



OWNER'S MANUAL

MICROWAVE/GRILL/CONVECTION

Please read this owner's manual thoroughly before operating.
The manufacturers are not liable for any problems caused by
the user's failure to observe these instructions.

MC-9280XC
MC9280XC

P/No.: MFL65219801

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Contents

How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Microwave ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.


A very safe appliance


Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.


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Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

Important Safety Instructions

 This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others. All safety messages will follow the safety alert symbol and either the word "WARNING" or "CAUTION". These word means :

 **WARNING** This symbol will alert you to hazards or unsafe practices which could cause serious bodily harm or death.

 **CAUTION** This symbol will alert you to hazards or unsafe practices which could cause bodily injury or property damage.

WARNING

1. Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven. which involves the removal of any cover which gives protection against exposure to microwave energy. Do not operate the oven, if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.
 - ⓘ Unlike other appliances, the microwave oven is high-voltage and high-current equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or an electric shock.
2. Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with the wet newspapers, clothes, toys, electric devices, pet or child etc.)
 - ⓘ It can be the cause of serious damage of safety such as a fire, a burn or a sudden death due to an electric shock.

3. The appliance is not intended for use by young children or infirm persons. 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.
 - ⓘ Improper use may cause the damage of safety concerns such as a fire, an electric shock and a burn.
4. Accessible parts may become hot during use. Young children should be kept away.
 - ⓘ They may get a burn.
5. Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.
 - ⓘ They could burst.
6. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Important Safety Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

CAUTION

1. You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlock.

- ⚠ It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened.)

2. Do not place any object (such as kitchen towel, napkin, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

- ⚠ It could result in harmful exposure to excessive microwave energy.

3. Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

- ⚠ It could result in harmful exposure to excessive microwave energy.

4. Please ensure cooking times are correctly set small amounts of food require shorter cooking or heating time.

- ⚠ The over cooking may result in the food catching a fire and subsequent damage to your oven.

5. When heating liquids, e.g. soups, sauces and beverages in your microwave oven,

- * Avoid using straight sided containers with narrow necks.

- * Do not overheat.

- * Stir the liquid before placing the container in the oven and again halfway through the heating time.

- * After heating, allow to stand in the oven for a short time, stir or shake them again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).

- ⚠ Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

6. An exhaust outlet is located on top or bottom or side of the oven. Don't block the outlet.

- ⚠ It could result in damage to your oven and poor cooking results.

7. Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.

- ⚠ Improper use could result in damage to your oven.

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Important Safety Instructions

CAUTION

8. Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.

⚠ Improper use can be the cause of an explosion or a fire.

9. Do not use wooden containers and ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check the utensils are suitable for use in microwave ovens before use.

⚠ They may heat-up and char. Especially metal objects in the oven may arc, which can cause serious damage.

10. Do not use recycled paper products.

⚠ They may contain impurities which may cause sparks and/or fires when used in cooking.

11. Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.

⚠ Improper use could result in damage to your oven.

12. Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.

⚠ Improper use could result in bodily injury and oven damage.

13. Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.

⚠ They could burst.

14. Do not cook eggs in their shell. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

⚠ Pressure will build up inside the egg which will burst.

15. Do not attempt deep fat frying in your oven.

⚠ This could result in a sudden boil over of the hot liquid.

16. If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.

⚠ It can be the cause of serious damage of safety such as a fire, an electric shock.

Important Safety Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

CAUTION

17. When food is heated or cooked in disposable containers of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.

- ⦿ Your food may be poured due to the possibility of container deterioration, which also can cause a fire.

18. The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before clearing make sure they are not hot.

- ⦿ As they will become hot, unless wearing thick oven gloves there is the danger of a burn.

19. The oven should be cleaned regularly and any food deposits removed.

- ⦿ Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

20. Only use the temperature probe recommended for this oven (for appliances having a facility to use a temperature-sensing probe).

- ⦿ You can not ascertain that the temperature is accurate with unsuitable temperature probe.

21. If heating elements are provided, during use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

- ⦿ There is the danger of a burn.

22. Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.

- ⦿ Overcooking could result in the corn catching a fire.

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

Important Safety Instructions

CAUTION

23. This appliance must be earthed.

The wires in this mains lead are colored in accordance with the following codes

BLUE ~ Neutral

BROWN ~ Live

GREEN & YELLOW ~ Earth

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 colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK.

The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED.

The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or \perp .

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

- ⌚ Improper use may cause serious electric damage.

24. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.

- ⌚ They can scratch the surface, which may result in shattering of the glass.

25. This oven should not be used for commercial catering purposes.

- ⌚ Improper use could result in damage to your oven.

26. The microwave oven must be operated with the door of built-in cabinet open.

- ⌚ If the door of cabinet is closed while operating, the airflow get worse and it could result in a fire or damage to your oven and the cabinet.

27. The connection may be achieved by having the plug accessible or by incorporation a switch in the fixed wiring in accordance with the wiring rules.

- ⌚ Using improper plug or switch can cause an electric shock or a fire.

Precautions

Precautions to avoid possible exposure to excessive microwave energy.

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the case of a microwave oven could result in harmful exposure to microwave energy.

It is important not to tamper with the safety interlocks.

Do not place any object between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

Your oven should not be adjusted or repaired by anyone except qualified service personnel.

WARNING

Please ensure cooking times are correctly set as over cooking may result in the FOOD catching fire and subsequent damage to your oven.

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, delayed eruptive boiling can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- 1 Avoid using straight sided containers with narrow necks.
- 2 Do not overheat.
- 3 Stir the liquid before placing the container in the oven and again halfway through the heating time.
- 4 After heating, allow to stand in the oven for a short time, stir or shake them(especially the contents of feeding bottles and baby food jars) again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars). Be careful when handling the container.

WARNING

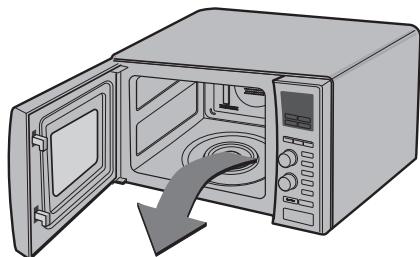
Always allow food to stand after being cooked by microwaves and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your oven has not been damaged during delivery.

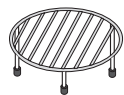
Unpacking & Installing

1

Unpack your oven and place it on a flat level surface.



**GRILL RACK
(HIGH RACK)**



**CONVECTION RACK
(LOW RACK)**

STEAMER



STEAM COVER

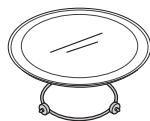


STEAM PLATE



**STEAM WATER
BOWL
(CRISPING TRAY)
(Yellow Color)**

GLASS TRAY



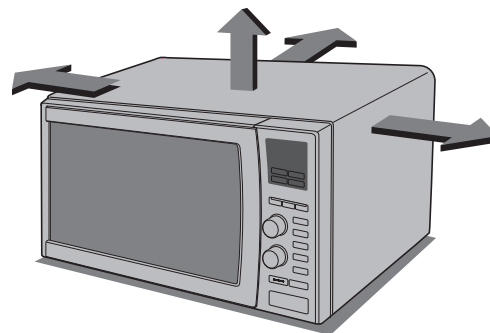
ROTATING RING



**DRIP DISH
(Gray Color)**

2

Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 20cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.

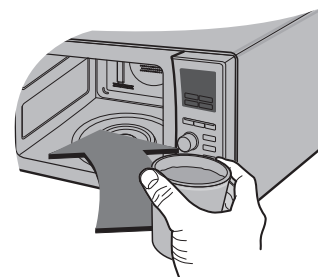


*** THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES**

3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**

4 Open your oven door by pressing the **DOOR OPEN BUTTON**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top.

5 Fill a **microwave safe container** with 300ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 47.



6 Press the **STOP** button, and press the **START** button one time to set 30 seconds of cooking time. You will hear a BEEP each time you press the button. Your oven will start before you have finished the sixth press; don't worry this is normal.



