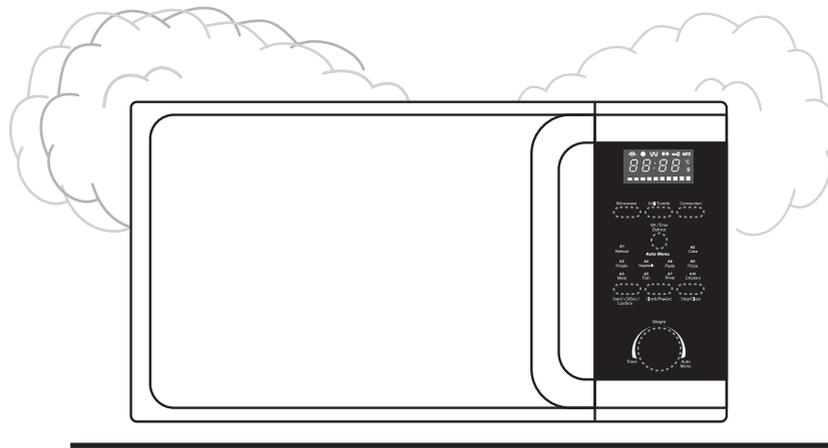
When you microwave food, steam is created as water in the food heats up and evaporates.

The steam formed during microwave cooking is entirely safe. It has to escape from the microwave to prevent pressure from building up inside the oven. It does this through the vents on the back of the oven and from around the door.

## Condensation

As the steam cools, you may find the condensation gathers in small pools inside your microwave and on the work surface beneath the door and vents.

Always dry the oven after cooking foods with a high moisture content.



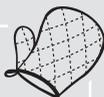
Your microwave is designed to let steam escape from the vents and around the door without microwave energy escaping. There is no danger of microwave energy escaping with the steam.

Introducing microwave cooking

## Introducing microwave cooking

### Safety

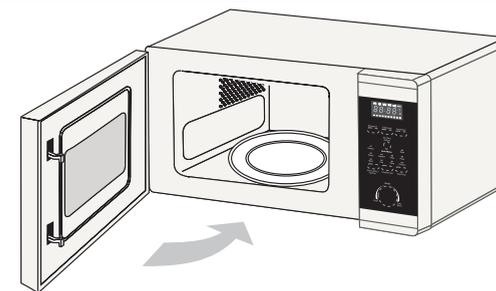
For your safety, the microwave stops if the oven door is opened during cooking. Close the door and press Start/+30Sec./Confirm to continue the cooking cycle.



## Checking your microwave

Check your microwave after unpacking and whenever you think it might not be working properly.

- 1** Pull handle to open the door  
Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle. You must always use the turntable and ring whenever you use the microwave.  
Place a cup of water on the turntable. Make sure the cup is microwave-safe - it shouldn't have any decorative metal trim.



- 2** Close the oven door.

- 3** Press the "Stop/Clear" button to clear any settings that have already been made.



- 4** Press the "Start/+30Sec./Confirm" button once.  
The oven light comes on during cooking.



- 5** When cooking finishes, the water should be hot - be careful when you take the cup out of the oven.  
Press the "Stop/Clear" button



# Setting the Child Lock

The child lock is a safety feature which when set will lock all of the buttons on your microwave. This prevents your microwave being used accidentally. Your microwave door will still open.

- 1 Lock: In waiting state, press " Stop/Clear " for 2 seconds, there will be a long "beep" denoting entering the children-lock state and the locked indicator will display. The current time or "0:00" will display.



- 2 Lock quitting: In locked state, press " Stop/Clear " for 2 seconds, there will be a long "beep" denoting that the lock is released and the locked indicator will disappear.



## Setting the child lock

### Hint



Your oven has a safety feature that prevents children from using your oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

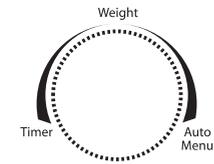
# Clock Setting

When the microwave oven is plugged into a wall outlet, the oven display "0:00".

1 Press " Clock/Pre-Set ", the hour figures flash.



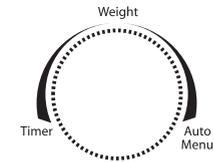
2 Turn " Time/Weight/Auto Menu " to adjust the hour figures within the range of 0-23.



