

JT 369

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تعليمات وكيفية الاستعمال

www.whirlpool.com



SENSING THE DIFFERENCE



安裝指引



接駁電線之前

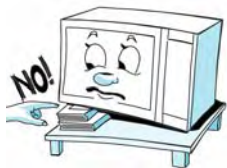


請先檢查額定電壓銘牌上的電壓是否與您家中的電壓相配合。

請不要移除爐腔內壁上的微波出口防護檔板。它們可以防止油脂或食物微粒進入微波孔中。



請將微波爐放置在平坦及穩固的地方，該處必須足以承托爐具與食物器皿的重量。放置時請務必小心。



本產品適合放置在高於地面 850mm 的位置使用。

請將微波爐放置在遠離熱源的地方。為了確保通風良好，微波爐頂部必須留有 20 公分的空間。確保微波爐底部，頂部及四周空氣流通。本爐具不應放置櫥櫃內使用。

必須確定微波爐沒有損壞。可檢查爐門關上時是否緊貼門框，以及內門的封邊是否完整無缺。將爐具內配件取出，然後用柔軟的濕布清潔爐具內部。



電線、插頭如有損壞，或爐具不能正常操作，或受到損壞或翻倒，則切勿使用微波爐。切誤將電線或插頭浸入水中，並避免接觸灼熱的表面，否則會引致觸電、火災或其他意外。

連接之後

微波爐首次連接至電源或停電後，當電力剛剛恢復時，顯示屏會空白一片。如有需要，本微波爐可顯示 24 小時的數位時鐘。如果時鐘功能沒有編入時間，顯示屏仍會空白一片，直至輸入烹調時間為止。

微波爐只有在爐門緊閉之後才能操作。



如將微波爐放置在電視機、收音機或天線附近，可能會影響接收或引起干擾。



本產品必須接駁地線。用戶如果不遵守這項規定，而導致任何人身、動物傷亡與財物損失，製造商概不負責。

由於用戶沒有遵守說明書的指示而造成的問題，製造商概不負責。



重要安全注意事項



請仔細閱讀本說明書並留做日後參考。



切勿在微波爐內或其附近加熱或使用易燃物品。此等物品所釋出的氣體，可能會引起火災或爆炸。



切勿使用微波爐烘乾衣物、紙張、香料、草藥、木製品、花朵、水果或其他易燃物品，以免發生火警。



如物品在微波爐內/外起火或冒煙，請務必保持爐門關閉，然後拔下電源插頭或切斷保險絲或斷路器的電源。



切勿將食物煮得過熱，以免發生火警。



請務必經常留意爐內狀況，尤其是在使用紙製物品、塑膠或其他易燃材料所製造的器皿時。烹煮食物時，紙張可能會起火燃燒或燒焦，塑膠甚至可能會被熔解。

含大量油脂的食物或食用油容易過熱引起著火，使用時請密切留意爐具的狀況。



切勿在本產品中使用腐蝕性化學品或氣體，本爐具專為加熱食物或烹煮食物而設計，它並不適合工業或實驗用途。



切勿懸掛或放置重物於爐門上，以免損壞爐門或爐門鉸鏈。爐門把手亦不應該懸掛物品。



兒童使用本爐具前必須得到恰當的指引，才被允許不在成人的監督下使用本微波爐，確保他們能夠安全地使用本產品，並明白不適當使用微波爐帶來的後果。如果你的微波爐具備其他熱源能與微波同時使用，會產生比較高的溫度，兒童只有在成人的監督下才能使用微波爐。

此微波爐並非設計給身體，感官或精神上能力不足，或經驗及知識不足的人士使用（包括兒童），除非監護其安全的負責人監督或指引其使用。

務必確保兒童不會把微波爐當作玩具。



請不要使用微波爐來加熱密封容器

內的食物或液體，因為在開啟容器時，上升的氣壓可能會導致容器損壞或引起爆炸。



請定期檢查爐門的封條與其附近位置，確保他們沒有損壞。如果已出現損壞，切勿使用本微波爐，直至專業的維修人員維修妥當為止。

雞蛋

切勿使用微波爐烹煮或加熱連殼或不連殼的原隻雞蛋，雞蛋可能因此會爆開。





注意事項



一般注意事項

本產品僅供一般家居使用！

爐內沒有食物時，切勿使用本微波爐，否則可能會對爐具造成損壞。

爐頂的排氣孔必須保持暢通。若爐具抽氣或排氣受阻的話，均會對爐具造成損壞，以及影響烹調效果。

假如您要學習使用的技巧，可把一杯清水放置在爐內，讓清水將微波能量吸收，以免損壞爐具。

切勿將微波爐放置在室外或在室外使用。

爐具不應存放在廚房水槽、泳池附近以及潮濕的地窖等地方。

切勿將爐腔作存放物件之用。

**食物在放入微波爐前，應先去
除紙袋或膠袋口的金屬封口線**



油炸

切勿使用微波爐來油炸食物，因為油的溫度無法控制。



烹調之後，觸碰容器、爐具零件及烤盤前，請務必使用隔熱墊或隔熱手套。烹調時爐具可接觸到的部分會變熱，小孩切勿接近。

流質食物

用微波爐加熱的飲品或清

水，即使煮得過熱，甚至超過沸點，也未必會出現沸騰的氣泡，但是液體卻可能會突然溢出造成燙傷。



為了避免發生上述情況，請遵守下列幾點：

1. 請避免使用窄頸的直身容器。
2. 將流質食物放入爐內之前，請先加以攪拌，並將匙羹留在容器內。
3. 流質食物加熱之後，請讓它留在爐內一會，再加以攪拌，才將容器小心拿出。

小心

請經常參考微波爐烹飪食譜來使用本微波爐，尤其是在烹煮或加熱含有酒精的食物時。

奶樽或嬰兒食物器皿中的

食品或飲料加熱之後，在餵食之前，先將食物加以攪拌及測試食物的溫度，確保熱力分佈均勻，以避免燙傷或灼傷嬰兒。



請確保加熱前已將樽蓋與奶嘴取出！



配件



一般資料

市面上出售的配件種類繁多，請在購買之前先確定是否適合本微波爐使用。

在烹煮食物之前，請確保您使用的器皿適用於微波爐，並可讓微波通過。



將食物及配件放進微波爐時，請確保它們與配件沒有直接觸及爐壁或頂部。

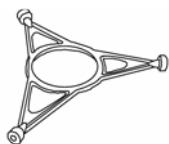
在使用金屬配件或帶有金屬材質的配件時，尤需加倍小心。

在微波爐運作時，如果配件的金屬部分誤觸微波爐的內壁或頂部的話，可能會產生火花並導致微波爐損壞。

在使用微波爐之前，請確保轉盤可自由轉動。若轉盤不能自由轉動，請使用較小的容器或使用“轉盤停轉”功能（見以下說明）。

轉盤托架

請將轉盤托架放置在玻璃轉盤下。切勿在轉盤托架上放置其他器皿。



* 把轉盤托架裝入微波爐中。

玻璃轉盤

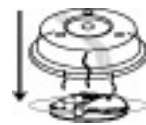
可使用玻璃轉盤配合各種烹調方法。它可以避免食物碎屑及肉汁沾污微波爐內腔。

* 請將玻璃轉盤置放在轉盤托架上。



膠蓋

只有使用微波烹調及翻熱食物時，才用膠蓋蓋著食物，它能防止食物濺出，並保持食物內的水份，以及減少所需的時間。使用膠蓋進行雙層翻熱。



燒烤架

高燒烤架用於燒烤功能。

低燒烤架用於熱風功能，或與其他熱源組合功能。



脆焗盤手柄

使用附送的專用脆焗盤手柄，取出微波爐內燙熱的脆焗盤。



脆焗盤

將食物直接放在脆焗盤上。使用脆焗盤時，應使用玻璃轉盤作為支撐。

切勿將其他器皿放在脆焗盤上，因為脆焗盤會快速變熱，並對器皿造成損毀。

在使用前，可以預熱脆焗盤（最多 3 分鐘）。

請使用脆焗功能預熱脆焗盤。



蒸籠

使用蒸籠烹調魚類、蔬菜及馬鈴薯等食物時，請使用濾盤。

使用蒸籠煮米飯、義大利麵、白豆等食物時，則無須使用濾盤。

請務必將蒸籠放在「玻璃轉盤」上。



烤盤

烤盤只適用於熱風對流及自動熱風對流功能，不適用於與微波功能組合使用。





啟動保護/兒童安全鎖



此自動安全鎖功能會在微波爐回復“備用”模式後的 1 分鐘後啟動。(當時鐘顯示 24 小時時間或時鐘未有設定而顯示屏空白時, 爐具便處於“備用”狀態)



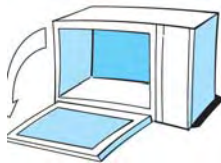
安全鎖必須在爐門開啟及關閉之後(例如將食物放入爐中)才會解開。如果您沒有放入食物便開始操作微波爐的話, 顯示屏便會顯示 door (爐門) 的字樣。

door

暫停或終止烹調程式

暫停烹煮程式:

如果您想查看食物的烹調情況、攪拌或翻轉食物的話, 只要打開爐門, 烹煮程式便會暫時停止。原先的設定值會維持 10 分鐘。



如果您不想繼續烹調的話:

請取出食物, 關上爐門, 然後按下“Stop”掣。

繼續啟動烹煮程式:

請關上爐門並按下“Jet Start”掣一次, 烹煮程式便會從暫停的地方繼續運作。若是連續按下“Jet Start”掣兩次, 烹煮時間便會增加 30 秒。

烹調過程結束後, 微波爐會於 10



分鐘內, 每分鐘發出一次『嗶』

聲訊號。按下“Stop”掣, 或開啟爐門, 可取消嗶聲訊號。

按住停止製 3 秒, 直至聽到“吡”一聲, 就能開啓或取消此功能。

注意: 在完成烹調程式後, 將爐門開啟, 然後關上, 那麼原先的設定值只會維持 60 秒。



廚房計時器



計時器可為各種不同用途計算準確的時間，如烹調雞蛋，義大利麵條或發酵生麵團。
計時器完全獨立於其他功能，無論微波爐是否正在煮食，您隨時都可使用計時器。



1. 按 Clock（時鐘）掣一次。
2. 轉動調節旋鈕設定需要計時的時間。
3. 再按 Jet Start（極速啟動）掣。

計時器完成倒數後微波爐會發出一聲響鬧信號。

按 Clock（時鐘）掣一次即能顯示計時器所剩時間。顯示持續 3 秒，然後切換至烹調時間（若用戶正在烹調）

當計時器在其他功能的背景內運作，而您需要停止計時器時，請先按 Clock（時鐘）掣，將計時器切換至前景位置，然後按 Stop（停止）掣。



時鐘



當微波爐首次接駁至電源或者停電後，顯示屏會空白一片。如果時鐘功能沒有編入時間，顯示屏仍會空白一片，直至設定烹調時間為止。



1. 按 Clock（時鐘）掣（3 秒），直至左面數位（小時）閃動。
2. 轉動調節旋鈕設定小時時數，再按調節旋鈕以示確定。（右面數字（分鐘）顯示閃動。）
3. 轉動調節旋鈕設定分鐘數。
4. 按調節旋鈕或 Clock（時鐘）掣或 Jet Start（極速啟動） 掣。

時鐘便已設定完成並在運作中。

如果在設定好時間之後，您想將設定好的時鐘從顯示屏中移除的話，您只要再按 Clock（時鐘）掣 3 秒直到左手邊的數字（時）閃動，然後按下 Stop（停止）掣即可。

如果要恢復時鐘功能，請再依照上列程式來設定時鐘。

注意：設定時鐘時請打開爐門，用戶有 10 分鐘進行設定。若關閉爐門每一步驟必須在 60 秒內完成。



微波烹調及加熱



一般烹調及加熱食物可使用此功能，例如烹調及加熱蔬菜、魚類、薯仔及肉類。



1. 按微波掣。
2. 轉動調節旋鈕設定微波火力，再按調節旋鈕以示確定。(時間顯示閃動)
3. 轉動調節旋鈕設定煮食時間。
4. 按 Jet Start (極速啟動) 掣。

在烹調過程開始之後：

烹調時間能夠通過轉動調節按鈕來調節，微波火力能夠通過按調節旋鈕然後轉動調節旋鈕來調節。如果在烹調過程中按調節按鈕，微波火力標誌會開始閃爍。在調節按鈕被按或調節旋鈕在三秒之內沒有動過，則新的微波火力設置生效。一旦微波火力標誌持續髮亮不再閃動，表示新的設置已經生效。

用戶可以按下 Jet Start (極速啟動) 掣來延長烹調時間。每按一次此掣，烹調時間便會延長 30 秒。用戶也可以按轉動調節旋鈕來增加或減少烹調時間。



選擇微波火力

只限微波	
火力	建議用於
JET (950W)	翻熱飲料、清水、清湯、咖啡、茶或其他含水量高的食物。若食物內含雞蛋或忌廉，請選擇較低的火力。
750W	烹調魚類、肉類、蔬菜等。
650W	烹調不可攪拌的餸菜。
500W	烹調需要較小心處理的食物，例如含豐富蛋白質的醬汁、芝士及雞蛋菜式，以及可以烹調煲仔菜。
350W	蒸燉食物，融化牛油。
160W	解凍。
90W	軟化牛油、芝士及雪糕。



極速啟動



此功能能快速翻熱含水量高的食物，如清湯，咖啡或茶。



1. 按 Jet Start（極速啟動）掣。

按此掣可自動啟動微波爐，並以最高微波火力及 30 秒的設定時間烹調食物。微波爐啟動後，每按此掣一次便可增加烹調時間半分鐘，亦可轉動調節旋鈕，增加或減少烹調時間。



手動解凍



請依照“微波烹調及加熱”步驟，選擇火力 160W 進行手動解凍。

定時檢查及檢視食物。用戶憑經驗可掌握不同數量的食物所需的解凍時間。

膠袋，保鮮膜，或紙盒包裝的冷凍食物，只要包裝不含金屬（如金屬封口線），即可直接放置於爐腔解凍。

大塊肉類解凍過程中請翻轉食物。

食物形狀影響解凍時間。較薄的食物塊解凍速度快於較厚的食物塊。

食物開始解凍後可拆分開幾塊，單獨的食物塊解凍速度更快。

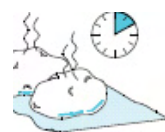
若食物特定部位變暖（如雞腿或雞翼尖），可用小塊的鋁箔紙包裹。



肉汁，燜燉的食物在解凍過程中攪拌一下，解凍效果更好。

最理想的解凍程度是令食物差一點接近完全解凍，然後利用熱傳遞令食物完全解凍。

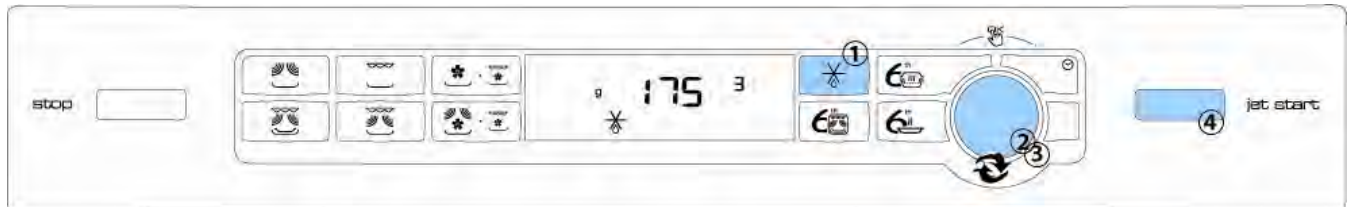
解凍後的熱傳遞時間總能改善解凍效果，因為熱量能在食物中均勻地傳遞。



此功能適用於解凍肉類、家禽、魚類、蔬菜及麵包。

使用極速解凍功能需要知道食物的淨重，而且僅適用於 100 克-3 公斤的食物重量, 詳細可參考極速解凍表格。

請將食物放置於玻璃轉盤上。



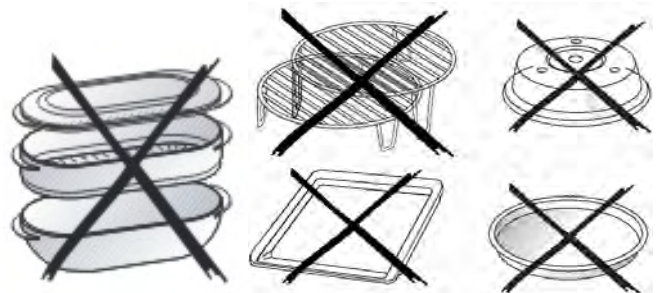
1. 按 Jet Defrost（極速解凍）掣。
2. 轉動調節旋鈕選擇所需食物類型，再按調節旋鈕以示確定。（食物重量顯示閃動）
3. 轉動調節旋鈕設定食物重量。
4. 按 Jet Start（極速啟動）掣。

在解凍過程中，微波爐可能會暫停運作，並提示您“TURN”（翻轉）食物。

- 打開爐門
- 翻轉食物
- 關上爐門，按 Jet Start（極速啟動）掣重新啟動微波爐。

Turn
Food

注意：若食物沒有被攪拌或翻轉，微波爐會在 2 分鐘後繼續操作，這樣解凍時間就會延長了。





極速解凍



冷凍食品：

若實際重量比建議重量更輕或更重：
使用“微波烹調及加熱”並選擇
160 瓦火力來解凍食物。



冷凍食品：

若食物溫度比急凍溫度（-18°C）高，
請選擇較輕的食物重量。

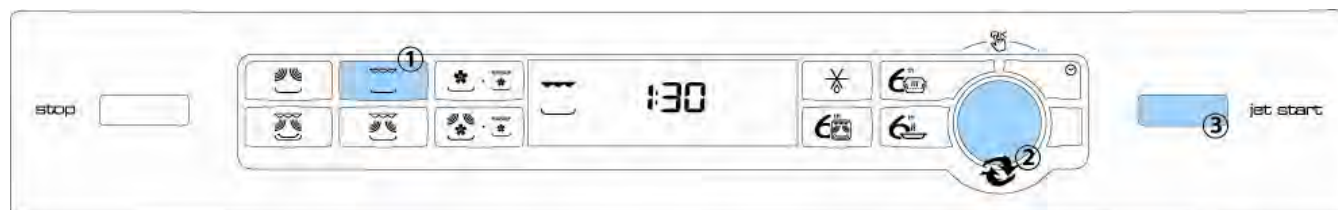
若食物溫度比急凍溫度（-18°C）低，
請選擇較重的食物重量。



食物類型		重量	提示
1	肉類	100 克 - 2 公斤	免治肉類、肉片、肉扒或燒肉
2	家禽	100 克 - 3 公斤	全雞、雞塊或雞片
3	魚類	100 克 - 2 公斤	整塊魚扒或魚片
4	蔬菜	100 克 - 2 公斤	雜菜、豌豆、椰菜等
5	麵包	100 克 - 2 公斤	長條麵包、圓麵包或麵包卷
對於以上列舉之外的食品，若其重量比建議重量更重或更輕，請使用“微波烹調及加熱”功能，並選擇 160 瓦進行解凍。			

燒烤

此功能適用於將食物表面快速地烤成金黃色。



1. 按 Grill（燒烤）掣。
2. 轉動調節旋鈕設定烹調時間。
3. 按 Jet Start（極速啟動）掣。

烹調芝士、多士、肉扒及香腸等食物時，將食物放置在高燒烤架上。

-  使用燒烤功能前，請先確定您所使用的器皿是耐熱，且可在微波爐中使用。
-  請勿使用塑膠器皿來燒烤食物，以免塑膠器皿熔化。木質或紙質的器皿亦不適用。
-  切勿觸摸燒烤元件下的爐頂部分。





微波燒烤



此功能適用於烹調脆皮食物、寬麵條、家禽及烤馬鈴薯。

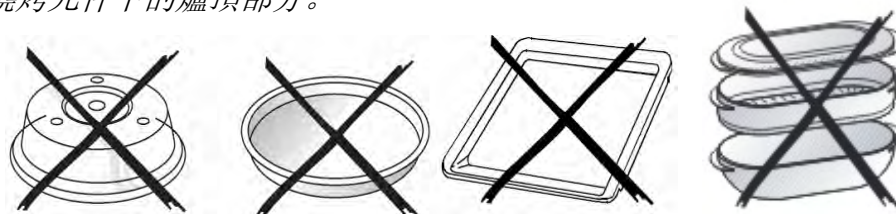


1. 按 Grill Combi（微波燒烤）掣。
2. 轉動調節旋鈕設定微波火力，再按調節旋鈕以示確定。（時間顯示閃動）
3. 轉動調節旋鈕設定烹調時間。
4. 按 Jet Start（極速啟動）掣。

