

# **KENWOOD** **INTERNATIONAL**

## **Microwave Cooker Model SA 600 Operating Instructions**

# Microwave Cooker

*model SA600*

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# Installation of the Microwave Cooker\*

## **WARNING - THIS APPLIANCE MUST BE EARTHED.**

### **Important**

This microwave cooker has been designed for use in a domestic household. Therefore the guarantee supplied with this appliance may be invalidated if it has been used in a commercial or catering application.

### **INSTALLATION**

If this appliance is fitted with a non-rewireable plug for which your socket is unsuitable the plug should be cut off and an appropriate plug fitted. The removed plug should be disposed of as insertion of the plug into a 13 A socket is likely to cause an electrical hazard. If it is necessary to change the fuse in a non-rewireable plug the fuse cover must be refitted. If the fuse cover is lost or damaged the plug must not be used until a replacement is obtained. Replacement fuse covers are available from Kenwood for Kitchens Ltd., Service Division, Limberline Road, Hilsea, Portsmouth, Hants. Tel: 0705 664466. It is important that the colour of the replacement fuse cover corresponds with the coloured insert or as embossed in words on the base of the plug.

### **Important**

The wires in the mains lead 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:

The wire which is coloured green and yellow must be connected to the terminal which is marked with the letter 'E' or by the 'Earth' symbol  $\equiv$  or coloured green or coloured green and yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter 'N' or coloured black. The wire which is coloured brown must be connected to the terminal which is marked with the letter 'L' or coloured red.

The appliance must be protected by a 13 A ASTA approved (BS1362) fuse if a 13 A (BS1363) plug or a non-rewireable plug is used or if any other type of plug is used by a 15 A fuse either in the plug or adaptor or at the distribution board.

We recommend that the installation be checked by a qualified electrician who can ensure that the appliance is operating satisfactorily and that it has not been damaged in transit.

Ensure that there are no restrictions preventing air circulation to the cooling vents.

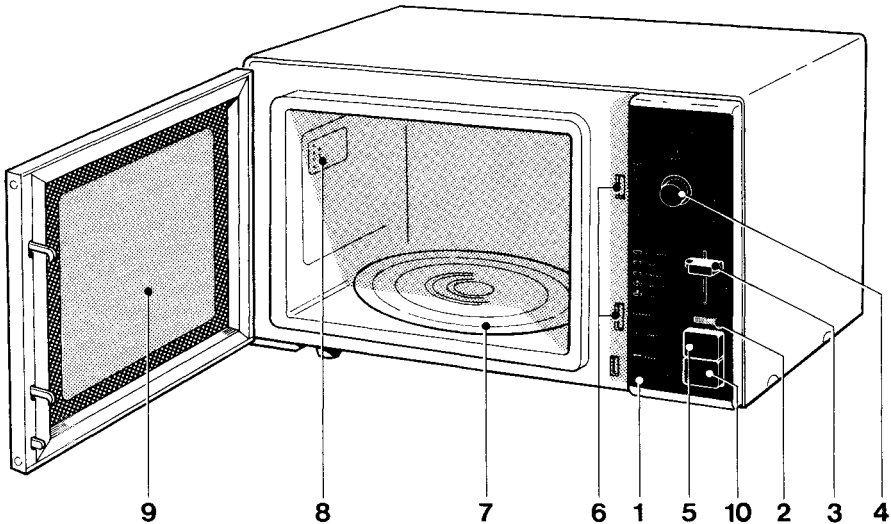
### **Safety:**

**DO NOT OPERATE THE COOKER WHEN EMPTY - SEE PAGE 10 PARA. 2**

Ensure that the door seal is clean before use, clean door seal surfaces with a warm soapy cloth. Do not use abrasives. Do not operate the oven if the door seal is damaged. For service contact the nearest Service Depot. It is dangerous for anyone other than a service technician trained by Kenwood for Kitchens Ltd., to perform repair service on this appliance. See Operation Checks (page 5) and Service Call Check (page 5).

This appliance complies with the Radio Interference requirements of EEC Directive 76/889/EEC.

# General Features



1. Microwave cooker control facia.
2. Cooking indicator light.
3. Cooking control; move the lever to the desired setting: FULL POWER, HIGH, MEDIUM, DEFROST, LOW.
4. Timer; up to 60 minutes.
5. 'COOK' button; press for cooking when door is closed and timer is set.
6. Door interlocks; these ensure that the cooker will not operate unless the door is securely closed.
7. Glass turntable; operates during cooking and is removable for cleaning.
8. Oven light; operates when the timer is set or when the door is opened.
9. Cooker door with screened glass see-through panel.
10. Cooker door button; press to open the door.