3 Press " Clock/Pre-Set ", the minute figures flash.



4 Turn " Time/Weight/Auto Menu " to adjust the minute figures within the range of 0-59.



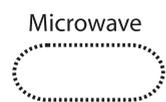
5 Press " Clock/Pre-Set " to finish the clock setting.



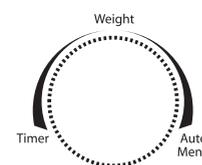
Note: The clock has 24-hour system, and it will not count unless the colck has been set after plugged.

# Microwave Cooking

1 Press " Microwave " pad several times to choose the power you need;



2 Turn " Time/Weight/Auto Menu " to adjust the cooking time within 95 minutes;



3 Press " Start/+30Sec./Confirm " to start cooking. Time counts down.



Microwave Power Chart

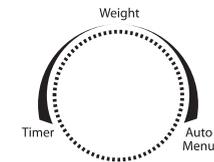
Power	High	M.High	Med	M.Low	Low	Lower
Display	P100	P80	P60	P45	P30	P15

# Grill cooking

1 Press " Grill/Combi. " pad once to select the grill function, and "G-1" will display;



2 Turn " Time/Weight/Auto Menu " to adjust the cooking time within 95 minutes;



3 Press " Start/+30Sec./Confirm " to start cooking. Time counts down.



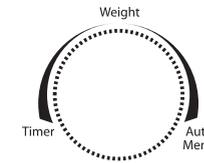
Note: If half the grill time passes, the oven should sound twice, and this is normal.  
In order to have a better effect of grilling food, you should turn the food over, close the door, and then press " Start/+30Sec./Confirm " to continue cooking.

# Combination Cooking

1 Press " Grill/Combi. " pad several times to select the combination function, and "C-1" , "C-2" or "C-3" will display;



2 Turn " Time/Weight/Auto Menu " to set the cooking time within 95 minutes;



3 Press " Start/+30Sec./Confirm " to start cooking. Time counts down.



Grill/Combi. Power Chart

Presses Instructions	Display	Microwave Power	Grill Power	Convection
1	G-1		✓	
2	C-1	✓		✓
3	C-2	✓	✓	
4	C-3	✓	✓	✓

# Convection Cooking (Warm-up)

The convection cooking can let you to cook the food as a traditional oven. Microwave is not used. It is recommended that you should preheat the oven to the appropriate temperature before placing the food in the oven.

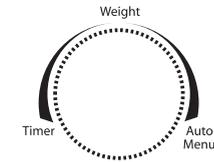
- 1 Press " Convection " pad once, the oven will display "140°C". (Press " Convection " pad several times to select the temperature from 140 to 230°C.)



- 2 Press " Start/+30Sec./Confirm " pad to start cooking. The oven will continue working when it reaches the temperature for 5 minutes, and then buzzer will ring twice to remind you to put the food into the oven and close the door.



- 3 Turn " Time/Weight/Auto Menu " to adjust the cooking time within 95 minutes.



- 4 Press " Start/+30Sec./Confirm " pad to start cooking. Time counts down.



- Note: a. Cooking time cannot be input until the preheating temperature arrives.  
 If the temperature arrives, door must be opened to input the cooking time.  
 b. When the preheating time is more than 30 minutes and the temperature not arrives, buzzer will sound twice to tell you to input the cooking time. If the time not input in 5 minutes, the oven will stop preheating. The buzzer sound five times and turn back to waiting states.

# Convection Cooking (No Warm-up)

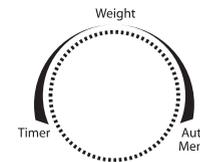
Microwave cooking

- 1 Press " Convection " pad once, the oven will display "140°C". (Press " Convection " pad several times to select the temperature from 140 to 230°C.)

Convection



- 2 Turn " Time/Weight/Auto Menu " to adjust the cooking time within 95 minutes.



- 3 Press " Start/+30Sec./Confirm " pad to start cooking. Time counts down.

Start/+30Sec./  
Confirm



# Multi-Stage Cooking

Three stages of cooking can be maximumly set. If one stages is defrosting, it should be put in the first stage. The buzzer will ring once after each stage and the next stage will begin.