使用燒烤功能時，可供使用的最大微波火力已被原始的預設數值所限制。
使用此功能時應將食物放置在高燒烤架上或玻璃轉盤上。

將微波火力降至 0 瓦，可以關掉微波功能。當調校到 0 瓦時，微波爐處於純燒烤模式。

-  使用燒烤功能前，請先確定您所使用的器皿是耐熱，且可在微波爐中使用。
-  請勿使用塑膠器皿來燒烤食物，以免塑膠器皿熔化。木質或紙質的器皿亦不適用。
-  切勿觸摸燒烤元件下的爐頂部分。



選擇火力等級

微波燒烤	
火力	建議用於
650W	烹調蔬菜及脆皮食物
350-500W	烹調家禽及寬麵條
160-350W	烹調魚及冷凍脆皮食物
160W	烹調肉類
90W	脆焗雜果
0W	烹調期間，僅讓食物變金黃色



脆焗



此功能適用於翻熱或脆焗薄餅及其它麵粉制食品，更可以香煎煙肉、蛋類、香腸及漢堡包。



1. 按 Crisp（脆焗）掣。
2. 轉動調節旋鈕設定烹調時間。
3. 按 Jet Start（極速啟動）掣。

使用脆焗功能時，不能調節或開關火力等級或燒烤功能。

微波爐自動採用微波及燒烤功能來加熱脆焗盤。因此脆焗盤能迅速達到運作溫度，並開始脆焗食物，將其燒烤成金黃色。



請確保脆焗盤正確地放在玻璃轉盤的中間位置。



使用此功能時，微波爐及脆焗盤的溫度會升得極高。



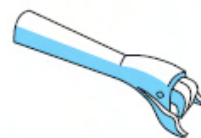
切勿將高溫的脆焗盤放在容易受熱的地方。



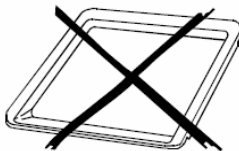
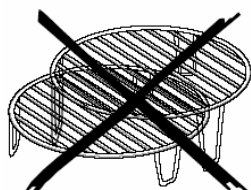
切勿觸摸燒烤元件下的爐頂部分。



從微波爐取出高溫的脆焗盤時使用微波爐手套或附送的專用脆焗盤手柄。



使用脆焗功能時，請使用隨爐附送的專用脆焗盤市面上的其他脆焗盤不能取得同樣的烹調效果。



熱風對流

此功能適用於烹調蛋白酥皮、酥皮糕點、海綿蛋糕、法式梳乎厘、家禽及烤肉。



1. 按一下 Forced Air (熱風對流) 掣。(溫度顯示閃動)
2. 轉動調節旋鈕設定所需溫度, 再按調節旋鈕以示確定。(時間顯示閃動)
3. 轉動調節旋鈕設定烹調時間。
4. 按 Jet Start (極速啟動) 掣。

請將食物放置在較低的燒烤架上，以便熱風能夠在食物周圍充分對流。
開始加熱後，只需按熱風掣便可輕易調校溫度。

在煮食的過程中，烹調時間能夠通過轉動調節按鈕來調節，溫度能夠通過按調節旋鈕然後轉動調節旋鈕來調節。如果在烹調過程中按調節按鈕，溫度標誌會開始閃爍。在調節按鈕被按或調節按鈕在三秒之內沒有動過，則新的溫度設置生效。一旦溫度標誌持續髮亮不再閃動，表示新的設置已經生效。

注意：若連續按兩次熱風對流製，則會進入快速預熱功能，然後若再按一次熱風製，會再次進入熱風對流功能，這兩個功能會通過按熱風對流製交替出現。關於快速預熱的詳細描述請看快速預熱功能篇。



使用熱風對流功能前，請先確定您所使用的器皿適用於焗爐。





微波熱風對流



此功能適用於烹調烤肉、家禽、焗薯仔、速凍即食食品、海綿蛋糕、酥皮糕點、魚類及布甸。



1. 按一下 Forced Air Combi（微波熱風對流）掣。（溫度顯示閃動）
2. 轉動調節旋鈕設定所需溫度，再按調節旋鈕以示確定。（微波火力顯示閃動）
3. 轉動調節旋鈕設定微波火力，再按調節旋鈕以示確定。（時間顯示閃動）
4. 轉動調節旋鈕設定煮食時間。
5. 按 Jet Start（極速啟動）掣。

請將食物放置在較低的燒烤架上，以便熱風能夠在食物周圍充分對流。

在煮食的過程中，烹調時間能夠通過轉動調節按鈕來調節，溫度（或微波火力）能夠通過按調節旋鈕一次（或兩次）然後轉動調節旋鈕來調節。在調節按鈕被按或調節按鈕在三秒之內沒有動過，則新的溫度和微波火力設置確認並生效。一旦溫度及微波火力標誌持續髮亮不再閃動，表示新的設置已經生效。

使用燒烤功能時，可供使用的最大微波火力已被原始的預設數值所限制。

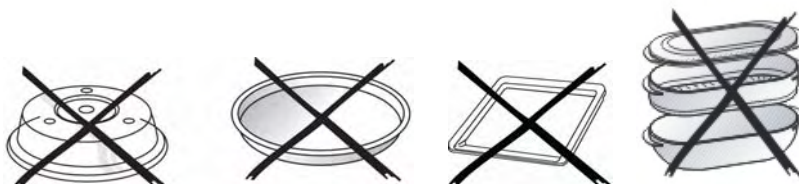
注意：若連續按兩次微波熱風對流製，則會進入快速預熱功能，然後若再按一次此製，會再次進入微波熱風對流功能，這兩個功能會通過按此微波熱風對流製交替出現。關於快速預熱的詳細描述請看快速預熱功能篇。



使用微波熱風對流功能前，請先確定您所使用的器皿適用於微波爐及焗爐。

選擇火力等級

微波熱風	
火力	建議用於
350W	烹調燒雞、焗薯、寬麵條及脆魚
160W	烹調燒肉及雜果蛋糕
90W	烹調蛋糕及餡餅





快速預熱



使用此功能預熱空爐。

預熱前或預熱過程中請勿放置食物進爐內，否則爐內高溫可能導致食物燒焦。

極速預熱只適用於空爐。



1. 按兩下 Force Air(熱風對流) 掣或 Force Air Combi(微波熱風對流) 掣。(溫度顯示閃動)
2. 轉動調節旋鈕設定所需溫度。
3. 按 Jet Start (極速啟動) 掣。

預熱開始後，只需轉動調節按鈕便可輕易調校溫度。

在預熱過程中，顯示屏會出現預熱符號和“PRE-HEAT”字樣，當時的溫度度數會在顯示屏上閃爍，直至達到所需溫度。

當達到所需溫度時，微波爐會依據進入快速預熱功能時所按的製，自動轉換至熱風對流或微波熱風對流功能。溫度可以保持 10 分鐘後自動關閉。在此期間，等待您將食物放進爐內，設置所需烹調時間，按 Jet Start 掣啟動烹調過程。

注意：快速預熱功能僅會通過按熱風對流製或微波熱風對流製兩次來進入，然後若再按一次熱風對流或微波熱風對流製，則會進入熱風對流或微波熱風對流功能，如此循環。

PRE-
HEAT



使用此功能可快速將冷凍食物重新加熱至可供食用的溫度。此功能僅可用於加熱冷凍熟食。



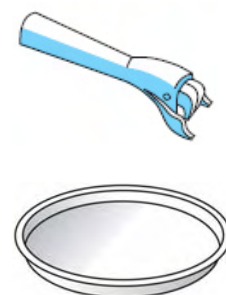
1. 按 6th Sense Crisp(第六感脆焗) 掣。
2. 轉動調節旋鈕選擇食物類型。
3. 按 Jet Start (極速啟動) 掣。

一旦 已顯示，程式就不可以停止。

當時間顯示時，程式就可以停止。

請使用微波爐手套或附送專用的脆烤盤手柄來移動熱的脆烤盤。

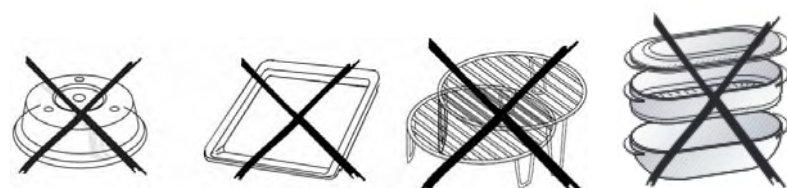
使用脆焗功能時，請使用隨爐附送的專用脆焗盤。市面上的其他脆焗盤不能取得同樣的烹調效果。



切勿在脆焗盤上放置任何容器或食物包裝。

脆焗盤上只可放置食物。

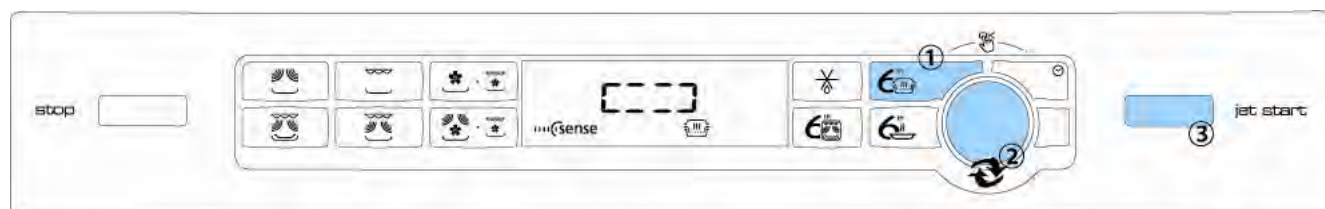
食物類型		重量	提示
1	炸薯條	250 克 - 600 克	將薯條均勻地平攤在脆焗盤上。您也可依個人喜好在薯條上灑點鹽。當時間顯示時，您也可以攪拌一下薯條。
2	批薩、面包皮	250 克 - 500 克	薄塊批薩
3	厚塊批薩	300 克 - 800 克	厚塊批薩
4	蛋奶餡餅	400 克 - 800 克	將蛋奶餡餅直接放在脆焗盤上。
5	雞翅	250 克 - 600 克	將雞翅均勻擺放在脆焗盤上。
對於以下列舉之外的食品，若其重量比建議重量更重或更輕，請使用手動脆焗功能。			