# Operation Check

Procedure for checking the cooker.

1. Plug into an electric power point.
2. Place turntable inside the oven cavity.
3. Place on cup of water at room temperature inside the oven, on the turntable.
4. Close door securely.
5. Set the timer to three minutes and press the 'COOK' lever for cooking. The cooking indicator will light and the turntable will revolve.
6. After three minutes the pinger will sound and the cooker will turn off.
7. The water should be boiling if operating normally.

When the door is opened during the cooking process, the timer automatically stops. The timer starts again when the door is closed and the COOK lever is pressed again.

When the door is opened or the timer is set, the oven light operates. Therefore, if you wish to keep the oven in the 'off' position then close the door and set the timer to the '0' position.

**DO NOT OPERATE THE COOKER EMPTY**

## Service Call Check

Please check the following before calling for service:

1. Open the door and/or set the timer.
  - (a) Does the oven light operate YES \_\_\_\_\_ NO \_\_\_\_\_
  - (b) If "NO", please check your wall socket and fuse.
2. Place a cup of water on the turntable and close the door securely.  
Set the timer for three minutes, and press the "COOK" lever.
  - (a) Does the cooking indicator light go on? YES \_\_\_\_\_ NO \_\_\_\_\_
  - (b) Check to see if the turntable moves YES \_\_\_\_\_ NO \_\_\_\_\_
  - (c) Does the cooling fan work? YES \_\_\_\_\_ NO \_\_\_\_\_

IF SERVICE IS NEEDED, PLEASE CONTACT YOUR NEAREST KENWOOD FOR KITCHENS LIMITED SERVICE DEPOT.

# Operating the Microwave Cooker

Learn to operate the microwave cooker correctly before any cooking is undertaken by reading these instructions thoroughly. The microwave cooker is a very simple appliance to use. There are no temperatures to set, only the timer and cooking controls.

## TO ADJUST

1. The oven door is opened by pressing the 'DOOR' button. The oven light comes on whenever the door is opened.
2. Food should always be placed on the glass turntable provided and food must not be cooked without the turntable in position.
3. The door must be closed by a gentle push, ensuring the latch is firmly in position.
4. There is one timer control but with two timing divisions; the control can be set for up to 10 minutes with 15 second divisions and up to 60 minutes with 1 minute divisions. When the timer is set for less than 5 minutes, turn the timer past 5 minutes then back to the time setting required. Whenever the timer is set, the oven light operates.
5. Ensure that you have selected the correct power level. The cooking control lever on the right hand side of the control panel is moved to the desired setting (see page 7).
6. Press the 'COOK' button. The indicator light will go on and remain on throughout the cooking duration.
7. The door may be opened at any time during the cooking process. The timer will automatically stop so that you will know how much cooking time is left. If you wish to continue cooking, close the door and press the 'COOK' button. If you wish to alter the cooking time, just turn the timer ahead or back as required. The power level may also be altered at any time by pressing the control as described previously.
8. At the end of the set cooking period, the timer will switch off automatically and the pinger will sound. The fan and oven light will also cease to operate. If you wish to stop the cooking process before the set cooking period is finished, turn the timer back to zero or simply open the oven door.
9. At the end of a set cooking period if the timer is reset without opening the oven door, the microwave cooker will automatically commence cooking again without the need to press the 'COOK' lever.

Microwave energy does not enter the oven until the cooker door is closed, the timer dial is turned on, and the 'COOK' lever depressed. Whenever the door is opened, there is no more energy being produced in the oven. The screen on the door is designed to allow you to check foods periodically during the cooking process. The metal will reflect the energy away from the door.

Although the microwave energy passes through most cooking utensils without heating them, for long cooking times the dishes will become heated by the natural transfer of heat from the food to the dish and the use of oven gloves is advisable. After longer cooking times, the removable glass turntable may be hot. Some utensils, however, may be removed from the oven without the use of oven gloves.

## The Turntable

The turntable in this model, practically eliminates the need to turn dishes during the cooking, defrosting or reheating process. The turntable automatically revolves slowly in a clockwise direction when the microwave cooker is switched on to 'COOK'. The food or dish must always be placed on the turntable. The cooker should not be used without the turntable in position and ensure that there is nothing to restrict its rotation. The turntable is removable for cleaning and may be used in a dishwasher.