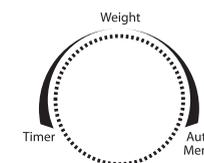
Note: Auto menu is not one of the stages of multi-stage cooking

Example: If you want to cook the food with 100% microwave power for 10 minutes+ 30% microwave power for 15 minutes. Do it as following:

1 Press " Microwave " once to choose 100% microwave power;



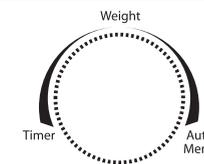
2 Turn " Time/Weight/Auto Menu " to adjust the cooking time of 10 minutes.



3 Press " Microwave " 5 times to choose 30% microwave power;



4 Turn " Time/Weight/Auto Menu " to adjust the cooking time of 15 minutes.



5 Press " Start/+30Sec./Confirm " to start cooking.



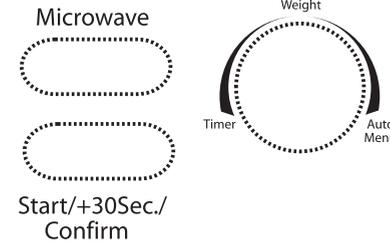
# Pre-set Function

1 Set the clock first. (Refers to the instruction of clock setting.)

2 Input the cooking program. Three stages can be set at most. Defrosting program cannot be set here. Auto menu can be set as single stage only.

Example: If you want to cook the food with 100% microwave power for 10 minutes.

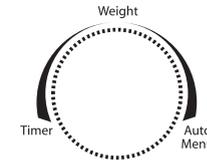
- a. Press " Microwave " once to choose 100% microwave power;
- b. Turn " Time/Weight/Auto Menu " to adjust the cooking time of 10 minutes.
- c. Be careful! Please do not press " Start/+30Sec./Confirm " to start cooking.



3 Press " Clock/Pre-Set ", the hour figures will flash;



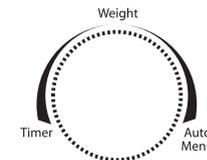
4 Turn " Time/Weight/Auto Menu " to set the hour figures, the setting scope is 0-23;



5 Press " Clock/Pre-Set ", the minute figures will flash;



6 Turn " Time/Weight/Auto Menu " to set the minute figures, the setting scope is 0-59;

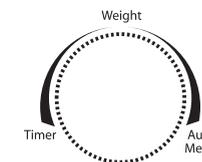


7 Press " Start/+30Sec./Confirm " key to finish the pre-set cooking and return to clock status. If the pre-set time arrives and the oven door is closed, the microwave oven will cook automatically after alarming twice.



# Auto Menu

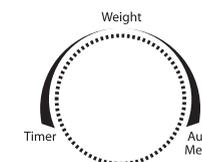
1 Turn " Time/Weight/Auto Menu " clockwise to choose the menu needed, and the corresponding indicator will light.



2 Press " Start/+30Sec./Confirm " to confirm.



3 Turn " Time/Weight/Auto Menu " to select the weight of food as the menu chart.



4 Press " Start/+30Sec./Confirm " to start cooking.



Note: Cake menu is under convection cooking with 160°C-warm-up function, and you should preheat first following the auto menu operation, when the oven reaches the temperature, it will stop working and sound to remind opening the door to put cake in, then press "Start/+30Sec./Confirm" to start cooking.