此功能適用於烹調蔬菜、魚類、米飯及義大利麵這類食物。

此功能會透過兩個步驟完成。

- * 第一步會快速將食物加熱到沸點。
- * 第二步會自動將溫度調整為文火的溫度，以免食物在煮沸時溢出。



1. 按 6th Sense Steam(第六感蒸煮)掣。
2. 轉動調節旋鈕設定烹煮時間。(若未設定時間，微波爐將只加熱到沸點，然後即會關閉)
3. 按 Jet Start (極速啟動)掣。

烹調食物時，請務必蓋好蓋子。在使用容器和蓋子之前，請先確定它們都是微波專用的。若您的容器沒有適合的蓋子，您可用碟子代替。當您將碟子用作蓋子時，請使碟底朝下。

請勿使用塑膠或鋁製品蓋住食物。

容器內的食物量不得超過容器的一半。若您要烹煮的食物較多，請選擇較大的容器，以確保食物量不會超過容器的一半，如此可避免煮沸時發生溢出的情形。

烹調蔬菜

將蔬菜放到濾盤中，往容器底部倒入50至100毫升的水。蓋好蓋子並設定時間。

烹調青花菜及韭蔥等易熟的蔬菜時，需要約2至3分鐘的時間。

烹調胡蘿蔔及馬鈴薯等不易熟的蔬菜時，需要約4至5分鐘的時間。

煮米飯

請根據包裝上建議的烹調時間、水量及米量烹煮米飯。將食材放到底部，蓋好蓋子，然後設定時間。

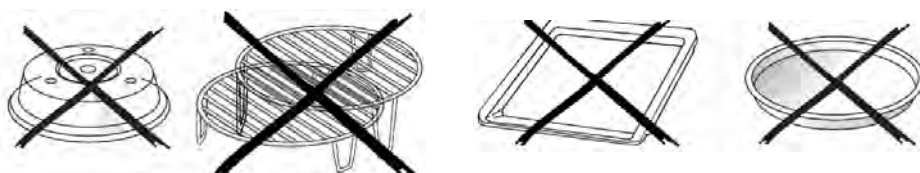
 蒸籠是專門設計供微波爐使用的，請勿用於其他任何用途！



將蒸籠用於其他用途會導致蒸籠損壞。

在啟動微波爐之前，請務必確定轉盤可正確轉動。

請務必將蒸籠置於玻璃轉盤之上。



使用此功能加熱冷凍、冷藏或室溫下的熟食。請將食物放置在抗熱的微波爐專用碟上。
使用此功能時，切勿使用以下配件。



1. 按 6th Sense Reheat (第六感加熱) 掣。
2. 按 Jet Start (極速啟動) 掣。

一旦 [] 已顯示，程式就不可以停止。

當時間顯示時，程式就可以停止。

當您將剩餘放入雪櫃或準備加熱食物時，請將厚、實的食物置於碟的邊緣，薄、松的食物置於碟的中間。

請將薄的肉片疊起來或交錯擺放。較厚的食物，如大塊的肉塊及香腸，每塊之間必須擺得很靠近。

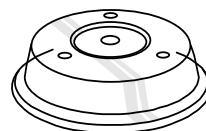


停放時間

1-2 分鐘的停放時間可以令烹調效果更佳，特別是冷凍食物。

使用此功能時，除了在熱湯的時候不需使用蓋子外，請務必使用隨附的蓋子！

若食物的包裝使您無法蓋上蓋子，請在包裝上紮2至3個孔，以便於重新加熱的過程中，使內部壓力釋放出來。

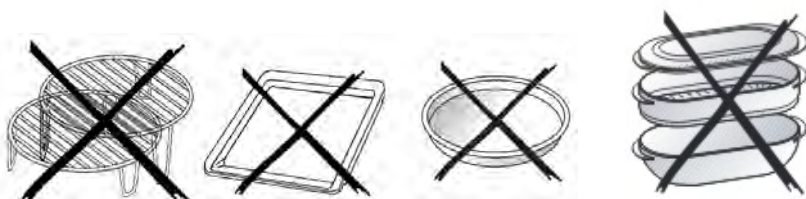


釋放壓力

請用膠蓋或膠膜覆蓋食物。使用膠膜時，由於烹調過程中產生的水蒸氣會積聚，因此應該用叉或取食簽戳穿膠膜，以便烹調過程中釋放壓力，避免發生爆裂。

使用此功能時，淨重應保持在250至600克之間。若無法保持在此範圍之內，請考慮採用手動功能以獲得最佳效果。

在使用此功能之前，請確保微波爐的使用是在室溫下，以取得最佳效果。



維護保養及清潔

微波爐只要勤加清潔，便是最佳的維護方法。但在清潔前，必須關掉電源。

微波爐必須保持清潔，否則可能導致爐身受到腐蝕，縮短微波爐的使用壽命，造成發生危險的可能。



切勿使用金屬刷清潔爐腔內壁，否則會刮花表面。

切勿使用金屬刷、腐蝕性的清潔劑、砂布清潔微波爐，否則可能會使控制板、爐具內外四壁受損，只須用布沾上性質溫和的洗潔精，或在廚房用紙上噴上玻璃清潔劑，便可清潔微波爐。切勿將玻璃清潔劑直接噴在爐上。



應定期取出轉盤及轉盤托架，然後清潔爐腔底部，特別是當倒翻食物後，更應如此。

本爐具經精心設計，當轉盤安放妥當後，才可操作。



當取出轉盤清潔時，切勿使用微波爐。使用溫和的洗潔精、水及軟布，抹拭爐腔內壁、爐門的前、後部分及開門位置。



不要讓油漬及食物的渣滓，堆積在爐門的周圍。

若要去掉頑固汙漬，可將一杯清水放在爐煮2-3分鐘，水蒸汽便可軟化頑固汙跡。

如要清除爐內的難聞氣味，可將一杯混有檸檬汁的清水，放在轉盤上，然後煮沸，便可消除爐腔內的難聞氣味。

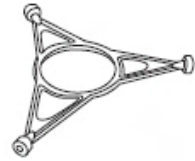


請勿使用蒸汽清潔裝置來清潔微波爐。燒烤元件不需要清潔，因為其產生的高溫能夠燒掉油漬。但燒烤元件下的爐頂需要定期清潔。

若燒烤功能並不常用，要減少危險發生，請於每月至少使用燒烤功能一次，每次10分鐘以清潔有關元件。

下列配件，可用洗碗碟機清洗：

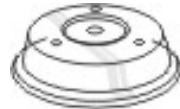
轉盤托架



玻璃轉盤



膠蓋



脆焗盤手柄



燒烤架



烤盤



蒸籠



小心清潔：

脆焗盤必須用溫和的清潔劑清洗。要去除頑固汙漬，可用百潔海綿及溫和的去垢劑清洗。

清洗前必須讓脆焗盤冷卻。

當脆焗盤仍熱時，請勿用水將它浸泡或清洗。將脆焗盤快速冷卻可能會令其損壞。

切勿用金屬刷清潔脆焗盤，否則會刮花表面。



問題解決指南

若微波爐不能操作，請檢查下列各項後才致電維修中心：

- ∞ 轉盤和轉盤托架是否固定就位
- ∞ 插頭是否完全插入插座
- ∞ 爐門是否完全關閉
- ∞ 檢查保險絲，並確定已接上電源
- ∞ 檢查微波爐是否有良好的通風環境
- ∞ 等待十分鐘後再嘗試操作
- ∞ 再作嘗試前，請開啟爐門，然後將其關上。
- ∞ 在操作某些功能時，可能會顯示一個“[:::]”符號。這是正常現象，表示微波爐正在進行計算，以達到最佳效果。

以上檢查，可避免不必要的檢查維修，維修服務可能會收費。

致電維修服務中心時，請提供機身編號及微波爐型號（請參閱維修服務標籤）。有關詳細資料，請參閱保修卡。



若需更換電源線，必須使用原廠產品，並由接受過專業培訓的維修技師負責更換。有關的電源線可聯絡維修中心。



維修工作應交由專業的技師執行，若由非合格的人員進行維修並涉及拆除防止微波外泄的保護蓋，均屬非常危險。

切勿拆除任何蓋子。



環保建議

用來盛載本爐具的紙盒印有環保標誌，可以完全循環再造。棄置有關包裝材料時，請遵循本地的廢物棄置條例。請把可能引致危險的包裝材料（如膠袋、發泡膠等）放置在小孩接觸不到的地方。



本產品依照歐洲關於廢棄電子電氣產品條例2002/96/EC 進行標識(WEEE)。用戶正確棄置能夠幫助預防對環境及人類健康潛在的負面影響。

產品上或產品檔上的此標誌表示本產品有可能不屬於家庭棄置廢物。需要將其交至指定的電子電氣產品廢置站。



本產品如日後需要棄置，請遵循本地的廢物棄置條例。

有關產品處理，恢復及迴圈使用的詳細資料，請諮詢本地政府機構，家庭棄置廢物機構或購買產品的商鋪。

棄置前請切斷電源線，使本產品不能連接電源。

特別注意

為避免微波爐及顯示幕過熱，爐門的溫度必須受到監控。因此，當有可能出現過熱時，微波爐會自動進行冷卻程式。爐內的風扇、轉盤及燈開啟，此屬正常現象。冷卻程式完成後微波爐自動停止運行。開啟爐門可以中止冷卻程式，不會對微波爐造成傷害。

符合 IEC 60705。

為測試不同微波爐產品的熱量功能，國際電器技術委員會制定了特定的標準。建議本微波爐應以下列資料為標準。

實驗	重量	大約時間	火力級別	容器
12.3.1	1000 克	11 分鐘	750W	Pyrex3.227
12.3.2	475 克	5 分鐘	750W	Pyrex3.827
12.3.3	900 克	15 分鐘	750W	Pyrex3.838
12.3.4	1100 克	28-30 分鐘	熱風對流 200 ⁰ C + 350W	Pyrex3.827
12.3.5	700 克	25 分鐘	熱風對流 200 ⁰ C + 90W	Pyrex3.827
12.3.6	1000 克	30-32 分鐘	熱風對流 225 ⁰ C + 350W	Pyrex3.827
13.3	500 克	2 分鐘 12 秒	極速解凍	



INSTALLATION



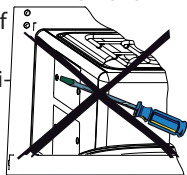
PRIOR TO CONNECTING



CHECK THAT THE VOLTAGE on the rating plate corresponds to the voltage in your home.