7 The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**

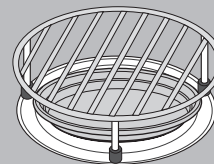
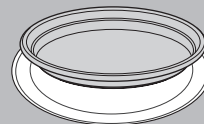


YOUR OVEN IS NOW INSTALLED

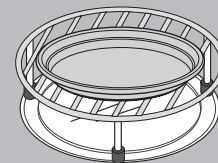
8 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

HOW TO USE THE ACCESSORY

Normal



Abnormal



Do not operate the appliance as shown figure. As misuse will lead to sparking and damage the appliance.

Setting the Clock

You can set either 12 hour clock or 24 hour clock.

In the following example I will show you how to set the time for 14:35 when using the 24 clock.

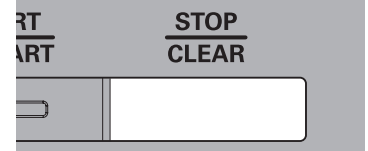
Make sure that you have removed all packaging from your oven.



When your oven is plugged in for the first time or when power resumes after a power cut, a ':' will be shown in the display; you will have to reset the clock.

If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

Press **STOP/CLEAR**.



Press and hold **Kitchen Timer/Clock** until "12 H" appears on the display.

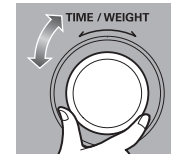
Press **Kitchen Timer/Clock** again for 24 hour clock setting.

(If you want to change different option after setting clock, you have to unplug and plug it back in.)



Turn **TIME/WEIGHT** dial until display shows "14:00".
(PRESS CLOCK KEY)

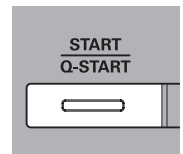
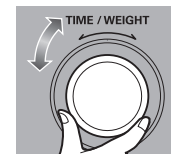
Press **Kitchen Timer/Clock**.



Turn **TIME/WEIGHT** dial until display shows "14:35".

Press **START/Q-START**.

The clock starts counting.

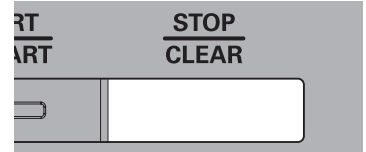


Child Lock

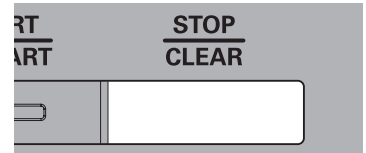


Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

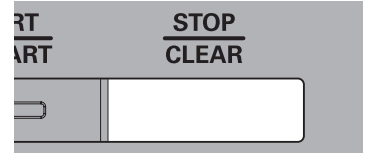
Press **STOP/CLEAR**.



Press and hold **STOP/CLEAR** until “**CHILD LOCKED**” appears on the display and BEEP sounds.
The **CHILD LOCK** is now set.



To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until “**CHILD LOCKED**” disappears.
You will hear BEEP when it’s released.



Micro Power Cooking

In the following example I will show you how to cook some food on 80 % power for 5 minutes and 30 seconds.



Your oven has five microwave Power settings.

POWER	%	Power Output
HIGH MAX	100 %	900 W
MEDIUM HIGH	80 %	720 W
MEDIUM	60 %	540 W
DEFROST MEDIUM LOW	40 %	360 W (**)
LOW	20 %	180 W

✘ Don't Use



**GRILL RACK
(HIGH RACK)**



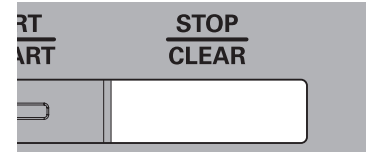
**CONVECTION RACK
(LOW RACK)**



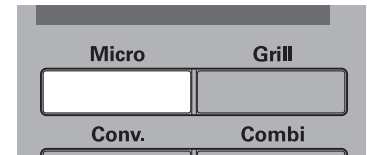
**DRIP DISH
(Gray Color)**

Make sure that you have correctly installed your oven as described earlier in this book.

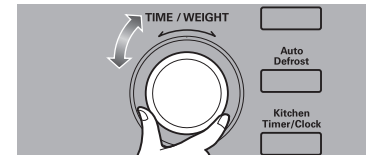
Press **STOP/CLEAR**.



Press **Micro** twice.
It will show 720 W.

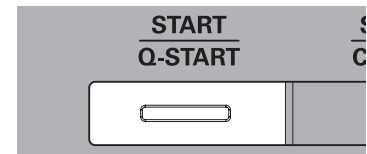


Turn **TIME/WEIGHT** dial until display shows "5:30".



Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning **TIME/WEIGHT** dial.



Micro Power Level

Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.



POWER LEVEL	USE	POWER LEVEL (%)	POWER OUTPUT
HIGH	<ul style="list-style-type: none"> * Boil water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat 	100 %	900 W
MEDIUM HIGH	<ul style="list-style-type: none"> * Reheating(Liquid) * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs 	80 %	720 W
MEDIUM	<ul style="list-style-type: none"> * Reheating(Mashed potato, Plated meal, Ready meal) * Prepare eggs * Cook custard * Prepare rice, soup 	60 %	540 W
DEFROST/ MEDIUM LOW	<ul style="list-style-type: none"> * All thawing * Melt butter and chocolate * Cook less tender cuts of meat 	40 %	360 W(**)
LOW	<ul style="list-style-type: none"> * Soften butter & cheese * Soften ice cream * Raise yeast dough 	20 %	180 W

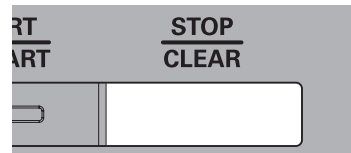
Quick Start

In the following example I will show you how to set 2 minutes of cooking on 900 W power.

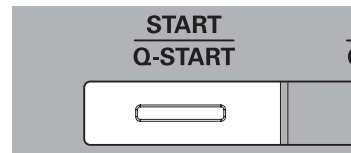


The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **Q- START** button.

Press **STOP/CLEAR**.



Press **Q-START** four times to select 2 minutes on 900W power. Your oven will start before you have finished the fourth press.



Don't Use



**GRILL RACK
(HIGH RACK)**



**CONVECTION RACK
(LOW RACK)**



**DRIP DISH
(Gray Color)**

During **QUICK START** cooking, you can extend the cooking time up to 99 minutes 59 seconds by turning the **TIME/WEIGHT** dial.



Grill Cooking

In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.

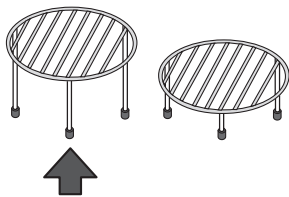


This model is fitted with a **QUARTZ GRILL**, so preheating is not needed.

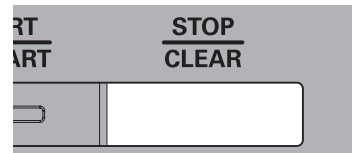
This feature will allow you to brown and crisp food quickly.

The metal tray is placed between a glass tray and a grill rack at the grill mode.

The grill rack (high rack) must be used during grill cooking.

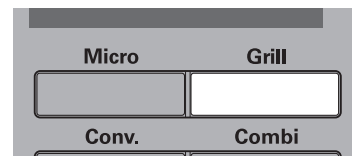


Press **STOP/CLEAR**.

