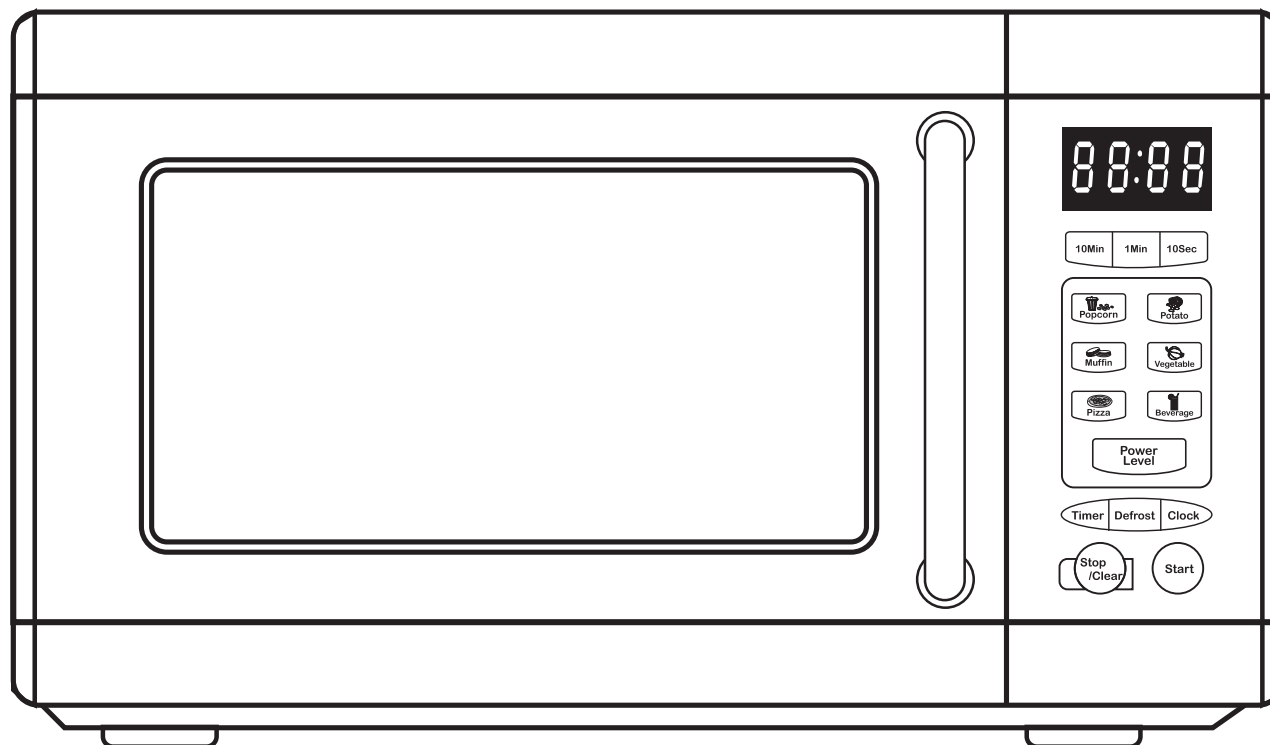


KENWOOD KEN ST/SS25



Cooking with your microwave

Instruction booklet

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 or door seals 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.

NOTE: refer to the section in this book on the correct utensils to use in this appliance.

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 be 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 Do not allow children to use the oven without supervision
- 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.

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

Unpacking and getting ready

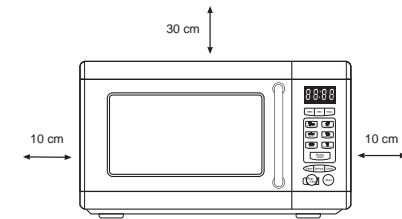
- 1 After unpacking your oven, check that it hasn't been damaged whilst in the box. Make sure there are no dents, that the door closes properly, and that the door seal is not damaged. A dented or damaged oven could allow microwave energy to escape.