DO NOT REMOVE THE MICROWAVE INLET PROTECTION

PLATES located on the side of the oven cavity wall. They prevent grease & food particles from entering the microwave inlet channels.



PLACE THE OVEN ON A STABLE, EVEN SURFACE that is strong enough to hold the oven and the food utensils you put in it. Use care when handling.



THIS OVEN IS NOT INTENDED to be placed or used on a working surface lower than 850 mm above the floor.

POSITION THE OVEN AT A DISTANCE from other heating sources. For sufficient ventilation there must be a space of at least 20 cm above the oven. Ensure that the space underneath, above and around the oven is empty to allow for proper airflow. The microwave oven shall not be placed in a cabinet.

ENSURE THAT THE APPLIANCE IS NOT DAMAGED. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean the interior with a soft, damp cloth.



DO NOT OPERATE THIS APPLIANCE if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces. Electrical shock, fire or other hazards may result.

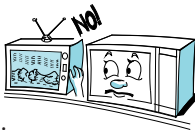
AFTER CONNECTING

WHEN THE APPLIANCE is first plugged in or after a power failure, the display is blank. If required, the oven can display a 24-hour digital Clock. When the Clock function is not programmed the display will remain blank until the cooking time or the Timer is set.

THE OVEN CAN BE OPERATED ONLY if the oven door is firmly closed.

POOR TELEVISION RECEPTION

and radio interference may result if the oven is located close to a TV, radio or aerial.



THE EARTHING OF THIS APPLIANCE is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.

The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.



IMPORTANT SAFETY INSTRUCTIONS



READ CAREFULLY AND KEEP FOR FUTURE REFERENCE



DO NOT HEAT, OR USE FLAMMABLE MATERIALS in or near the oven. Fumes can create a fire hazard or explosion.



DO NOT USE YOUR MICROWAVE oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.



IF MATERIAL INSIDE / OUTSIDE THE OVEN SHOULD IGNITE OR SMOKE IS OBSERVED, keep oven door closed and turn the oven off. Disconnect the power cord or shut off power at the fuse or circuit breaker panel.



DO NOT OVER-COOK FOOD. Fire could result.



DO NOT LEAVE THE OVEN UNATTENDED, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating foods. Do not leave the oven unattended if you are using a lot of fat or oil since they can overheat and cause a fire!



DO NOT USE corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.



DO NOT HANG OR PLACE heavy items on the door as this can damage the oven opening and hinges. The door handle should not be used for hanging things on.



ONLY ALLOW CHILDREN to use the appliance without adult supervision after adequate instructions have been given, so that the child is able to use the appliance in a safe way and understands the hazards of improper use. Children should be supervised when using other heat sources (if available) separately or in combination with microwaves due to the high temperatures generated.

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.

CHILDREN SHOULD BE SUPERVISED to ensure that they do not play with the appliance.



DO NOT USE YOUR MICROWAVE oven for heating anything in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.



THE DOOR SEALS AND THE DOOR SEAL AREAS must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a trained service technician.

EGGS

DO NOT USE YOUR MICROWAVE oven for cooking or reheating whole eggs with or without shell since they may explode even after microwave heating has ended.





PRECAUTIONS



GENERAL

THIS APPLIANCE IS DESIGNED FOR DOMESTIC USE ONLY!

THE APPLIANCE SHOULD NOT BE OPERATED without food in the oven when using microwaves. Operation in this manner is likely to damage the appliance.

THE VENTILATION OPENINGS on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results.

IF YOU PRACTICE OPERATING the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.

DO NOT STORE OR USE this appliance outdoors.

DO NOT USE this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

DO NOT USE the cavity for any storage purposes.

REMOVE WIRE TWIST-TIES from paper or plastic bags before placing bag in the oven.



DEEP-FRYING

DO NOT USE YOUR MICROWAVE oven for deep-frying, because the oil temperature cannot be controlled.



USE HOT PADS OR OVEN MITTS to prevent burns, when touching containers, oven parts, and pan after cooking. Accessible parts may become hot during use, young children should be kept away.

LIQUIDS

E.G. BEVERAGES OR WATER. Overheating the liquid beyond boiling point 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. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow standing for a short time, stirring again before carefully removing the container from the oven.

CAREFUL

ALWAYS REFER to a microwave cookbook for details. Especially, if cooking or reheating food that contains alcohol.

AFTER HEATING BABY FOOD or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving.



This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.

Ensure the Lid and the Teat is removed before heating!



ACCESSORIES



GENERAL

THERE ARE a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.

ENSURE THAT THE UTENSILS YOU USE are oven proof and allow microwaves to pass through them before cooking.



WHEN YOU PUT FOOD AND ACCESSORIES in the microwave oven, ensure that they do not come in contact with the interior of the oven.

This is especially important with accessories made of metal or metal parts.

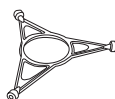
IF ACCESSORIES CONTAINING METAL comes in contact with the oven interior, while the oven is in operation, sparking can occur and the oven could be damaged.

ALWAYS ENSURE that the turntable is able to turn freely before starting the oven. If the turntable isn't able to turn freely you should use a smaller vessel.

TURNTABLE SUPPORT

USE THE TURNTABLE SUPPORT under the Glass turntable. Never put any other utensils on the turntable support.

- Fit the turntable support in the oven.



GLASS TURNTABLE

USE THE GLASS TURNTABLE with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.

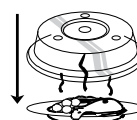
- Place the Glass turntable on the turntable support.



COVER

THE COVER IS USED TO cover food during cooking and reheating with microwaves only and helps to reduce spattering, retain food moisture as well as reducing the time needed.

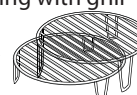
USE the cover for two level reheating.



WIRE RACK

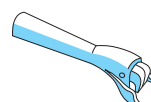
USE THE HIGH WIRE RACK when cooking with grill or grill combination function.

USE THE LOW WIRE RACK when cooking with forced air or forced air combination function.



CRISP HANDLE

USE THE SUPPLIED SPECIAL CRISP HANDLE to remove the hot Crisp plate from the oven.



CRISP-PLATE

PLACE THE FOOD DIRECTLY ON THE CRISP-PLATE.

Always use the Glass turntable as support when using the Crisp-plate.

DO NOT PLACE ANY UTENSILS on the Crisp-plate since it will quickly become very hot and is likely to cause damage to the utensil.

THE CRISP-PLATE may be preheated before use (max. 3 min.). Always use the Crisp function when preheating the crisp-plate.

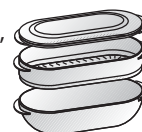


STEAMER

USE THE STEAMER WITH THE STRAINER in place for such foods as fish, vegetables and potatoes.

USE THE STEAMER WITHOUT THE STRAINER in place for such foods as rice, pasta and white beans.

ALWAYS PLACE the steamer on the Glass Turntable.



BAKING PLATE

USE THE BAKINGPLATE when cooking in forced air only. Never use it in combination with microwaves.





START PROTECTION / CHILD LOCK



THIS AUTOMATIC SAFETY FUNCTION IS ACTIVATED ONE MINUTE AFTER the oven has returned to "stand by mode". (The oven is in "stand by" when the 24-hour clock is displayed or if the clock has not been set, when the display is blank).



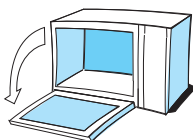
THE DOOR MUST BE OPENED AND CLOSED e.g. putting food into it, before the safety lock is released. Else the display will show "door".

door

PAUSE OR STOP COOKING

TO PAUSE COOKING:

THE COOKING CAN BE PAUSED to check, turn or stir the food by opening the door. The setting will be maintained for 10 minutes.



TO CONTINUE COOKING:

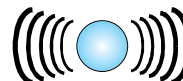
CLOSE THE DOOR and press the Start button **ONCE**. The cooking is resumed from where it was paused.

PRESSING THE START BUTTON TWICE will increase the time by 30 seconds.

IF YOU DON'T WANT TO CONTINUE COOKING:

REMOVE THE FOOD, close the door and press the **STOP** button.

A BEEP WILL SIGNAL once a minute for 10 minutes when the cooking is finished. Press the **STOP** button or open the door to cancel the signal.



THIS FEATURE can be switched on or off by keeping the Stop button pressed for 3 seconds until a beep is heard.

NOTE: The oven will only hold the settings for 60 seconds if the door is opened and then closed after the cooking is finished.

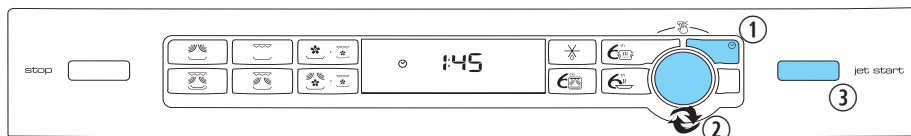


KITCHEN TIMER



USE THIS FUNCTION when you need a kitchen timer to measure exact time for various purposes such as cooking eggs or letting the dough rise before baking etc.

THE KITCHEN TIMER is completely independent of all other functions and can be used at any time regardless of whether the oven is currently cooking or not.



- 1 **PRESS THE CLOCK BUTTON.**
- 2 **TURN THE ADJUST KNOB** to set the time to measure.
- 3 **PRESS THE START BUTTON.**

AN ACOUSTIC SIGNAL will be heard when the timer has finished to count down.

ONE PRESS ON THE CLOCK BUTTON displays how much is left on the Timer. It's displayed for 3 seconds and then returns to displaying the cooking time (If you are currently cooking).

TO STOP THE KITCHEN TIMER when it is operating in the background of another function, you must first recall it to the foreground by pressing the Clock button and then stop it by pressing the Clock button again.