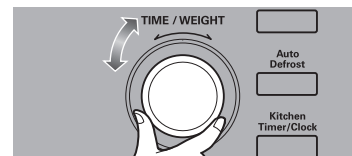


Press **Grill**.

The following indication is displayed: "uuu"



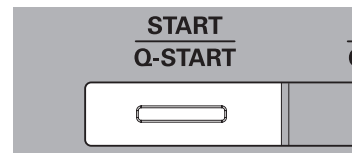
Turn **TIME/WEIGHT** dial until display shows "12:30".



Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning **TIME/WEIGHT** dial.

Be careful when removing your food because the container will be hot!



Convection Preheat

In the following example I will show you how to preheat the oven at a temperature of 230°C.



The convection oven has a temperature range of 40°C and 100°C~250°C (180°C is automatically available when convection mode is selected).

The oven has a ferment function at the oven temperature of 40°C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40°C.

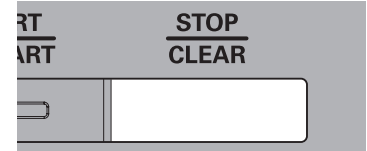
When you use this function if the oven temperature is over 70°C Error code "E-05" displays.

Your oven will take a few minutes to reach the selected temperature.

Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.

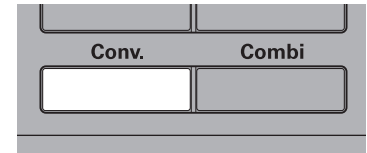
Then place your food in your oven: then tell your oven to start cooking.

Press **STOP/CLEAR**.

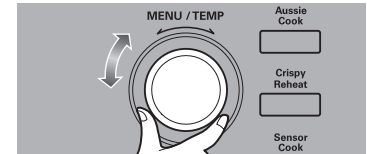


Press **Conv.**

The following indication is displayed: "🌀"

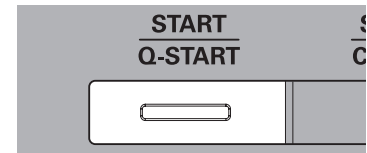


Turn **MENU/TEMP** dial until display shows "230°C".



Press **START/Q-START**.

Preheating will be started with displaying "PREHEAT".



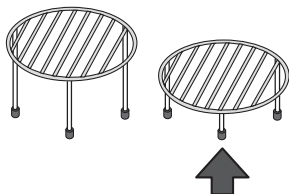
Convection Cooking

In the following example I will show you how to preheat the oven first, then cook some food at a temperature of 230°C for 50 minutes.

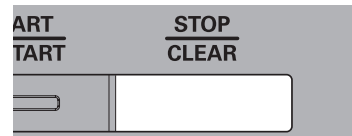


If you do not set a temperature your oven will automatically select 180°C, the cooking temperature can be changed by turning DIAL.

The convection rack (low rack) must be used during convection cooking.

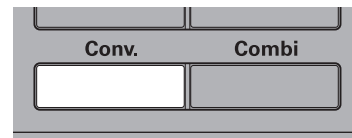


Press **STOP/CLEAR**.

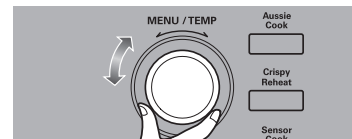


Press **Conv.**

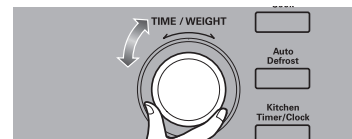
The following indication is displayed: "  "



Turn **MENU/TEMP** dial until display shows "230°C".



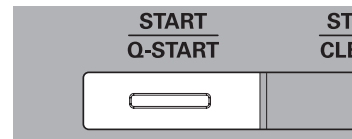
Turn **TIME/WEIGHT** dial until display shows "50:00".



Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning **TIME/WEIGHT** dial.

Be careful when removing your food because the container will be hot!



Convection Combination Cooking

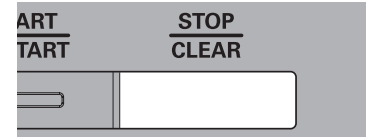
In the following example I will show you how to programme your oven with micro power 60% and at a convection temperature 200°C for a cooking time of 25 minutes.



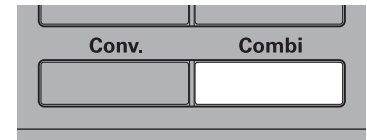
You can set three kinds of micro power level (20%, 40% and 60%) in combi mode.

Microwave Power	
(%)	(Watts)
60	540
40	360
20	180

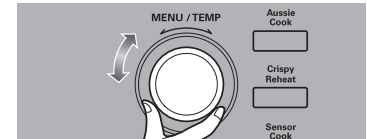
Press **STOP/CLEAR**.



Press **Combi** button once until display shows "540W".
The following indications are displayed: "≡", "⊕".



Turn **MENU/TEMP** dial until display shows "200°C".



Turn **TIME/WEIGHT** dial until display shows "25:00".

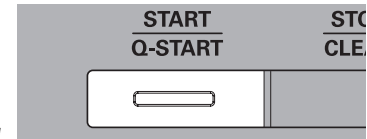


Press **START/Q-START**.



When cooking you can increase or decrease cooking time by turning **TIME/WEIGHT** dial.

Be careful when removing your food because the container will be hot!



Grill Combination Cooking

In the following example I will show you how to programme your oven with micro power 20 % and grill for a cooking time of 25 minutes.

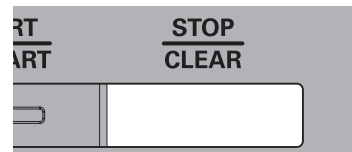


Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food.

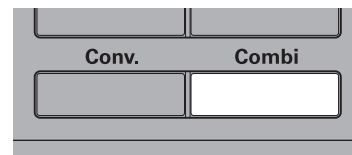
You can set three kinds of micro power level(20%, 40% and 60%) in combi mode.

Microwave Power	
(%)	(Watts)
60	540
40	360
20	180

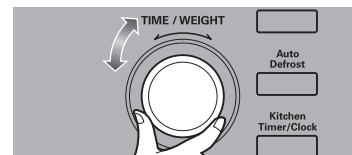
Press **STOP/CLEAR**.



Press **Combi** button six times until display shows "180W".
The following indications are displayed: "≡", "uuu".



Turn **TIME/WEIGHT** dial until display shows "25:00".

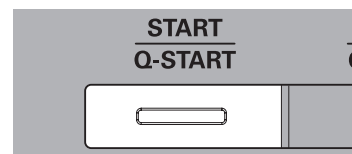


Press **START/Q-START**.



When cooking you can increase or decrease cooking time by turning **TIME/WEIGHT** dial.

Be careful when removing your food because the container will be hot!



SteamChef Cook

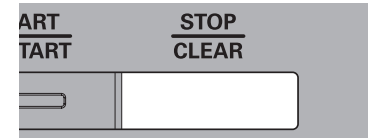
In the following example I will show you how to cook 0.3kg of green beans.

This feature allows you steamed cook.

CAUTION:

1. Always use oven gloves when removing a STEAMER from the oven. It's very hot.
2. Do not put a hot STEAMER on a glass table or a place easy to be melted after cooking. Always make sure to use a pad or tray.
3. When you use this Steamer, pour at least 300 ml water before use. If the amount of water is less than 300 ml, it may cause incomplete cooking, or may cause a fire or fatal damage to the product.
4. Be careful when you move the STEAMER with water.
5. When you use the STEAMER, the steam cover and steam water bowl should be set perfectly right. The eggs or the chestnut would be exploding without setting the steam cover and steam water bowl.
6. Never use this Steamer with a product of different model. it may cause a fire or fatal damage to the product.

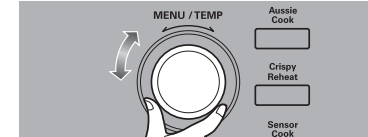
Press **STOP/CLEAR**.