Microwave cooking

Auto menu Chart

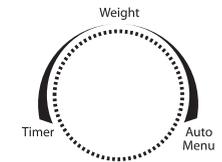
Menu	Weight(g)	Display	Cooking Time	Power	Comment	
A1 Reheat	150	150	1'30"	100% Microwave	Make sure food is thoroughly heated through.	
	250	250	2'30"			
	350	350	3'30"			
	450	450	4'30"			
	600	600	6'30"			
A2 Potato	1 (about 230g)	1	4'50"	100% Microwave	For best results once the potatoes are cooked wrap them in tin foil for at least 5 minutes to cook through	
	2 (about 460g)	2	7'30"			
	3 (about 690g)	3	9'30"			
A3 Meat	150	150	2'40"	100% Microwave	Make sure food is cooked thoroughly before consuming, additional cooking maybe required, especially if thick pieces are used.	
	300	300	4'20"			
	450	450	6'00"			
	600	600	7'40"			
A4 Vegetable	150	150	2'30"	100% Microwave	Add a few table spoons of water, cover with cling film, (suitable for microwaves), and pierce with a fork before cooking.	
	350	350	4'20"			
	500	500	6'00"			
A5 Fish	150	150	2'40"	80% Microwave	Make sure food is cooked thoroughly before consuming. Additional cooking maybe required, especially if thick pieces are used.	
	250	250	3'50"			
	350	350	5'00"			
	450	450	6'30"			
	650	650	8'00"			
A6 Pasta	50(with water 450g)	50	18'00"	80% Microwave	Pasta 50g + Cold water 450g	Place in a microwave safe bowl, cover with cling film and pierce.
	100(with water 800g)	100	20'00"		Pasta 100g + Cold water 800g	
	150(with water 1200g)	150	22'00"		Pasta 150g + Cold water 1200g	
A7 Soup	200	200	2'00"	100% Microwave	Place in a microwavable dish, cover with cling film and pierce.	
	400	400	4'40"			
	600	600	7'30"			
A8 Cake	475	475	45'00"	Preheat at 160 degrees	For best results, we recommend using readymix cake mix, (and use a tin no larger than 8inches.) This function first pre-heats the oven. Once the oven is at temperature, it will beep once. Place cake is in the oven. Press start, this will begin cooking for 45 mins. Please check the cake on a regular basis.	
A9 Pizza	200	200	10'30"	Microwave+grill	This auto menu is used for cooking pizza from frozen.	
	300	300	12'30"			
	400	400	14'00"			
A10 Chicken	500	500	20'00"	Microwave+grill +convection	Make sure food is cooked thoroughly before consuming, additional cooking maybe required, especially if thick pieces are used.	
	750	750	25'00"			
	1000	1000	30'00"			
	1200	1200	35'00"			

# Express Cooking

- 1 When the oven is in the waiting states, press " Start/+30Sec./Confirm " to start cooking at 30 seconds with full microwave power.  
Each pressing on " Start/+30Sec./Confirm " will add 30 seconds up to 95 minutes.



- 2 When the oven is in the waiting states, turn " Time/Weight/Auto Menu " anti-clockwise to choose cooking time, then press " Start/+30Sec./Confirm " to cook with full microwave power.



# Inquiring Function

1 In microwave, grill or combi. cooking state, press the operating mode "Microwave ", " Grill/Combi. " or " Convection ", the current power will be displayed for 4 seconds. After 4 seconds, the oven will turn back to the former state.

2 In cooking state, press " Clock/Pre-Set " to inquire the present time, and it will be flashing for 4 seconds, then the oven will turn back to the former state.

Microwave cooking

# Notes to Users

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The buzzer will sound once when turning the knob at the beginning;

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" START/+30 SEC./CONFIRM " must be pressed to continue cooking if the door is opened during cooking;



Start/+30Sec./  
Confirm

---

Once the cooking programme has been set , " Start/+30 Sec./Confirm " is not pressed in 5 minutes. The current time will be displayed. The setting will be cancelled.



Start/+30Sec./  
Confirm

---

The buzzer sounds once by efficient press, inefficient press will be no response.

---

The buzzer will sound five times to remind you when cooking is finished.

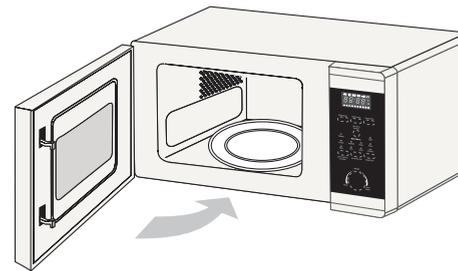
# Defrosting

## Defrost by Weight

1 Make sure the glass turntable, turntable ring and defrost rack are inside the oven.

After putting your frozen food in the oven on the defrost rack, close the door.

Press the "Stop/Clear" button.