CLOCK



WHEN THE APPLIANCE IS FIRST PLUGGED IN or after a power failure, the display is blank. If the clock is not set, the display will remain blank until the cooking time is set.



- 1 PRESS THE CLOCK BUTTON** (3 seconds) until the left-hand digits (hours) flicker.
- 2 TURN THE ADJUST KNOB** to set the hours and **PRESS IT** to confirm. (The right-hand digits (minutes) flicker.)
- 3 TURN THE ADJUST KNOB** to set the minutes.
- 4 PRESS THE ADJUST KNOB OR CLOCK OR START BUTTON.**

THE CLOCK IS SET and in operation.

IF YOU WISH TO REMOVE THE CLOCK from the display once it has been set, simply press the Clock button again for 3 seconds until the left hand digits (hours) flicker, then press the Stop button.

TO REINSTATE THE CLOCK, follow the above procedure.

NOTE: KEEP THE DOOR OPEN WHILE SETTING THE CLOCK. This gives you 10 minutes to complete the setting of the Clock. Otherwise, each step must be accomplished within 60 seconds.



COOK & REHEAT WITH MICROWAVES



USE THIS FUNCTION for normal cooking and reheating, such as vegetables, fish, potatoes and meat.

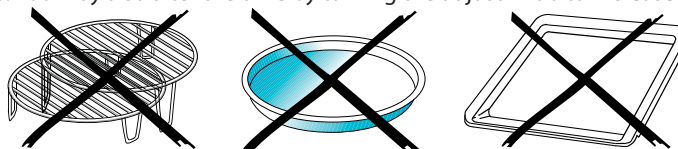


- 1 **PRESS THE MICROWAVE BUTTON.**
- 2 **TURN THE ADJUST KNOB** to set the microwave power and **PRESS IT** to confirm. (The time digits will blink.)
- 3 **TURN THE ADJUST KNOB** to set the cooking time.
- 4 **PRESS THE START BUTTON.**

ONCE THE COOKING PROCESS HAS BEEN STARTED:

The cooking time can be adjusted by turning the adjust knob and the microwave power by pressing the adjust knob and then turning it. If the adjust knob is pressed during cooking, the microwave power digits will blink. The new microwave power setting will be valid after the adjust knob has been pressed or when 3 seconds has elapsed without movement of the adjust knob. Once the microwave power digits are lit continuously the new setting is valid.

THE TIME CAN EASILY BE INCREASED in 30-second steps by pressing the Start button. Each press increases the time with 30 seconds. You may also alter the time by turning the adjust knob to increase or decrease the time.



CHOOSING POWER LEVEL

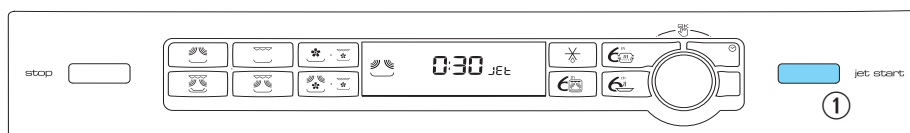
MICROWAVES ONLY	
POWER	SUGGESTED USE:
JET	REHEATING of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.
750 W	COOKING of fish, meat, vegetables etc.
650 W	COOKING dishes, not possible to stir.
500 W	MORE careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
350 W	SIMMERING stews, melting butter.
160 W	DEFROSTING.
90 W	SOFTENING butter, cheeses and ice cream.



JET START

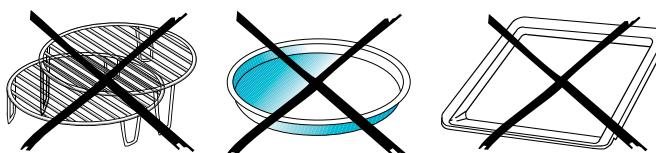


THIS FUNCTION IS USED for quick reheating of food with a high water content such as clear soups, coffee or tea.



1 PRESS THE START BUTTON.

THIS FUNCTION AUTOMATICALLY STARTS with maximum microwave power level and the cooking time set to 30 seconds. *Each additional press* increases the time with 30 seconds. You may also alter the time by turning the adjust knob to increase or decrease the time after the function has started.



MANUAL DEFROST



FOLLOW THE PROCEDURE for "cook & reheat with microwaves" and choose power level 160 W when defrosting manually.

CHECK AND INSPECT THE FOOD REGULARLY. Experience will give you the times needed for various amounts.

FROZEN FOOD IN PLASTIC BAGS, plastic films or cardboard packages can be placed directly in the oven as long as the package has no metal parts (e.g. metal twist ties).

TURN LARGE JOINTS halfway through the defrosting process.

THE SHAPE OF THE PACKAGE alters the defrosting time. Shallow packets defrost more quickly than a deep block.

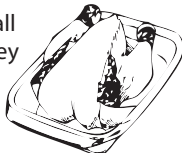


BOILED FOOD, STEWS AND MEAT SAUCES defrost better if stirred during defrosting time.

WHEN DEFROSTING it is better to under-thaw the food slightly and allow the process to finish during standing time.

SEPARATE PIECES as they begin to defrost. Individual slices defrost more easily.

SHIELD AREAS OF FOOD with small pieces of aluminum foil if they start to become warm (e.g. chicken legs and wing tips).



STANDING TIME AFTER DEFROSTING ALWAYS IMPROVES the result since the temperature will then be evenly distributed throughout the food.





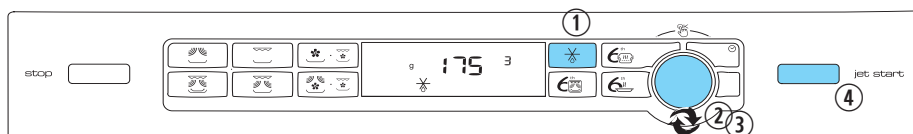
JET DEFROST



USE THIS FUNCTION for defrosting Meat, Poultry, Fish, Vegetables and Bread.

THE **JET DEFROST** FUNCTION needs to know the net weight of the food and should only be used if it is between 100 g - 3 kg, see the Jet Defrost table.

ALWAYS PLACE THE FOOD on the glass turntable.



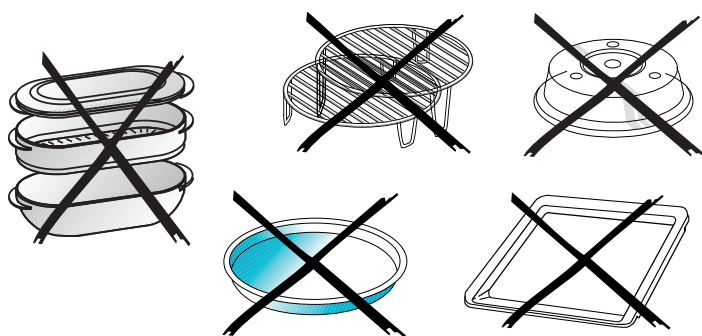
- 1 PRESS THE **JET DEFROST** BUTTON.
- 2 TURN THE **ADJUST KNOB** to select the food class and **PRESS IT** to confirm. (The weight digits will blink.)
- 3 TURN THE **ADJUST KNOB** to set the weight of the food.
- 4 PRESS THE **START** BUTTON.

MIDWAY THROUGH THE DEFROSTING PROCESS the oven stops and prompts you to **TURN FOOD**.

- ❖ Open the door.
- ❖ Turn the food.
- ❖ Close the door and restart by pressing the Start button.

NOTE: The oven continues automatically after 2 min. if the food hasn't been turned. The defrosting time will be longer in this case.

Turn
Food





JET DEFROST



FROZEN FOODS:

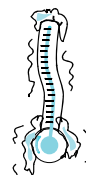
IF THE WEIGHT IS LESSER OR GREATER THAN RECOMMENDED WEIGHT: Follow the procedure for "Cook & Reheat with microwaves" and choose 160 W when defrosting.



FROZEN FOODS:

IF THE FOOD IS WARMER than deep-freeze temperature (-18°C), choose lower weight of the food.

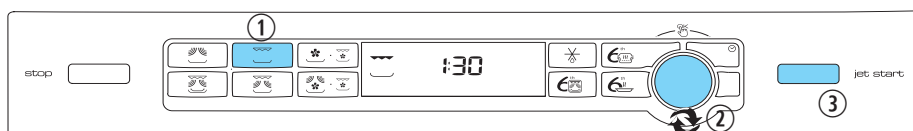
IF THE FOOD IS COLDER than deep-freeze temperature (-18°C), choose higher weight of the food.



FOOD CLASS		AMOUNT	HINTS
1	MEAT	100G - 2Kg	Minced meat, cutlets, steaks or roasts.
2	POULTRY	100G - 3Kg	Chicken whole, pieces or fillets.
3	FISH	100G - 2Kg	Whole, steaks or fillets.
4	VEGETABLES	100G - 2Kg	Mixed vegetables, peas, broccoli etc.
5	BREAD	100G - 2Kg	Loaf, buns or rolls.
FOR FOOD NOT LISTED IN THIS TABLE and if the weight is lesser or greater than recommended weight, you should follow the procedure for "Cook and reheat with microwaves" and choose 160 W when defrosting.			

GRILL

USE THIS FUNCTION TO quickly give a pleasant brown surface to the food.



- 1 PRESS THE **GRILL** BUTTON.
- 2 TURN THE **ADJUST KNOB** to set the cooking time.
- 3 PRESS THE **START** BUTTON.

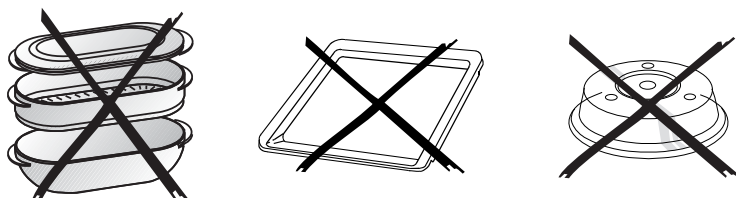
DO NOT LEAVE THE OVEN DOOR OPEN for long periods when the Grill is in operation, as this will cause a drop in temperature.

FOR FOOD LIKE cheese, toast, steaks and sausages, place food on the high wire rack.

i ENSURE THAT THE UTENSILS used are heat resistant when you use this function.

i DO NOT USE PLASTIC utensils when grilling. They will melt. Items of wood or paper are not suitable either.

i BE CAREFUL, NOT TO TOUCH the ceiling beneath the grill element.