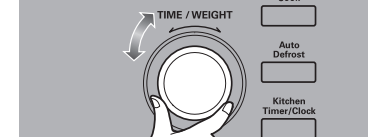
Press **SteamChef Cook**.



Turn **MENU/TEMP** dial until display shows "3" (GREEN BEANS).



Turn **TIME/WEIGHT** dial until display shows "0.3kg".

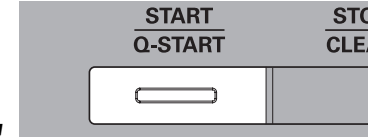


Press **START/Q-START**.



When cooking you can increase or decrease cooking time by turning **TIME/WEIGHT** dial.

Be careful when removing your food because the container will be hot!



Function	Category	Weight Limit	Utensil	Food Temp.	Instructions	
SteamChef Cook	1	Broccoli	0.1-0.4kg	Steam cover Steam plate Steam water bowl	Room	<ol style="list-style-type: none"> 1. Clean vegetables and cut into similar sized pieces. 2. Pour 300ml tap water into the steam water bowl. Place the steam plate on the steam water bowl. Place prepared food on the steam plate in a single layer. Cover with the steam cover. 3. Place the steam water bowl in the oven. 4. Choose the menu and weight, press start. - Cut small florets. (12-15g/piece)
	2	Carrot	0.2-0.4kg	Steam cover Steam plate Steam water bowl	Room	<p>Same as above.</p> <p>- Under 5mm thickness</p>
	3	Green Beans	0.1-0.3kg	Steam cover Steam plate Steam water bowl	Room	<p>Same as above.</p>
	4	Prawns	0.2-0.5kg	Steam cover Steam plate Steam water bowl	Refrigerated	<p>Same as above.</p> <p>- Under 20cm length.</p>
	5	Mussels	0.4-0.8kg	Steam cover Steam water bowl	Refrigerated	<table border="1"> <tr> <td> <p>Ingredients</p> <p>Mussels 300ml dry white wine 1 teaspoon chopped parsley 2 garlic cloves, crushed</p> </td> </tr> </table> <ol style="list-style-type: none"> 1. Clean mussels and discard any broken shell or dead mussels. 2. Place mussels on the steam water bowl in a single layer. Pour 300ml white wine into the steam water bowl and add remaining ingredients. Cover with the steam cover. 3. Place the steam water bowl in the oven. 4. Choose the menu and weight, press start.
<p>Ingredients</p> <p>Mussels 300ml dry white wine 1 teaspoon chopped parsley 2 garlic cloves, crushed</p>						

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions	
SteamChef Cook	6	Eggs	2-9 eggs	Steam cover Steam plate Steam water bowl	Refrigerated	<ol style="list-style-type: none"> 1. Clean the food. 2. Pour 300ml tap water into the steam water bowl. Place the steam plate on the steam water bowl. Place the prepared food on the steam plate in a single layer. Cover with the steam cover. 3. Place the steam water bowl in the oven. 4. Choose the menu and weight, press start.
	7	Chicken Breasts	0.2-0.6kg	Steam cover Steam plate Steam water bowl	Refrigerated	<p>Same as above.</p> <p>- Under 2.5cm thickness</p>
	8	Fish Fillet	0.2-0.6kg	Steam cover Steam plate Steam water bowl	Refrigerated	<p>Same as above.</p>

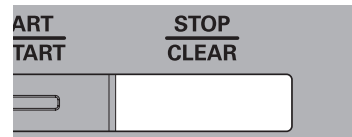
Lean Roast

In the following example I will show how to cook 0.7kg of roast beef.

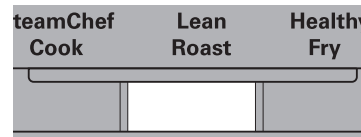


This Lean Roast feature is designed to give cooking results of low fat, low calorie for roasting meats and poultry.

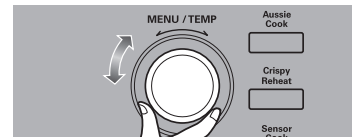
Press **STOP/CLEAR**.



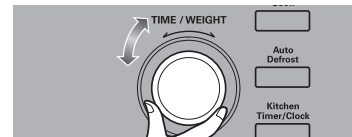
Press **Lean Roast**.



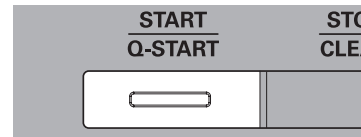
Turn **MENU/TEMP** dial until display shows "1" (ROAST BEEF).



Turn **TIME/WEIGHT** dial until display shows "0.7kg".



Press **START/Q-START**.



Function	Category		Weight Limit	Utensil	Food Temp.	Instructions
Lean Roast	1	Roast Beef	0.5-1.5kg	Low rack on the Drip dish	Refrigerated	Brush beef with melted butter or oil and season as desired. Place food on the low rack on the drip dish. Choose the menu and weight, press start. After cooking, stand covered with foil for 10 minutes.
	2	Roast Pork	0.5-1.5kg	Low rack on the Drip dish	Refrigerated	Brush pork with melted butter or oil and season as desired. Place food on the low rack on the drip dish. Choose the menu and weight, press start. After cooking, stand covered with foil for 10 minutes.
	3	Roast Lamb	0.5-1.5kg	Low rack on the Drip dish	Refrigerated	Brush lamb with melted butter or oil and season as desired. Place food on the low rack on the drip dish. Choose the menu and weight, press start. After cooking, stand covered with foil for 10 minutes.
	4	Roast Chicken	0.8-1.8kg	Low rack on the Drip dish	Refrigerated	Brush chicken with melted butter or oil and season as desired. Place food breast-side down on the low rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking. After cooking, stand covered with foil for 10 minutes

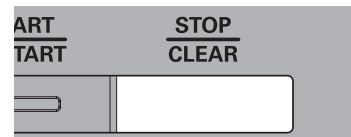
Healthy Fry

In the following example I will show you how to cook 0.4kg of chicken breasts.

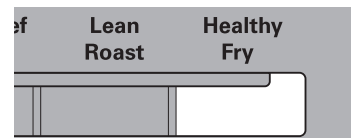


Healthy Fry cooking make food fry convenient and easy to use. The oven has been pre-programmed to automatically fry food.

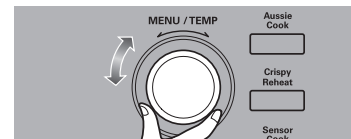
Press **STOP/CLEAR**.



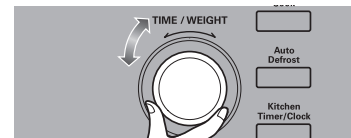
Press **Healthy Fry**.



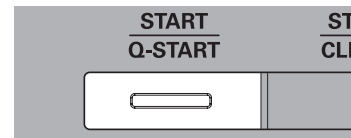
Turn **MENU/TEMP** dial until display shows "1" (CHICKEN BREASTS).



Turn **TIME/WEIGHT** dial until display shows "0.4kg".



Press **START/Q-START**.