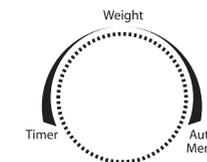


2 Press " Wt./Time Defrost " pad once to select weight defrost function. "dEF1" displays.

Wt./Time  
Defrost



3 Turn " Time/Weight/Auto Menu " to select the weight of food from 100 to 2000 g.



4 Press " Start/+30Sec./Confirm " to start defrosting.



### Defrosting



#### Hint

You may wish to place the frozen food onto a plate or dish before placing it onto the defrost rack. This will ensure the food load is contained

While the Oven is defrosting, open the oven door, turn the food over and separate to ensure even thawing, close the door. Press the "Stop/Clear" button

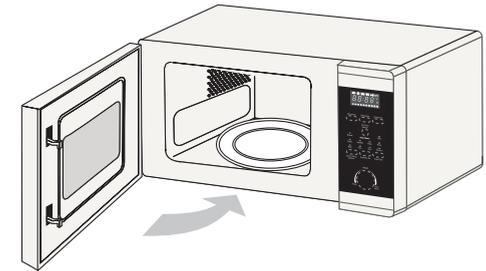
Your oven will not stop defrosting unless the door is opened.

## Defrost By Time

**1** Make sure the glass turntable, turntable ring and defrost rack are inside the oven.

After putting your frozen food in the oven on the defrost rack, close the door.

Press the "Stop/Clear" button.



**2** Press " Wt./Time Defrost " pad twice to select time defrost function. "dEF2" displays.

Wt./Time  
Defrost



**3** Turn " Time/Weight/Auto Menu " to select the cooking time.

Weight



**4** Press " Start/+30Sec./Confirm " to start defrosting.



# Cleaning your microwave

Cleaning your oven each time you use it will help to prevent stubborn marks that can be difficult to clean.

The oven walls have a special enamel coating which makes cleaning very easy. Use a soft damp cloth to wipe off any splashes or a paper towel to mop up any spills. Wipe off grease with a damp cloth and a little detergent. Dry thoroughly. As with any oven, if grease is left to accumulate, it can smoke and even catch fire.

Keep the front of the oven clean so that the door can close properly.

Be careful not to spill water into the vents.

Unplug the oven before cleaning the power lead. Wipe with a damp cloth and leave to dry before plugging it back in.

Unplug your oven before you clean it.

Use warm soapy water to clean the outside of the oven. Do not use abrasive pads or powders that could scratch the surface.

Treat the turntable as you would any glass plate. After you have used it for more than 15 minutes, allow it to cool down before you use it again. Do not wash the turntable in very hot water that could crack it.

Make sure the turntable is dry before you put it back in the oven.

Wash the rotating ring and defrost rack in warm water. Do not use very hot water which could make it warp.

Keep the inside of the door clean with a damp cloth. Use warm soapy water for stubborn marks and dry thoroughly.

The inside of the door has a special coating and must not be cleaned with abrasive pads or cleaning powders

Wash racks in warm water. Do not use very hot water on the racks which could make them warp.

Check that the door catches are clean.

Make sure you keep the outlet grids clean.

Clean behind the door ledge.

Do not remove any fixed parts from the inside of your microwave oven during cleaning or at any other time.

## Cleaning

### Caution

Pay attention to the area around the wave guide cover which if not regularly cleaned can collect food residue creating a potential fire hazard.

### Hint

On the right hand side wall of the cavity is the wave guide cover, microwaves are passed through this to enable your food to cook. It is important that this wave guide cover is kept clean at all times. To do this wipe with mild detergent and water, then dry.

### Warning

Ensure you unplug your microwave from the mains and wait for the oven to cool down completely before cleaning.



# Using aluminium foil in your microwave

It is safe to use aluminium foil in your microwave oven as long as you follow these safety guidelines.

As with all metal, microwave energy can not pass through foil, but provided that you keep the foil away from the side of the oven it will not cause sparks and there will not be any damage to your oven.

Using foil is a good way of shielding parts of food that you do not want to cook as quickly as others – perhaps where the food is narrower and would otherwise overcook.

Place the foil over the area you want to shield, taking care that the foil will not touch the sides of the oven when the turntable rotates. Only use one piece of foil at a time so that you do not get sparks between the separate pieces.