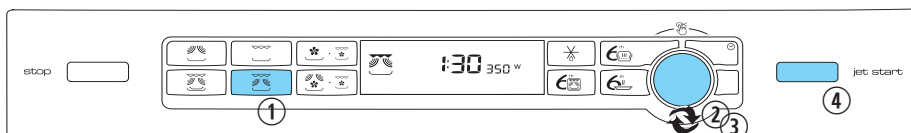




GRILL COMBI



USE THIS FUNCTION TO cook such food as Gratins, Lasagne, Poultry and Baked potatoes.



- 1 **PRESS THE GRILL COMBI BUTTON.**
- 2 **TURN THE ADJUST KNOB** to set the microwave power and **PRESS IT** to confirm. (The time digits will blink.)
- 3 **TURN THE ADJUST KNOB** to set the cooking time.
- 4 **PRESS THE START BUTTON.**

THE MAX. POSSIBLE MICROWAVE POWER LEVEL when using the Grill is limited to a factory-preset level.

PLACE FOOD on the high wire rack or on the glass turn table when cooking with this function.

IT IS POSSIBLE to switch off the microwaves by reducing the microwave power level to 0 W, just press the adjust knob and turn it. When 0 W is reached, the oven switches to Grill only mode.

DO NOT LEAVE THE OVEN DOOR OPEN for long periods when the Grill is in operation, as this will cause a drop in temperature.



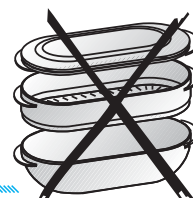
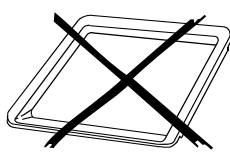
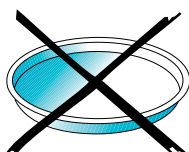
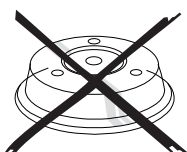
ENSURE THAT THE UTENSILS used are microwave safe and heat resistant when you use this function.



DO NOT USE PLASTIC utensils when grilling. They will melt. Items of wood or paper are not suitable either.



BE CAREFUL, NOT TO TOUCH the ceiling beneath the grill element.



CHOOSING POWER LEVEL

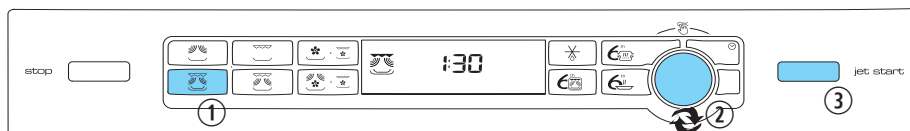
GRILL COMBI	
POWER	SUGGESTED USE:
650 W	COOKING Vegetables Gratins
350 - 500 W	COOKING Poultry & Lasagne
160 - 350 W	COOKING Fish & frozen gratins
160 W	COOKING Meat
90 W	GRATINATING fruit
0 W	BROWNING only during cooking



CRISP



USE THIS FUNCTION to reheat and cook pizzas and other dough based food. It is also good for frying bacon and eggs, sausages, hamburgers etc.



- 1 **PRESS THE CRISP BUTTON.**
- 2 **TURN THE ADJUST KNOB** to set the cooking time.
- 3 **PRESS THE START BUTTON.**

IT IS NOT POSSIBLE TO CHANGE OR SWITCH the Power level or Grill on/off, when using the Crisp function.

THE OVEN AUTOMATICALLY use Microwaves and Grill in order to heat the Crisp-plate. This way the Crisp-plate will rapidly reach its working temperature and begin to brown and crisp the food.

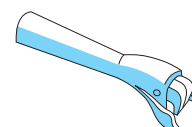
 **ENSURE** that the Crisp-plate is correctly placed in the middle of the Glass turntable.

 **THE OVEN AND THE CRISP-PLATE** become very hot when using this function.

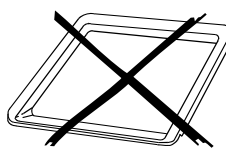
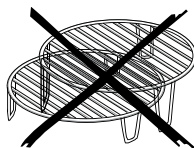
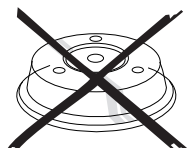
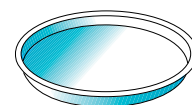
 **DO NOT PLACE THE HOT CRISP-PLATE** on any surface susceptible to heat.

 **BE CAREFUL, NOT TO TOUCH** the ceiling beneath the Grill element.

 **USE OVEN MITTENS** or the **special Crisp handle** supplied when removing the hot Crisp-plate.



ONLY USE the supplied Crisp plate with this function. Other available Crisp plates on the market will not give the correct result when using this function.

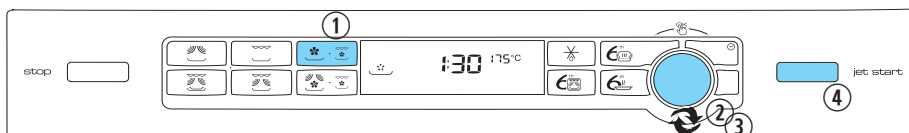




FORCED AIR



USE THIS FUNCTION TO cook meringues, pastry, cakes, soufflés, poultry and roast meats.



- 1 **PRESS THE FORCED AIR BUTTON ONCE.** (The temperature digits will blink.)
- 2 **TURN THE ADJUST KNOB** to set the preferred temperature and **PRESS IT** to confirm. (The time digits will blink.)
- 3 **TURN THE ADJUST KNOB** to set the cooking time.
- 4 **PRESS THE START BUTTON.**

USE THE **LOW WIRE RACK** to put food on to allow the air to circulate properly around the food.

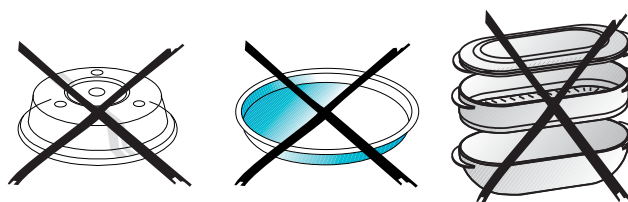
USE THE **BAKING PLATE** when baking small items like cookies or rolls.

DURING THE COOKING PROCESS the cooking time can be adjusted by turning the adjust knob and the temperature by pressing the adjust knob and then turning it. If the adjust knob is pressed during cooking, the temperature digits will blink. The new temperature setting will be valid after the adjust knob has been pressed or when 3 seconds has elapsed without movement of the adjust knob. Once the temperature digits are lit continuously the new setting is valid.

NOTE: Pressing the Forced Air button twice in the beginning, Quick heat function will be entered, then if you press the Forced Air button again, Forced Air function will be entered again, these two functions will be alternately changed by pressing the Forced Air button. Detailed description of Quick heat function is given in the Quick Heat section.



ENSURE THAT THE UTENSILS used are ovenproof when you use this function.

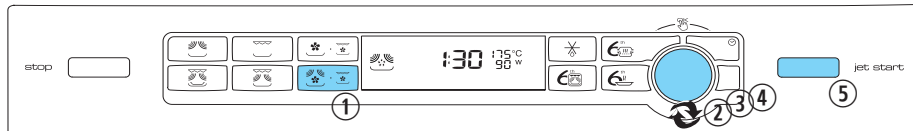




FORCED AIR COMBI



USE THIS FUNCTION to cook roast meats, poultry, and jacket potatoes, frozen convenience foods, cakes, pastry, fish and puddings.



- 1 PRESS THE FORCED AIR COMBI BUTTON ONCE.** (The temperature digits will blink.)
- 2 TURN THE ADJUST KNOB** to set the preferred temperature and **PRESS IT** to confirm. (The microwave power digits will blink.)
- 3 TURN THE ADJUST KNOB** to set the microwave power and **PRESS IT** to confirm. (The time digits will blink.)
- 4 TURN THE ADJUST KNOB** to set the cooking time.
- 5 PRESS THE START BUTTON.**

USE THE LOW WIRE RACK to put food on to allow the air to circulate properly around the food.

DURING THE COOKING PROCESS, the cooking time can be adjusted by turning the adjust knob and the temperature and microwave power by pressing the adjust knob once or twice and then turning it. The new temperature and power settings will be valid after the microwave power setting has been confirmed by pressing the adjust knob or when 3 seconds has elapsed without movement of the adjust knob. Once the temperature and microwave power digits are lit continuously the new settings are valid.

THE MAX. POSSIBLE MICROWAVE POWER LEVEL when using the Forced air Combi is limited to a factory-pre-set level.

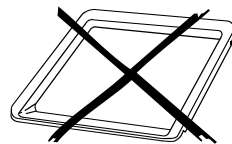
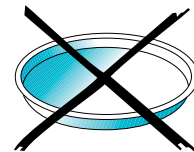
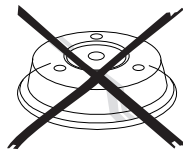
NOTE: Pressing the Forced Air Combi button twice in the beginning, Quick heat function will be entered, then if you press the Forced Air Combi button again, Forced Air Combi function will be entered again, these two functions will be alternately changed by pressing the Forced Air Combi button. Detailed description of Quick heat function is given in the Quick Heat section.



ENSURE THAT THE UTENSILS used are microwave safe and ovenproof when you use this function.

CHOOSING POWER LEVEL

FORCED AIR COMBI	
POWER	SUGGESTED USE:
350 W	COOKING Poultry, Jacket potatoes, Lasagne & Fish
160 W	COOKING Roast meat & Fruit cakes
90 W	COOKING Cakes & Pastry





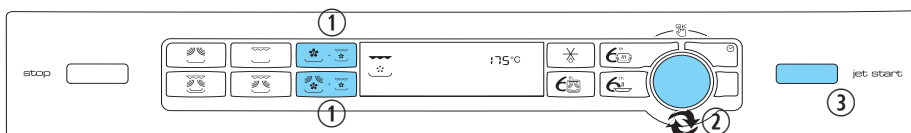
QUICK HEAT



USE THIS FUNCTION TO preheat the empty oven.

DO NOT PLACE FOOD before or during preheating in the oven. It may be burned from the intense heat.