<i>Function</i>	<i>Category</i>		<i>Weight Limit</i>	<i>Utensil</i>	<i>Food Temp.</i>	<i>Instructions</i>
Healthy Fry	1	Chicken Breasts	0.2-0.6kg	Crisping tray on the High rack	Refrigerated	Brush chicken breasts with melted butter or oil and season as desired. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.
	2	Chicken Schnitzel	0.2-0.6kg	Crisping tray on the High rack	Refrigerated	<div style="border: 1px solid black; padding: 5px;"> <p>Ingredients</p> <p>Chicken breasts of 150-200g per each.</p> <p>1 cup flour</p> <p>2 eggs, lightly beaten</p> <p>1 cup finely ground breadcrumbs</p> <p>Salt and pepper to taste</p> </div> <p>1. Season chicken breasts with salt and pepper or as desired, coat in flour and brush with beaten eggs.</p> <p>2. Coat with finely ground breadcrumbs and brush surface of schnitzel with oil.</p> <p>3. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.</p>

<i>Function</i>	<i>Category</i>		<i>Weight Limit</i>	<i>Utensil</i>	<i>Food Temp.</i>	<i>Instructions</i>
Healthy Fry	3	Chicken Skewers	0.2-0.8kg	High rack on the Drip dish	Refrigerated	<p>Ingredients Chicken wings Skewers (metal or wood)</p> <p>For Marinade : 1/2 cup soy sauce 1/2 cup honey 2 tablespoons lemon juice 2 garlic cloves, crushed</p> <p>1. Cut chicken wings into 2 pieces. Combine the ingredients of marinade and marinate chicken wings for 3-4 hours. 2. Thread chicken onto skewers. 3. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking</p>
	4	French Fries Frozen	0.2-0.4kg	Crisping tray on the High rack	Frozen	Spread frozen potato products out on the crisping tray on the high rack. For the best results, cook in a single layer. Choose the menu and weight, press start.
	5	Fish Fingers Frozen	0.2-0.4kg	Crisping tray on the High rack	Frozen	Brush surface of fish fingers with oil. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.

Function	Category		Weight Limit	Utensil	Food Temp.	Instructions
Healthy Fry	6	Hamburger Patties	0.2-0.4kg	Crisping tray on the High rack	Refrigerated	Choose hamburger of 100g weight and 0.5-1 cm thickness each. Brush surface of hamburger with oil. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.
	7	Sausages	0.2-0.8kg	Crisping tray on the High rack	Refrigerated	Remove sausages from packaging and slit on surface. Place food on the crisping tray on the high rack. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.
	8	Prawns	0.2-0.5kg	Crisping tray on the High rack	Refrigerated	Brush surface of prawns with oil. Place food on the crisping tray on the high rack. Choose the menu and weight, press start.

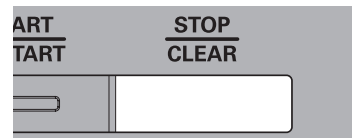
Aussie Cook

In the following example I will show you how to cook 0.4kg of pork chops.



Aussie Cook allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food.

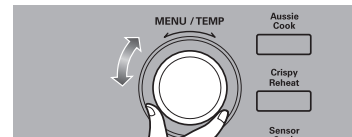
Press **STOP/CLEAR**.



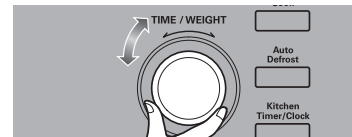
Press **Aussie Cook**.



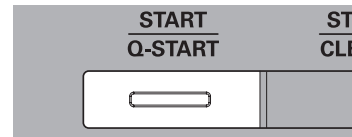
Turn **MENU/TEMP** dial until display shows "4". (PORK CHOPS)



Turn **TIME/WEIGHT** dial until display shows "0.4kg".



Press **START/Q-START**.



When cooking you can increase or decrease cooking time by turning **TIME/WEIGHT** dial.

<i>Function</i>	<i>Category</i>		<i>Weight Limit</i>	<i>Utensil</i>	<i>Food Temp.</i>	<i>Instructions</i>
Aussie Cook	1	Roast Vegetables	0.2-0.6kg	Crisping tray on the High rack	Room	<p>Ingredients</p> <ul style="list-style-type: none"> Eggplants, cut into 1-2cm thickness Zucchinis, cut into 1-2cm thickness Onions, cut into wedges Sweet peppers, cut in half lengthwise and discard seeds Whole cherry tomatoes Mushrooms, cut in half <p>Slice vegetables into large pieces. Brush vegetables with melted butter or oil and season as desired.</p> <p>Place food on the crisping tray on the high rack. Choose the menu and weight, press start.</p>

<i>Function</i>	<i>Category</i>		<i>Weight Limit</i>	<i>Utensil</i>	<i>Food Temp.</i>	<i>Instructions</i>
Aussie Cook	2	Lasagna	1	26x17cm baking dish on the Low rack	Room	<p>Ingredients 9 lasagna sheets 500g spaghetti sauce 600g cheese sauce 300g grated mozzarella cheese 30g grated parmesan cheese</p> <p>For Cheese sauce : 60g butter 50g plain flour Pinch ground nutmeg 500ml milk 20g grated parmesan cheese</p> <p>Melt butter in small saucepan. Add flour and nutmeg, stirring until smooth. Gradually add milk and stir until it boils and thickens. Reduce heat and add parmesan cheese. Stir until cheese melts well.</p> <ol style="list-style-type: none"> 1. Cook lasagna sheets according to package directions and drain. 2. Spread about 125g spaghetti sauce in a 26x17cm baking dish. 3. Layer 3 lasagna sheets, 300g cheese sauce, 125g spaghetti sauce, 100g mozzarella cheese. Repeat layering. 4. Finally layer remaining lasagna sheets, spread 125g spaghetti sauce, sprinkle with 100g mozzarella cheese and 30g parmesan cheese. 5. Place baking dish on the low rack. Choose the menu and weight, press start.

<i>Function</i>	<i>Category</i>		<i>Weight Limit</i>	<i>Utensil</i>	<i>Food Temp.</i>	<i>Instructions</i>
Aussie Cook	3	Meat Pie	1	20cm pie tin on the Low rack	Room	<p>Ingredients 600-650g meat mixture 2 puff pastry sheets, thawed (180~200g/sheet) 1 egg, lightly beaten</p> <p>For Meat mixture : 1 onion, chopped 500g steak, finely chopped 2 tablespoons plain flour 250ml bouillon 1/2 teaspoon thyme Pinch ground nutmeg Salt and pepper to taste</p> <p>Saute chopped onion over a low heat in a saucepan until soften. Add chopped steak and stir until browned. Sprinkle flour over steak and continue cooking for further 2 minutes. Gradually add bouillon and stir constantly until it boils and thickens. Add all remaining ingredients. Cover and simmer for 30 minutes.</p> <ol style="list-style-type: none"> 1. On a lightly floured surface, roll out 1 puff pastry sheet into a circle and line a 20cm pie tin. Trim edges, leaving a little overhang and prick with a fork. Fill with the cooled meat mixture and brush around edges with beaten egg to top will stick to it. 2. Roll out the remaining pastry sheet and place on top of pie to form a lid and trim edges. Press edges together with a fork to seal. Cut a vent in top of pie to allow steam to escape. Brush top with remaining beaten egg. 3. Place pie tin on the low rack. Choose the menu and weight, press start.

Function	Category		Weight Limit	Utensil	Food Temp.	Instructions
Aussie Cook	4	Pork Chops	0.2-0.8kg	High rack on the Drip dish	Refrigerated	Choose pork chops of 200g weight and 2.5cm thickness each. Season with salt and pepper or as desired. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.
	5	Lamb Chops	0.2-0.8kg	High rack on the Drip dish	Refrigerated	Choose lamb chops of 100-150g weight and 1.5-2.0cm thickness each. Season with salt and pepper or as desired. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.
	6	Chicken Wings	0.2-0.8kg	High rack on the Drip dish	Refrigerated	Brush chicken wings with melted butter or oil and season as desired. Place food on the high rack on the drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.