Follow these guidelines when using foil in your microwave:

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Remove foil lids from containers before using in the microwave. Some lids are made of card with a foil covering – these should be removed too.

Use a microwave-safe transparent lid if possible.

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Stir food during cooking if the container has a lid or film cover.

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Always use the glass turntable.

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Use shallow containers with a large surface area. Do not use containers that are more than 1.25in (3.5cm) deep.

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Use oven gloves when handling hot foil containers.

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Do not completely cover food with foil. The microwave energy cannot pass through the foil so the food will not cook.

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Do not let aluminium foil touch the inside of the oven.

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Do not use more than one piece of foil in the oven at the same time.

# Questions and answers

## Questions and answers

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**Q** Why does not food seem to cook?

**A** Check that:

- the cooking time has been set
- the door is closed
- the power socket is not overloaded causing a fuse to blow.

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**Q** Why does the food seem undercooked or overcooked?

**A** Check that:

- the correct cooking time has been set
- the correct power setting has been used.

---

**Q** How can I stop eggs from popping?

**A** When you bake or poach eggs in the microwave, the yolk can sometimes pop as steam builds up inside it. You can stop the egg from popping by piercing the yolk with a toothpick before cooking. Never cook eggs that are still in their shells.

---

**Q** Why is it so important that I allow standing time after cooking?

**A** With microwave cooking, many foods build up enough heat inside them to continue cooking even after they have been taken out of the oven. Because microwave cooking works from the outside of food inwards, standing time lets you cook the centre of the food just right without the outside being overcooked.

---

**Q** Why does my oven sometimes take longer to cook than it says in the recipe?

**A** First check that the oven was set just as the recipe said.  
*Cooking times and heat settings are suggestions to help prevent overcooking but differences in the weight, size, shape and starting temperature of food will all affect how long it takes to cook – just as it does with a conventional oven.*  
*Use your judgement along with the recipe to check whether food has been cooked properly.*

---

**Q** Why do I get condensation on the inside of the oven door?

**A** Condensation is perfectly normal, especially when you are cooking food with a high moisture content such as potatoes.

If you have a problem that can not be answered by these points, please contact your nearest store.

Please note: If you call a Mastercare engineer out to your home and the product is found not to be faulty, or the instruction book has not been followed, our product guarantee is not applicable and a call-out fee will be charged.

## Questions and answers

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**Q** Does the microwave energy get through the window on the door?

**A** No. The door has a special metal screen with holes in that lets you see inside but stops microwave energy from getting out.

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**Q** Steam comes out of the side of the door and vents. Can microwave energy get out too?

**A** No. The door and vents are carefully designed to let steam out during cooking but keep microwave energy in. The gaps are not big enough for microwave energy to escape.

---

**Q** What happens if the microwave is switched on while the oven is empty?

**A** The microwave will be damaged. Do not switch the microwave on when there is nothing inside the oven. It is a good idea to keep a cup of water in the oven just in case someone accidentally starts the microwave.

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**Q** Why will not the oven light come on?

**A** Open the door. If the light does not come on, the bulb has probably blown. Call a qualified repairer – do not try to change the bulb yourself.

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**Q** There are sparks inside the oven when I use the microwave. Will this cause any damage?

**A** Yes. Make sure that you are not using any metal utensils and that your containers do not have a metal trim. You must not use metal in your microwave, except foil, when you cook.

---

**Q** Light is showing through the vents and door. Does this mean the microwave energy can escape?

**A** No. It is normal for the light to be visible and is nothing to be concerned about.

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**Q** Why do I get interference on my TV and radio when I use the microwave?

**A** Microwave ovens use radio waves similar to those received by TVs and radios. You can lessen the interference by moving your microwave further away from the TV or radio.

# Specification

Input	230 - 240V~ 50Hz
Output	900 - 1000 Watts
Microwave frequency	2450MHz
Outside dimensions	511mm wide x 283mm high x 440mm deep
Power consumption	
Microwave	1500 - 1600 Watts
Grill	1000 - 1100 Watts
Convection	1900 - 2000 Watts

Complies with EEC directives 89/336/EEC and 92/31/EEC.

Dimensions shown are approximate.

Because we continually strive to improve our products, we may change specifications without prior notice.



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