# Cooking Control

The variable cooking control feature enables more flexibility and control of the cooking speed. Some foods need slower cooking to help tenderise them, such as the less expensive cuts of meat and poultry. Slower cooking also allows food flavours to blend thoroughly, such as meat sauces and onions.

When a setting other than FULL POWER is selected, the microwave energy into the microwave cooker cycles on and off at varying rates depending on the setting chosen. At the lower settings the energy is off longer than it is on. At MEDIUM setting the microwave energy on and off time is approximately the same. As the control is moved onto the higher settings, the energy is on longer than it is off. At FULL POWER the energy is on all the time.

<b>Cooking Control</b>	<b>Approximate percentage of microwave energy</b>
FULL POWER	100%
HIGH	70%
MEDIUM	50%
DEFROST	30%
LOW	10%

The variable cooking control is easy to use. After setting the desired cooking time, select the cooking control setting required. The timer will not stop and start but will continue to move while the energy switches on and off in the oven.

## Use of the Cooking Control

1. Cooking less tender joints and cuts of meat for a longer period to assist in breaking down the connective tissues.
2. Cooking stews, soups or sauces for a longer period to help develop rich, full flavours.
3. Cooking or reheating dishes with a high proportion of milk, eggs, cream or cheese.
4. Cooking dishes that you would normally stew or simmer if using a conventional recipe.
5. Preventing overcooking of food items which have been started on FULL POWER. Reduce to a lower setting thus preventing overcooking of the outside of the food before the centre is cooked through. You may need to reset the timer for a longer period.
6. Reheating dishes; particularly those food items which have been coated or served in a sauce, when if reheated on FULL POWER, the sauce would boil and overcook before the main ingredient is heated through.

The terms chosen to designate each power setting are intended as a guide for choosing the appropriate power or energy level. For example some foods may be defrosted on DEFROST, but other foods are best defrosted on MEDIUM or HIGH. Experiment using your own judgement and cooking experience as a guide. See also the Kenwood For Kitchens Microwave Cookery book.

## **FULL POWER**

Energy on for approximately 100% of the time.

As the term implies, FULL POWER is the highest setting and will result in the fastest cooking. FULL POWER is generally used for:

- Fish
- Vegetables
- Fruits
- Hot beverages
- Some tender meats
- Bacon
- Preheating browning dishes
- Melting butter

## **HIGH**

Energy on for approximately 70% of the time.

This setting is used primarily for baking or roasting and for reheating previously cooked foods. Foods retain more moisture on HIGH. Reducing the power means less stirring and watching. Use HIGH for:-

- to reheat leftovers
- to warm pre-baked products (doughnuts, rolls, biscuits)
- to roast joints
- to cook some casseroles
- to cook foods which contain cheese, cream sauce or sour cream.

## **MEDIUM**

Energy on for approximately 50% of the time.

The MEDIUM setting is extremely versatile. It can be used for some defrosting and roasting, as well as for simmering. Use for:-

- Soups
- Stews
- Braised steak
- Defrost whole chickens
- Frozen casseroles (Defrost and reheat)
- Chuck steak (boneless)

## **DEFROST**

Energy on for approximately 30% of the time.

Even the DEFROST setting is more flexible than the name applies. It can be used for cooking less tender cuts of meat, for softening cream cheese or butter, and for simmering at an even slower rate than on MEDIUM. (see page 9).

## **LOW**

Energy on for approximately 10% of the time.

Use for defrosting large joints very slowly and keeping foods warm for about ½ hour or less.



# Defrosting

The microwave cooker includes a defrost cycle, which is incorporated as part of the variable cooking control as described previously. The DEFROST setting with 30% power level is suitable for defrosting most foods but the other settings i.e. HIGH, MEDIUM and LOW may also be used for defrosting depending on the type, shape and quantity of the frozen foods. Small frozen food items like vegetables, fruits, cakes, bread rolls etc., can be defrosted on FULL POWER in a matter of seconds or minutes without using a defrosting setting.

When a defrost setting is selected the microwave energy into the oven is cycled on and off to allow heat 'equalising' or 'standing' time. In this way, surface heat is able to penetrate the frozen food gradually and no surface cooking should take place. Larger frozen items i.e. joints also require additional 'equalising' or 'standing' times when defrosting. This means you let it stand in or out of the oven as required for the length of time indicated on the 'Meat Defrosting Chart'. In the Kenwood For Kitchens Microwave Cookery book.