<i>Function</i>	<i>Category</i>		<i>Weight Limit</i>	<i>Utensil</i>	<i>Food Temp.</i>	<i>Instructions</i>
Aussie Cook	7	Potato Gratin	0.5-1.2kg	microwave-safe baking dish on the Low rack	Room	<p>For example of 1.0kg potato gratin</p> <div style="border: 1px solid black; padding: 5px;"> <p>Ingredients Potato mixture 300ml heavy cream 350g grated Gruyere cheese</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>For Potato mixture : 1 kg potatoes 400ml milk 1/2 teaspoons salt Pinch ground nutmeg</p> <p>Slice potatoes into 3mm thickness. Combine all ingredients in a saucepan and simmer over medium heat until milk boils and thickens. Keep Stirring potatoes and scraping bottom of pan regularly to prevent sticking.</p> </div> <p>Place half of the potato mixture into a greased 25x25cm. baking dish, pour half of heavy cream and sprinkle 100g Gruyere cheese. Add the rest of potato mixture, pour remaining cream and finally sprinkle top with remaining Gruyere cheese. Place baking dish on the low rack. Choose the menu and weight, press start.</p>
	8	Frozen Pizza	0.1-0.6kg	Low rack	Frozen	<p>Remove pizza from packaging and place food on the low rack. Choose the menu and weight, press start.</p>

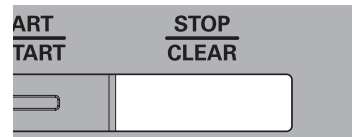
Crispy Reheat

In the following example I will show you how to cook 0.2kg of pizza.



Crispy reheat allows you to reheat leftover foods easily by selecting the food type and entering the weight of the food.

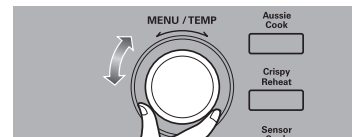
Press **STOP/CLEAR**.



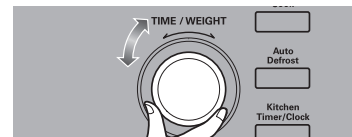
Press **Crispy Reheat**.



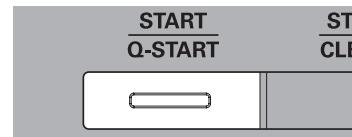
Turn **MENU/TEMP** dial until display shows "3" (PIZZA).



Turn **TIME/WEIGHT** dial until display shows "0.2kg".



Press **START/Q-START**.



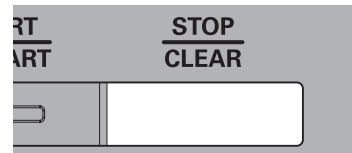
Function	Category		Weight Limit	Utensil	Food Temp.	Instructions
Crispy Reheat	1	Roasted Meat	0.2-0.6kg	Crisping tray on the High rack	Refrigerated	Cut leftover roasted meat into thin slices. (under 2.5cm thick) Place food on the crisping tray on the high rack. Choose the menu and weight, press start.
	2	Lasagna	0.2-0.8kg	Crisping tray on the Low rack	Refrigerated	Cut leftover lasagna into pieces.(200-250g/piece) Place food on the crisping tray on the low rack. Choose the menu and weight, press start.
	3	Pizza	0.1-0.4kg	Crisping tray on the Low rack	Refrigerated	Cut leftover pizza into pieces.(100-150g/piece) Place food on the crisping tray on the low rack. Choose the menu and weight, press start.
	4	Pie	0.2-0.8kg	Crisping tray on the Low rack	Refrigerated	Cut leftover pie into pieces.(200-250g/piece) Place food on the crisping tray on the low rack. Choose the menu and weight, press start.

Sensor Cook

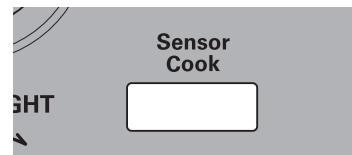
In the following example I will show you how to cook Jacket Potatoes using this function.



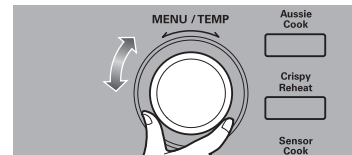
Press **STOP/CLEAR**.



Press **Sensor Cook**.

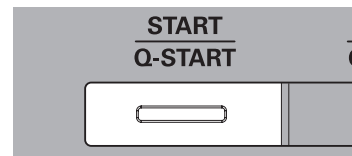


Turn **MENU/TEMP** dial until display shows "4" (**JACKET POTATOES**).



Press **START/Q-START**.

(Do not need to set cooking time. It sensor automatically)



Function	Category		Weight Limit	Utensil	Food Temp.	Instructions															
Sensor Cook	1	Rice/ Pasta	1/2 – 2 cups	Microwave-safe bowl	Room	Place rice/pasta and water with 1/4 to 1 teaspoon salt in a deep and large bowl(3L). Cover with 2cm vented plastic wrap. Place bowl in the oven. Choose the menu, press start. <table border="1"> <tr> <td>Weight</td> <td>1/2 cup</td> <td>1 cup</td> <td>1 1/2 cups</td> <td>2 cups</td> </tr> <tr> <td>Rice/Pasta</td> <td>100g</td> <td>200g</td> <td>300g</td> <td>400g</td> </tr> <tr> <td>Water</td> <td>300ml</td> <td>550ml</td> <td>800ml</td> <td>1050ml</td> </tr> </table> <p>** Rice - After cooking, stand covered for 5 minutes or until water is absorbed. ** Pasta - After cooking, stand for 1-2 minutes. Rinse pasta with cold water.</p>	Weight	1/2 cup	1 cup	1 1/2 cups	2 cups	Rice/Pasta	100g	200g	300g	400g	Water	300ml	550ml	800ml	1050ml
	Weight	1/2 cup	1 cup	1 1/2 cups	2 cups																
	Rice/Pasta	100g	200g	300g	400g																
	Water	300ml	550ml	800ml	1050ml																
2	Reheat Dinner Plate	1 serving (0.5-0.6kg)	Microwave-safe plate	Refrigerated	Place leftover food (meat, chicken, mashed potato, vegetable etc.) on a plate. Cover with 2cm vented plastic wrap. Place plate in the oven. Choose the menu and weight, press start. After cooking, allow to stand for 3 minutes.																
3	Reheat Soup	1-4 cups (1cup = 250g)	Microwave-safe bowl	Refrigerated	Pour soup into a microwave-safe bowl. Cover with 2cm vented plastic wrap. Place bowl in the oven. Choose the menu, press start. After cooking, stir for 3-4 seconds and stand covered for 3 minutes.																
4	Jacket Potatoes	1-4 potatoes	Paper towel	Room	Choose medium sized potatoes. (200-220g each) Wash and dry potatoes. Pierce potatoes several times with a fork. Place paper towel in the oven and arrange potatoes on towel. Choose the menu, press start. After cooking, stand covered with aluminum foil for 5 minutes.																

Function	Category		Weight Limit	Utensil	Food Temp.	Instructions
Sensor Cook	5	Fresh Vegetables	1-4 cups (1 cup = 130g)	Microwave-safe bowl	Room	Place vegetables in a microwave-safe bowl. Add the amount of water according to the quantity. ** 1-2 cups : 2 tablespoons of water ** 3-4 cups : 4 tablespoons of water Cover with 2cm vented plastic wrap. Place bowl in the oven. Choose the menu, press start. After cooking, stir for 3-4 seconds and stand covered for 3 minutes.
	6	Frozen Vegetables	1-4cups (1 cup = 150g)	Microwave-safe bowl	Frozen	Place vegetables in a microwave-safe bowl. Add the amount of water according to the quantity. ** 1-2 cups : 2 tablespoons of water ** 3-4 cups : 4 tablespoons of water Cover with 2cm vented plastic wrap. Place bowl in the oven. Choose the menu, press start. After cooking, stir for 3-4 seconds and stand covered for 3 minutes.