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

If your microwave is damaged, do not switch it on, return it to the store you brought it from.

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

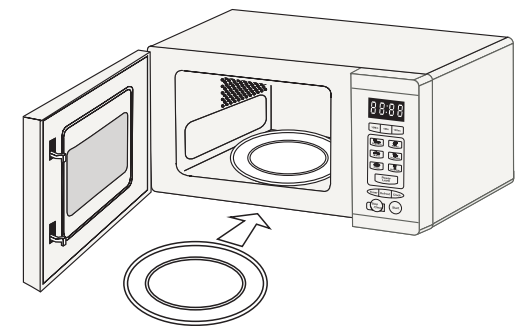


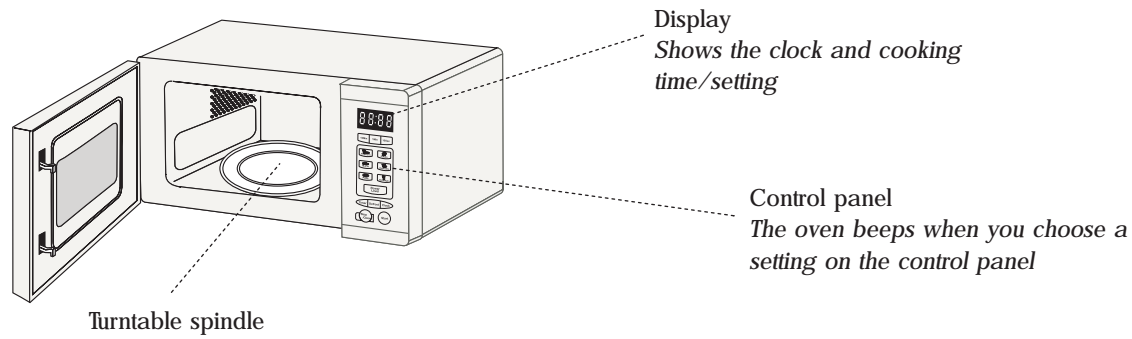
- 3 Plug your oven into a standard household electrical socket (240 volt, 13 amp rated).

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

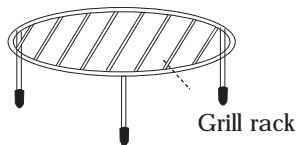
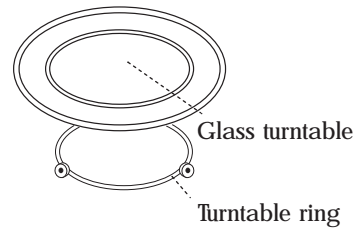
- 4 Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

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





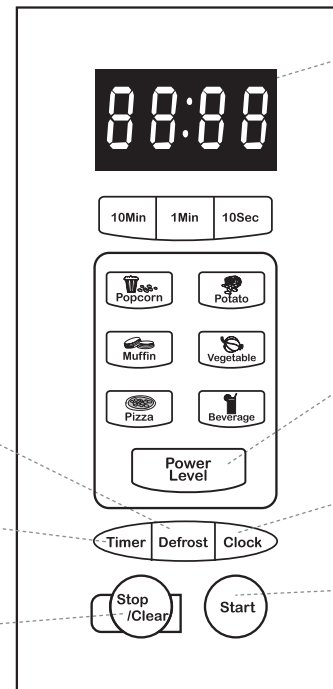
Accessories: (included)



Defrost button
Use this button to defrost

Time buttons
For setting cooking times

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



LED display
Shows the clock or cooking time/setting

Power Level button
Use this button to select the desired microwave power

Clock button
Use this button to set the clock

Start button
Use this button one time, add one minute to cook instantly and to start cooking

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're unfamiliar with using a microwave, there's 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're 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 meats roasts and poultry during cooking so that the top and bottom cook evenly. It's also a good idea to turn chops and chicken pieces, especially if they contain the bone.