## Defrosting Hints

1. Some foods such as vegetables can be cooked directly from the frozen state, others such as fish can be cooked whilst partially frozen.
2. Large joints of meat and poultry should be completely thawed before cooking. For best results, remove from the microwave whilst still cool to the touch and icy in the centre and allow a standing time or time to complete thawing at room temperature. A meat thermometer may be used to determine if the centre is still frozen. (Do not leave a thermometer in the food during defrosting unless it has been designed for use in the microwave. See page 12).
3. Foods should be turned over (top to bottom) once during defrosting to obtain the most even results. Frozen vegetables, and casseroles should be stirred during the defrosting and heating process.
4. Meat, poultry, fish, casseroles, vegetables should be covered during defrosting. Rolls, bread and pastry items may be placed or wrapped in kitchen paper towels to absorb moisture. Cakes should be left uncovered. Foods should be removed from their package and separated into a single layer as soon as possible during defrosting.
5. If foods begin to thaw unevenly when some areas of food may thaw more quickly than others, small pieces of aluminium foil can be used to reflect the microwave energy away from the part which is beginning to cook.
6. It is not ALWAYS necessary to allow standing time when thawing food using the defrost control. Food may be heated until thawed but a less even thawing will be obtained. As a general guide, when food feels warm to the touch, remove from the microwave cooker and allow to heat equalize or rest at room temperature.
7. More specific information for defrosting is given in the Kenwood For Kitchens Microwave Cookery Book.

# Cooking in the Microwave Cooker

1. The cooking times given in the Kenwood For Kitchens Microwave Cookery Book are intended as a guide only, as the amount of microwave energy required differs according to sizes and types of dishes used, temperatures of food on commencement of cooking and depth of food in the dish.
2. Do not use the cooker when empty as this could damage the unit and will invalidate the guarantee. A cup of water left in the unit when not being used for cooking will prevent damage in the event of the oven being switched on accidentally.
3. Do not use metal cooking utensils or metal trimmed dishes (See page 12).
4. Care should be taken when removing dishes from the cooker. Some dish materials absorb more microwave energy and may be hot to touch. Heat transfer from foods to the dish may also make dishes hot to touch and the use of oven gloves would be advisable.
5. Hard or soft cooked eggs in the shell should not be prepared in the microwave cooker as steam can build up in the shell and cause the eggs to burst.
6. Plastic food storage bags except boilable and oven type bags are not recommended for microwave cooking, as the heat from cooked food will melt the bags.
7. Deep fat frying must not be attempted as the temperature of the fat cannot be controlled.
8. When thawing frozen foods, remove any closures or ties which contain metal before placing them in the cooker.
9. If food begins to "pop" in the cooker it may be an indication that foods are overheating.
10. Ensure that joints and poultry are completely thawed before cooking.

# Care and Cleaning

**THE ELECTRICITY SUPPLY MUST BE SWITCHED OFF BEFORE CLEANING.**

Clean all surfaces of the cooker with a cloth rinsed in warm soapy water, rinse with clear water and afterwards polish with a dry, soft cloth. If necessary, a non-abrasive cleaner may be used to clean the surfaces. **DO NOT USE AEROSOL CLEANERS, CAUSTIC CLEANERS, ABRASIVES** or scrape the surface with knives or other utensils as they will damage the surface. If condensation is noticeable on the interior walls either during or after cooking is completed, dry with a soft cloth or kitchen paper towel. Condensation is quite normal and forms when moisture is present i.e. during cooking.

Ensure that the door sealing faces are clean.

The glass turntable may be removed and taken to the sink to be cleaned or washed in the dishwasher. Care should be taken to avoid dropping the glass turntable. Although it is made of toughened glass it will break if not handled with normal care.

## Helpful hints

- ★ After cooking with microwave energy, heat equalisation or standing time is recommended for some food. This allows the distribution of heat evenly throughout the food.
- ★ Some foods will cook more evenly if the mixture is stirred during cooking.
- ★ Dinner rolls can be heated in a basket lined with a cloth or paper napkin and taken to the table. Frozen bread and rolls can be thawed and heated quickly. Open the original wrapping and remove any paper/metal ties.
- ★ Frozen or refrigerated cake icings and frostings may be softened for easy spreading.

★ Freezer plastic wrap can be removed easily from frozen meat if heated in the microwave cooker until the wrapper looks moist.

★ Before barbecuing over charcoal, cook chickens, joints, etc., in the microwave before placing them on the rotisserie or grilling over the outdoor charcoal fire. This will avoid excessive exterior charring.

★ Scald milk for custard or a cup of milk for a hot milky drink.

★ Melt butter or chocolate. Soften butter for creaming or for spreading on bread or toast.

★ When foods are prepared in the microwave cooker many dishes can go from freezer to cooker to table.