Auto Defrost

The temperature and density of food varies, I would recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken, some foods should not be completely thawed before cooking. For example fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen. The BREAD programme is suitable for defrosting small items such as rolls or a small loaf. These will require a standing time to allow the centre to thaw. In the following example I will show you how to defrost 1.4kg of frozen poultry.



Your oven has four microwave defrost settings:- **MEAT, POULTRY, FISH** and **BREAD**; each defrost category has different power settings.

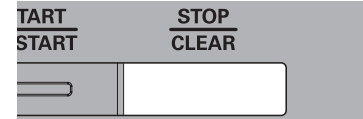
Don't Use



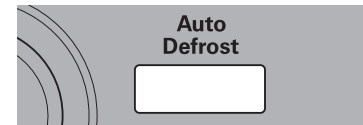
DRIP DISH

Press **STOP/CLEAR**.

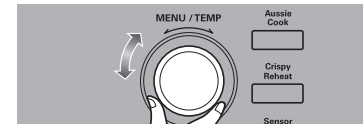
Weight the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food.



Press **Auto Defrost**.



Turn **MENU/TEMP** dial until display shows "2" (POULTRY).

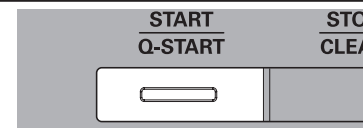


Enter the weight of the frozen food that you are about to defrost.

Turn **TIME/WEIGHT** dial until display shows "1.4kg".



Press **START/Q-START**.



During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. After checking close the oven door and press **START/Q-START** to resume defrosting.

Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

Auto weight defrost guide

- * Food to be defrosted should be in a suitable microwave proof container and place uncovered on the glass turntable.
 - * If necessary, shield small areas of meat or poultry with flat pieces of aluminum foil. This will prevent thin areas becoming warm during defrosting. Ensure the foil does not touch the oven walls.
 - * Separate items like minced meat, chops and bacon as soon as possible.
 - * When BEEP, turn food over. Remove defrosted portions. Continue to defrost remaining pieces.
After defrosting, allow to stand until completely thawed.
- To thaw completely , for example joints of meat and whole chickens should STAND for a minimum of 1 hour before cooking.

Category	Weight Limit	Utensil	Food
1. Meat	0.1 ~ 4.0kg	Microwave ware (Flat plate)	Meat Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger, Lamp chops, Rolled roast, Cutlets(2cm) Turn food over and remove defrosted portions at beep. After defrosting, let stand for 5-15 minutes.
2. Poultry			Poultry Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) Turn food over and remove defrosted portions at beep. After defrosting, let stand for 20-30 minutes.
3. Fish			Fish Fillets, Steaks, Whole fish, Sea foods Turn food over and remove defrosted portions at beep. After defrosting, let stand for 10-20 minutes.
4. Bread	0.1 ~ 0.5kg	Paper towel or flat plate	Sliced bread, Buns, Baguette, etc.

In the following example I will show you how to set the kitchen timer for 3:30.

Kitchen Timer

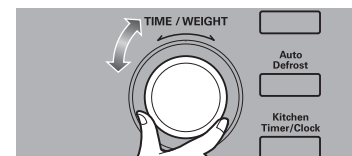


Your microwave oven can be used as a kitchen timer. You can set up to 99:00.

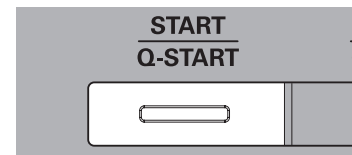
Press **Kitchen Timer/Clock**.



Turn **TIME/WEIGHT** dial until display shows "3:30".



Press **START/Q-START**.



Heating or Reheating Guide

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will be heated more evenly if covered with a microwavable lid or vented plastic wrap. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

Item	Cook time (at HIGH)	Special Instructions
Sliced meat 3 slices (0.5cm thick)	1~2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. • Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	2~3 minutes 3~3 1/2 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (170-230g)	1~2 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagne 1 serving(300g)	4~6 minutes	Place lasagne on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1 1/2~3 minutes 4 1/2~7 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	1~2 1/2 minutes 3 1/2~6 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sloppy Joe or Barbecued beef 1 sandwich (1/2 cup meat filling) without bun	1~2 1/2 minutes	Reheat filling and bun separately. COOK covered in microwavable casserole dish. Stir once. Heat bun as directed in chart below.

Item	Cook time (at HIGH)	Special Instructions
Mashed potatoes 350g	6~7 minutes (at Medium)	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Baked beans 1 cup	1 1/2~3 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2 1/2~4 minutes 7 1/2~11 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Rice 1 cup 4 cups	1~1 1/2 minutes 3 1/2~5 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	15~30 seconds	Wrap in paper towel and place on glass tray.
Vegetables 1 cup 4 cups	1 1/2~2 1/2 minutes 3 1/2~5 1/2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1 1/2~2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.

Fresh Vegetable Guide

Vegetable	Amount	Cook time (at HIGH)	Instructions	Standing Time
Artichokes (230g each)	2 medium 4 medium	4 1/2 ~ 7 10 ~ 12	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2~3 minutes
Asparagus, Fresh, Spears	450g	2 1/2 ~ 6	Add 1 cup water. Cover.	2~3 minutes
Green Beans	450g	7 ~ 11	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking.	2~3 minutes
Beets, Fresh	450g	11 ~ 16	Add 1/2 cup water in 1.5 litre covered casserole dish. Rearrange halfway through cooking.	2~3 minutes
Broccoli, Fresh, Spears	450g	5 ~ 8	Place broccoli in baking dish. Add 1/2 cup water.	2~3 minutes
Cabbage, Fresh, Chopped	450g	5 1/2 ~ 7 1/2	Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Carrots, Fresh, Sliced	200g	2 ~ 3	Add 1/4 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Cauliflower, Fresh, Whole	450g	5 ~ 7	Trim. Add 1/4 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Fresh, Flowerettes Celery, Fresh, Sliced	2 cups 4 cups	11 ~ 16	Slice. Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes

Vegetable	Amount	Cook time (at HIGH)	Instructions	Standing Time
Corn, Fresh	2 ears	4 ~ 8	Husk. Add 2 tbsps water in 1.5 litre baking dish. Cover.	2~3 minutes
Mushrooms, Fresh, Sliced	230g	1 1/2 ~ 2 1/2	Place mushrooms in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Parsnips, Fresh, Sliced	450g	4 ~ 7	Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Peas, Green, Fresh	4 cups	6 ~ 9	Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Sweet Potatoes Whole Baking (170~230g each)	2 medium 4 medium	4 ~ 9 6 ~ 12	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2~3 minutes
White potatoes, Whole Baking (170~230g each)	2 potatoes 4 potatoes	5 1/2 ~ 7 1/2 9 1/2 ~ 14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2~3 minutes
Spinach, Fresh, Leaf	450g	4 1/2 ~ 7 1/2	Add 1/2 cup water in 2 litre covered casserole dish.	2~3 minutes
Courgette, Fresh, Sliced	450g	4 1/2 ~ 7 1/2	Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Courgette, Fresh, Whole	450g	6 ~ 9	Pierce. Place on 2 paper towels. Turn courgette over and rearrange halfway through cooking.	2~3 minutes

Grill Cooking Guide

Directions for grilling meat on grill

- Trim excess fat from meat. Cut fat, making sure you do not cut into the lean.
(This will stop the fat curling.)
- Arrange on the rack. Brush with melted butter or oil.
- Halfway through, turn the meat over.