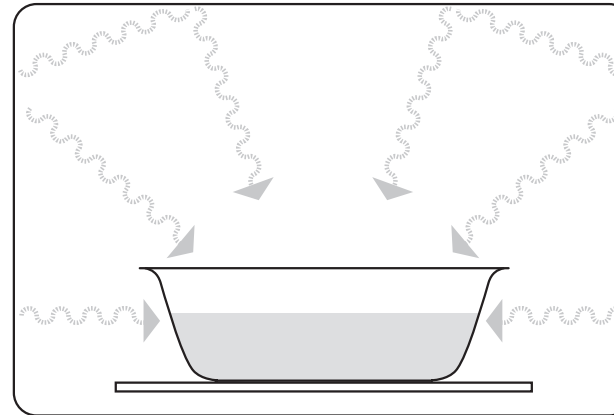
Strips of aluminium foil can be used to cover the thinner pieces of food to stop them overcooking before the thicker parts of the food have had a chance to cook. Use the foil sparingly and wrap around the food or container carefully to stop it touching the inside of the oven which could cause sparks.

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't pass through metal – so it can't 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're not sure you can use a utensil in your microwave, follow this simple test:

- 1 Put the utensil into the oven next to a cup of water – use a cup that you know is microwave-safe. Close the door
- 2 Turn the microwave oven on for 30 seconds only.
- 3 At the end of the time, carefully check to see if the water has warmed up.
If the water hasn't warmed up but the utensil has, the utensil is not microwave-safe and should not be used in the oven.
Be careful when removing utensil from the microwave as it may be hot.

Introducing microwave cooking

Safety



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

The microwave energy can't 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.



800W 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

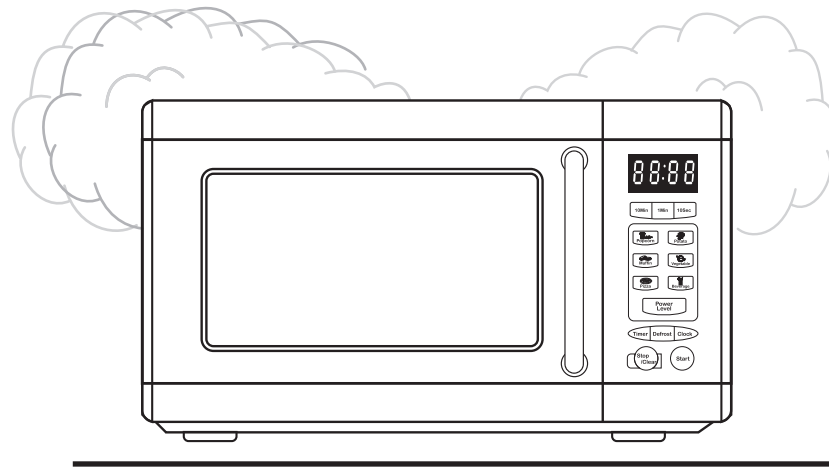
When you microwave food, steam is created as water in the food heats up and evaporates.

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

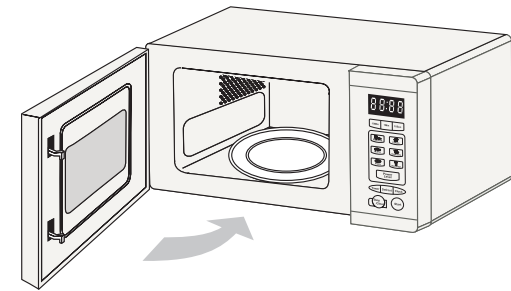
For your safety, the microwave stops if the oven door is opened during cooking. Close the door and press start to continue the cooking cycle.



Checking your microwave

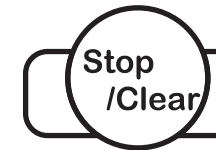
Check your microwave is working after unpacking and whenever you think it might not be working properly.

- 1** Pull handle the open 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.



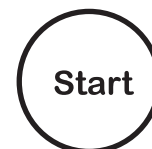
- 2** Close the oven door.