★ If a small amount of food is heated in the microwave cooker, such as a tablespoon of butter or a square of chocolate, place a cup of water in the oven to increase the cooking load.

★ Foods may be cooked in advance and reheated in the microwave cooker. Do not overheat. Heat only until food is at serving temperature.

★ Wooden spoons may be left in sauce etc. during cooking.

★ If a member of the family is late for a meal, a plate of food may be heated and refreshed when they are ready to eat.

★ Left over mashed potatoes may be quickly heated and refreshed in the microwave cooker.

★ Several foods may be cooked in the cooker at one time. The exact time, however, will depend on the amount and type of food. Remember when the amount of food placed in the cooker is increased, it is necessary to increase cooking times and these must be adjusted for each type of food.

It is important to remove each dish from the cooker as cooking is completed.

★ When first using the microwave cooker, we would suggest cooking one type of food at a time until you are able to judge the appearance of foods when cooking is completed.

★ Basic principles used to cook food in a conventional oven will also apply to microwave cooking, taking into consideration the short amount of time required to cook foods in the microwave cooker.

## Cooking utensils

Microwave energy passes through most cooking utensils without heating them. As cooking takes place in the microwave cooker there will be some heat produced by the natural conduction of heat from the cooked food. The following utensils are recommended for microwave cooking. Selection will depend on size of family and cooking habits.

Do not use dishes with metal trim of any type as this will cause sparking and may discolour and peel. Do not use metal cooking utensils except those recommended in this guide. (See page 12).

### Glass Ceramic browning dishes or skillets

These are ceramic dishes which are especially designed to absorb microwave energy. They are pre-heated in the microwave cooker and then the food to be cooked is placed inside. The hot surface immediately seals the surface of the food - like a grill - while the microwave energy cooks the food. They are excellent for browning steaks, chops, sausages, chicken portions etc.

### Glass

1. Any type of oven glass dish may be used, including glass ceramic ware, providing it has no metal trim.

2. The type and shape of the dish will depend on the type and quantity of food being cooked:

a) Casserole dishes may be used for vegetables, casseroles, sauces etc.

b) Oblong dishes may be used for casseroles, meat cooking, fish, etc.

c) Measuring jugs may be used for heating liquids, making sauces or heating soups, etc.

d) Plates may be used for heating individual portions.

## **Pottery**

Casseroles and plates may be used in the same way as oven glassware.

Due to the thickness of the dish and certain colours, it may be necessary to increase cooking time slightly.

## **Paper**

Many individual servings of food may be heated on paper plates. However, wax coated plates and cups should not be used for long periods as the wax could melt and penetrate the food.

Paper towels, napkins and waxed paper can be used over foods to prevent splattering.

Do not use paper plates or towels for long cooking operations with small amounts of food, as they could burn if allowed to heat too long. In addition, make sure that paper and metal twist ties are removed from plastic bags before heating foods, as these ties could burn in a very short time.

## **China**

China dishes and plates without metal trim may be used to cook and heat individual portions of food.

## **Plastic**

Heat resistant plastic dinnerware may be used for heating food. Plastic dishes may absorb some microwave energy and will be hotter to touch than other dishes.

**DO NOT USE** freezer containers or lighter weight plastic containers, e.g. yoghurt pots, as heat from the foods will cause them to melt.

Plastic handle rubber scrapers or utensils can be used in the microwave cooker for stirring or mixing.

## **Wood and Straw**

Wooden or straw baskets may be used for short heating periods when heating dinner rolls. Wooden spoons, or wooden handled rubber scrapers may be used in the cooker. If they contain moisture or grease they will become hot.

## **Metal**

Metal containers may cause damage to the cooker if not used as directed. Microwave energy is reflected from metal.

Metal can be used only in the following instances and as described in specific recipes.

★ Aluminium foil. Small smooth pieces may be used to cover bones or narrower ends of poultry or meats for part of the cooking time to prevent overcooking. Care should be taken to ensure that the foil is smoothed tightly around the ends. Foil should not be allowed to touch the sides, rear, door or top of the cooker.

★ Metal skewers. These may be used if they are placed carefully in large joints. Do not allow the skewers to touch one another or the metal sides, back or door of the cooker. If sparking or arcing occurs, rearrange or remove the skewers.

★ Meat or sugar thermometers must not be used with microwave energy unless specially designed. Foods can be removed from the cooker and checked with a conventional thermometer.

★ Meat thermometers which are especially designed for use in the microwave cooker are now available and should be used according to the manufacturer's instructions.

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