Item	Weight	Approx. cooking time (in minutes)	Hints
Beefburgers	50g x 2 100g x 2	13-16 19-23	Baste with oil or melted butter. Thin items should be placed on the grill rack. Turn food over after half the cooking time.
Beefsteaks (2.5cm (1") thick)			
Rare Medium Well	230g x 2 230g x 2 230g x 2	18-20 22-24 26-28	
Lamb chops (2.5cm (1") thick)	230g x 2	25-32	Turn frequently.

Directions for grilling fish and seafood

Place fish and seafood on the rack. Whole fish should be scored diagonally on both sides before grilling. Brush fish and seafood with melted butter, margarine or oil before and during cooking. This helps stop the fish drying out. Grill for times recommended in the chart. Whole fish and fish steaks should be carefully turned over halfway through grilling time. If desired thick fillets can also be turned halfway.

Item	Weight	Approx. cooking time (in minutes)	Hints
Fish fillets 1 cm (1/2") thick 1.5cm (1/2") thick	230g 230g	17-21 20-24	Brush with melted butter and turn over halfway through cooking.
Fish steaks 2.5 cm (1") thick	230g	24-28	
Whole fish	225-350 g each 450g	16-20 24-28	Allow extra time for thick and oily fish.
Scallops Prawns uncooked	450g 450g	16-20 16-20	Baste well during cooking.

Microwave-safe Utensils

Never use metal or metal trimmed utensils in your microwave oven

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven. Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

Dinner plates

Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

Glassware

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

Plastic storage containers

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

Paper

Paper plates and containers are convenient and safe to use in your microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

Plastic microwave cookware

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

Pottery, stoneware and ceramic

Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION

Some items with high lead or iron content are not suitable for cooking utensils.

Utensils should be checked to ensure that they are suitable for use in microwave ovens.

Food characteristics & Microwave cooking

Keeping an eye on things

The recipes in the book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times. While overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skilful in estimating both cooking and standing times for various foods.

Density of food

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food that the outer edges do not become dry and brittle.

Height of food

The upper portion of tall food, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall food during cooking, sometimes several times.

Moisture content of food

Since the heat generated from microwaves tends to evaporate moisture, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and fat content of food

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat that they do not cook unevenly and do not become overcooked.

Quantity of food

The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of food

Microwaves penetrate only about 2.cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food is cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Round thin foods and ring shaped foods cook successfully in the microwave.

Covering

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

Browning

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Food that are cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food the original flavour of the recipe is not altered.

Covering with greaseproof paper

Greaseproofing effectively prevents spattering and helps food retain some heat. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

Arranging and spacing

Individual foods such as baked potatoes, small cakes and hors d'oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

Food characteristics & Microwave cooking

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Turning over

Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

Placing thicker portions facing outwards

Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

Shielding

Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause 'arcing' in the oven.

Elevating

Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

Piercing

Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

Testing if cooked

Food cooks so quickly in a microwave oven, it is necessary to test it frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 50 F (3 °C) and 150 F (8 °C) during standing time.

Standing time

Foods are often allowed to stand for 3 to 10 minutes after being removed from the microwave oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavour blend and develop.

To Clean Your Oven

1 Keep the inside of the oven clean

Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.

2 Keep the outside of the oven clean

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press STOP/CLEAR after cleaning.

- 3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
- 4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.
DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.
Metal parts will be easier to maintain if wiped frequently with a damp cloth.
- 5 Do not use any steam cleaner.
- 6 Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it's not, this product can be operated by touching Quick Start button.

Questions & Answers

Q What's wrong when the oven light will not glow?

- A There may be several reasons why the oven light will not glow.
Light bulb has blown
Door is not closed

Q Does microwave energy pass through the viewing screen in the door?

- A No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

Q Why does the beep tone sound when a pad on the Control Panel is touched?

- A The beep tone sounds to assure that the setting is being properly entered.

Q Will the microwave oven be damaged if it operates empty?

- A Yes Never run it empty or without the glass tray.

Q Why do eggs sometimes pop?

- A When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q Why is standing time recommended after microwave cooking is over?

- A After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

Q Is it possible to pop corn in a microwave oven?

- A Yes, if using one of the two methods described below
1 Popcorn-popping utensils designed specifically for microwave cooking.
2 Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT. DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN THE CORN CATCHING FIRE.

CAUTION

NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POP LEFTOVER KERNELS.

Q Why doesn't my oven always cook as fast as the cooking guide says?

- A Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food condition, just as you would do with a conventional cooker.

Q Why is the Cooling fan operated after some cooking? Is the oven wrong?

- A When the oven inside is hot, the cooling fan is automatically operating to cool down the oven for short time. This is not fault.

Technical Specifications

Technical Specification

	MC-9280XC / MC9280XC
Power Input	240 V~ 50 Hz
Output	900 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	574 mm(W) X 376 mm(H) X 520 mm(D)
Power Consumption	
Microwave	1400 watts
Grill	1350 watts
Combination	max. 2150 watts
Convection	2150 watts

If the supplied flexible mains cord of this appliance is damaged, it must be replaced using the special mains cord part number 2B72234U

Terms of Warranty & Important Notice

TERMS OF WARRANTY

Should there be a defect in this product due to either FAULTY MATERIAL or WORKMANSHIP become apparent within the first 2 years from the date of original purchase of this product. Then the defect will be rectified without cost to you for either labour or materials at the premises of LG or their Authorized Service Centre (additionally we will cover the magnetron for an additional 3 years. Note: This is the part only not part and labour) Subject to:

1. Particulars of the model and serial number, the date of original purchase and invoice/sales docket number being given to the authorized service centre when a claim under warranty is made. Purchase receipt must be produced.
2. All (a) damage resulted from incorrect installation or misuse other than in accordance with the operating instructions issued by the Company (b) consequential damage being excluded from this Warranty.
3. The Warranty being rendered invalid if the product is misused or if any unauthorized alteration, modification, or substitution of the product is defaced or altered.
4. Costs of transportation both ways to and from the authorized service centre being are paid by the owner if it is necessary to return the product or any part to an authorized service centre.
5. A charge being accepted by the owner for travelling expenses incurred in connection with warranty service at the user's home.
6. The warranty only applies to the products purchased in Australia and New Zealand.
7. The authorized serviced agent will provide service during normal business hours, Monday to Friday.
8. This warranty is not transferable and applies to the original purchaser only.

Except for those terms that cannot by law be excluded, all terms other than those expressly contained in this warranty statement are excluded. To the extent permitted by law, LG excludes all liability (whether in contract, tort or otherwise) for any consequential, special, incidental or indirect loss or damage including loss of profit, loss or impairment of privacy of conversations, work stoppage or loss or impairment of data arising out of the use or inability to use the Product.

IMPORTANT NOTICE

1. LG ELECTRONICS AUSTRALIA PTY. LTD has arranged for authorized service centres to perform all after-sales and warranty service on its behalf.
2. The authorized service centre can accept no responsibility for damage in transit to and from his premises.
3. If the product or any parts returned to an authorized service centre for any cause not covered by this warranty, all costs involved, including a charge for inspection and handing must be paid to the authorized service centre.
4. Changes not covered by the terms of this Warranty must be borne by the owner. Such charges may arise through the cost of any service all where (a) the product is found to be in good installation, or (b) maladjustment of user controls, or failure to follow operating instructions, mains supply defects or external inference has occurred.
5. No retailer has authority to vary the terms of the above warranty.

Warranty

Complete the details on this form and retain in the event of warranty service being required (purchase receipt attached).

PURCHASER'S NAME

ADDRESS

CITY

STATE

POST CODE

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DATE OF PURCHASE	INVOICE/SALES DOCKET NO

RETAILER'S NAME

ADDRESS

CITY

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MEMO



FOR WARRANTY SERVICE PLEASE CONTACT LG Service on
1300 LG CARE (1300 54 2273) AUSTRALIA or
0800 LG CARE (0800 54 2273) NEW ZEALAND

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