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



Introducing microwave cooking

- 4** Press the Start button once 1 minute will be automatically selected and stat.
The oven light comes on during cooking.



- 5** When cooking finishes, 5 beeps can be heard and 0:00 will be displayed.

Press the Stop/Clear button

At the end of the 1 minute the water should be hot
- be careful when you take the cup out of the oven as the handle may be hot.



Hint



You can stop cooking at any time so that you can; check the food, turn the food over, stir it or leave the food to stand.

Clock Setting

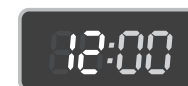
When the oven is initially energized, the LED indication is "0:00".



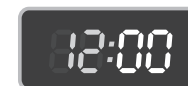
- 1 Press the "Clock" key, the hour figures flash;



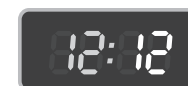
- 2 Press "10Min" once and "1Min" twice to adjust the hour figures;



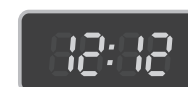
- 3 Press the "Clock" key, the minute figures flash;



- 4 Press the "10Min" once and "1Min" twice to adjust the minute figures;



- 5 Press the "Clock" key, the clock adjustment is completed.



Microwave Cooking

Select different microwave power and set cooking time as you wish.

1 Five microwave power levels are available. Refer to Chart 1 to choose.

2 Set cooking time by press "10Min", "1Min" or "10Sec"

3 Maximum microwave cooking time is 99 minutes 90 seconds.

Microwave Power Chart

Press "Power Level"	Microwave Power	Display	Application
Once	100%	P 100	Reheat, Boil water, Cook vegetables and chicken
Twice	80%	P 80	Cook rice, fish, seafood and meats
3 times	50%	P 50	Cook milk, cake, stew food
4 times	30%	P 30	Defrost
5 times	10%	P 10	Keep temp. soften ice cream

Speedy cooking

When the oven is in the waiting states, press directly the "10Min", "1Min" and "10Sec" keys to input cooking time. And then press the "Start" key, and the oven goes into 100% microwave power cooking state.

Automatic defrosting

1 Press the "Defrost" key several times to select defrosting weight (g);







2 Press the "Start" key to start defrosting.

Times pressed	once	twice	thrice	four times
display	2 00	4 00	6 00	8 00
Times pressed	five times	six times	seven times	eight times
display	10 00	15 00	20 00	30 00

Automatic menu cooking

1 Press the corresponding menu key several times to select menu weight;

2 Press the "Start" key to start cooking.

MENU	PORTIONS	PRESS TIME	DISPLAY
 Popcorn	50g	Once	1:50
	100g	Twice	2:40
 Potato	1 Portion	Once	5:30
	2 Portions	Twice	7:50
	3 Portions	Thrice	9:30
 Pizza	200g	Once	2:10
	300g	Twice	3:30
 Muffin	1 Portion	Once	0:30
	2 Portions	Twice	1:00
	3 Portions	Thrice	1:30
 Vegetable	250g	Once	4:20
	350g	Twice	5:10
 Beverage	1	Once	1:10
	2	Twice	2:00

PRE-SET

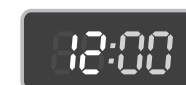
Set the cooking time .Example: set cooking time 12 hour 12minutes

Note: This function will not work unless the time has been set.

1 Press "Timer", the hour figures flash;



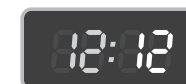
2 Press "10Min" once and "1Min" twice to adjust the hour figures;



3 Press "Timer", the minute figures flash;



4 Press "10Min"once and "1Min" twice to adjust the minute figures;



5 Set power level required;



6 Set Sesired cooking time by pressing "10 Min", " 1 Min", "10 Sec" buttons.

7 Press "Start" to start cooking.

Stop/Clear

Microwave cooking

1 If the oven is working, press "Stop/Clear" to pause.
(Press "Start" to continue operating). Press "Stop/Clear" twice to stop operating.

2 When setting program, press "Stop/Clear" to cancel previous cooking programs.

Door Open Protection

In normal operating, you can open door at any time to check cooking.
When door is opened, oven will stop running automatically and the rest cooking time displayed remains the same.
Close the door and press "Start" again. Oven will continue cooking as it was set in the program till end.

Child - Lock Function

Lock: Press "Start" and "Stop/Clear" key simultaneously, after a long "beep".
it shows [] and enters the locked status.



Unlock: Press "Start" and "Stop/Clear" key simultaneously, [] disappears and
machine returns to normal status.

Cleaning your microwave

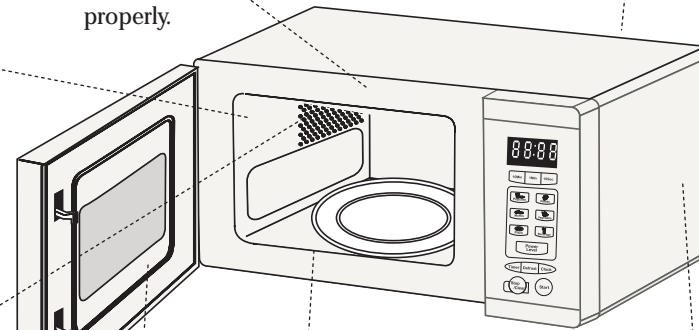
Cleaning your oven each time you use it will help to prevent stubborn marks that can be difficult to clean.

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.



Make sure you keep the outlet grids clean.

Clean behind the door ledge.

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

Unplug your oven before you clean it.

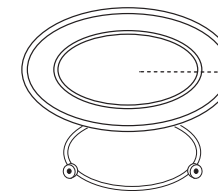
Check that the door catches are clean.

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

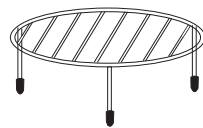
The inside of the door has a special coating and must not be cleaned with abrasive pads or cleaning powders

Treat the turntable as you would any glass plate. After you've used it for more than 15 minutes, allow it to cool down before you use it again. Don't 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. Don't use very hot water which could make it warp.



Wash racks in warm water. Don't use very hot water on the racks which could make them warp.

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

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

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

Using foil is a good way of shielding parts of food that you don't 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 won't touch the sides of the oven when the turntable rotates. Only use one piece of foil at a time so that you don't get sparks between the separate pieces.

Follow these guidelines when using foil in your microwave:

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.

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

Always use the glass turntable.

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

Use oven gloves when handling hot foil containers.

Using aluminium foil

Questions and answers

If you have a problem that can't 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.

Q Why doesn't 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.

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've 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're cooking food with a high moisture content such as potatoes.

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.

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. Don't switch the microwave on when there's nothing inside the oven. It's a good idea to keep a cup of water in the oven just in case someone accidentally starts the microwave.

Q Why won't the oven light come on?

A Open the door. If the light doesn't come on, the bulb has probably blown. Call a qualified repairer - don't try to change the bulb yourself.

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 don't 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's normal for the light to be visible and is nothing to be concerned about.

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

Specification

Input	230V - 240V~, 50Hz
Output	800 - 850 Watts
Microwave frequency	2450MHz
Outside dimensions	511mm wide x 283 high x 440mm deep
Power consumption	
Microwave	1450 - 1550 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.



0870 600 1338

Calls charged at National Rate.

We hope you enjoy your new microwave oven. To help you get the most from your new product, we recommend Partmaster Direct for accessories and spares

Partmaster Direct's range includes the following accessories which may be useful for your microwave:
Glass cooking trays and plates, microwave wall brackets and microwave thermometers.



This symbol on the product or in the instructions means that your electrical equipment should be disposed at the end of life separately from your household waste. There are separate collection systems for recycling in the EU. For more information, please contact the local authority or your retailer where you purchased the product.

DSG Retail Ltd
200 The Campus
Maylands Avenue
Hemel Hempstead
Herts
HP2 7TG

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