PREHEATING is always done with the oven empty.



- 1** PRESS THE **FORCED AIR** OR **FORCED AIR COMBI** BUTTON TWICE. (The temperature digits will blink.)
- 2** TURN THE **ADJUST KNOB** to set the preferred temperature.
- 3** PRESS THE **START** BUTTON.

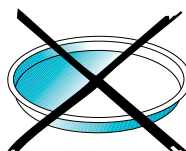
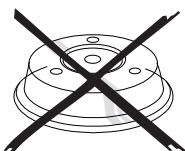
ONCE THE HEATING PROCESS HAS BEEN STARTED the temperature can easily be adjusted by turning the adjust knob.

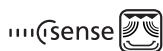
DURING THE HEATING PROCESS, symbols in the display are animated, **PRE- HEAT** is displayed and the current temperature is displayed with flickering digits until the set temperature is reached.

WHEN THE SET TEMPERATURE IS REACHED, the oven automatically switches to the Forced Air function or Forced Air Combi function depending on what button was used to enter quick heat function. It keeps the End state for 10 minutes before switching off. During this time, it is waiting for you to insert food, set the desired cooking time and press the **START** button to begin cooking.

NOTE: Quick heat function will be entered only by pressing the Forced Air button or Forced Air Combi button twice, then if you press the Forced Air or Forced Air Combi button one more time, Forced Air or Forced Air Combi function will be entered again and so on.

PRE-
HEAT

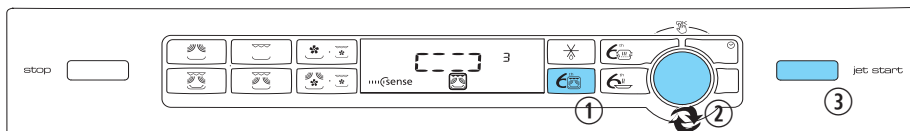




6TH SENSE CRISP



USE THIS FUNCTION to quickly reheat your food from frozen to serving temperature. This function is used only for frozen ready-made food.



- 1 **PRESS THE 6TH SENSE CRISP BUTTON.**
- 2 **TURN THE ADJUST KNOB** to select the food class.
- 3 **PRESS THE START BUTTON.**

THE PROGRAM SHOULD NOT BE interrupted as long as "[]" is displayed.

THE PROGRAM CAN BE interrupted when the time is displayed.



USE OVEN MITTENS

or the **special Crisp handle** supplied when removing the hot Crisp-plate.

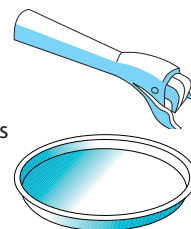
ONLY USE the supplied Crisp plate with this function. Other available Crisp plates on the market will not give the correct result when using this function.



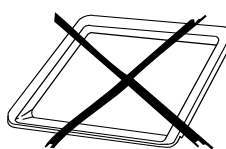
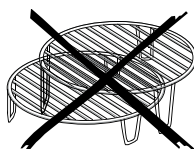
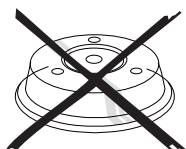
DO NOT PLACE any containers or wrappings on the Crisp plate!



ONLY THE FOOD IS TO BE placed on the Crisp plate.



FOOD CLASS		AMOUNT	HINTS
1	FRENCH FRIES	250G - 600G	Spread out the fries in an even layer on the crisp plate. Sprinkle with salt if crispier fries are desired. The fries can be stirred when the time is displayed.
2	PIZZA, THIN CRUST	250G - 500G	For pizzas with thin crust.
3	PAN PIZZA	300G - 800G	For pizzas with thick crust.
4	QUICHE	400G - 800G	Place the quiche directly on the crisp plate.
5	CHICKEN WINGS	250G - 600G	Spread out the chicken wings in an even layer on the crisp plate.
FOR FOOD NOT LISTED IN THIS TABLE and if the weight is lesser or greater than recommended weight, you should follow the procedure for the manual Crisp function.			





6TH SENSE STEAM

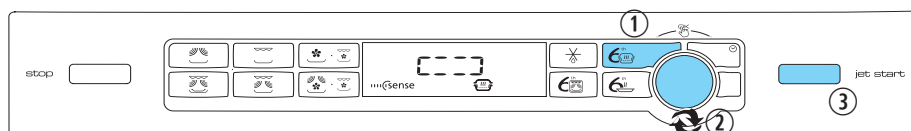


USE THIS FUNCTION FOR such food as vegetables, fish, rice and pasta.

THIS FUNCTION WORKS IN 2 STEPS.

* THE FIRST STEP quickly brings the food to boiling temperature.

* THE SECOND STEP automatically adjusts to simmering temperature in order to avoid over boiling.



- 1 PRESS THE 6TH SENSE STEAM BUTTON.
- 2 TURN THE ADJUST KNOB to set the cooking time. (If time is not set, the program will only run to boiling point before switching off).
- 3 PRESS THE START BUTTON.

ALWAYS COVER THE FOOD WITH A LID. Ensure that the vessel and lid are microwave proof before using them. If you don't have a lid available to your chosen vessel, you may use a plate instead. It should be placed with the underside facing the inside of the vessel.

Do NOT use plastic or aluminum wrappings when covering the food.

VESSELS USED should not be more than half filled. If you intend to boil large amounts, you should choose a larger vessel in order to ensure that it's not filled to more than half of its size. This is to avoid over boiling.

COOKING VEGETABLES

Place the vegetables into the strainer. Pour 50-100 ml water into the bottom part. Cover with the lid and set the time.

Soft vegetables such as broccoli and leek require 2-3 minutes cooking time.

Harder vegetables such as carrots and potatoes require 4-5 minutes cooking time.

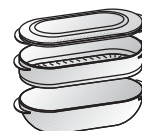
COOKING RICE

Use the recommendations on the package regarding the cooking time, the amount of water & rice. Place the ingredients in the bottom part, cover with the lid and set the time.



THE STEAMER is designed to be used with microwaves only!

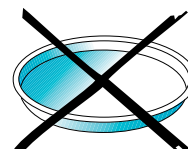
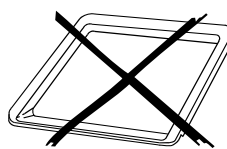
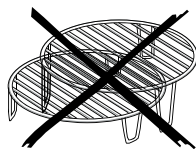
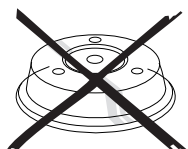
NEVER USE IT with any other function at all.



USING THE STEAMER in any other function may cause damage.

ALWAYS ENSURE THAT the turntable is able to turn freely before starting the oven.

ALWAYS PLACE the steamer on the Glass Turntable.

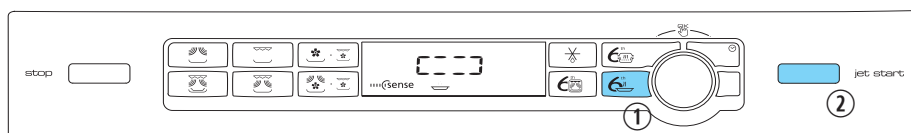




6TH SENSE REHEAT



USE THIS FUNCTION when reheating ready-made food either frozen, chilled or room tempered. Place food onto a microwave safe and heatproof dinner plate or dish.



1 PRESS THE 6TH SENSE REHEAT BUTTON.

2 PRESS THE START BUTTON.

THE PROGRAM SHOULD NOT BE interrupted as long as " [] [] [] " is displayed.

THE PROGRAM CAN BE interrupted when the time is displayed.

WHEN YOU ARE SAVING a meal in the refrigerator or "plating" a meal for reheating, arrange the thicker, denser food to the outside of the plate and the thinner or less dense food in the middle.

PLACE THIN SLICES of meat on top of each other or interlace them.

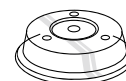
THICKER SLICES such as meat loaf and sausages have to be placed close to each other.



STANDING TIME

1-2 minutes standing time always improves the result, especially for frozen food.

ALWAYS USE THE SUPPLIED COVER with this function except when reheating chilled soups in which case the cover is not needed! If the food is packaged in such way that it isn't possible to use the cover, the package should be cut with 2-3 score to allow for excess pressure to escape during reheating.

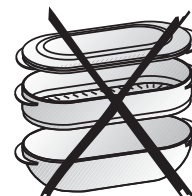
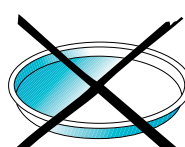
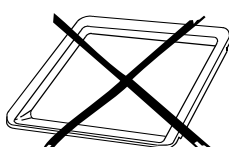
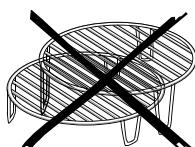


RELEASING PRESSURE

PLASTIC FOIL should be scored or pricked with a fork, to relieve the pressure and to prevent bursting, as steam builds-up during cooking.

THE NET WEIGHT shall be kept within 250 - 600 g when using this function. If not you should consider using the manual function to obtain the best result.

ENSURE the oven is at room temperature before using this function in order to obtain the best result.



MAINTENANCE & CLEANING

CLEANING IS THE ONLY MAINTENANCE normally required. It must be carried out with the microwave oven disconnected.

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.

DO NOT USE METAL SCOURING PADS, ABRASIVE CLEANSERS, steel-wool pads, gritty wash-cloths, etc. which can damage the control panel, and the interior and exterior oven surfaces. Use a cloth with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel. Do NOT SPRAY directly on the oven.

AT REGULAR INTERVALS, especially if spill overs have occurred, remove the turntable, the turntable support and wipe the base of the oven clean.

THIS OVEN IS DESIGNED to operate with the turntable in place.

DO NOT operate the microwave oven when the turntable has been removed for cleaning.

USE A SOFT AND DAMP CLOTH with mild detergent to clean the interior surfaces, front and rear of the door and the door opening.

DO NOT ALLOW GREASE or food particles to build up around the door.

FOR STUBBORN STAINS, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the marks.

ADDING SOME LEMON JUICE to a cup of water, placing this on the turntable and boiling for a few minutes can eliminate odors inside the oven.

DO NOT USE STEAM CLEANING APPLIANCES when cleaning your microwave oven.

THE GRILL ELEMENT does not need cleaning since the intense heat will burn off any splashes, but the ceiling beneath it may need regular cleaning. This should be done with a soft and damp cloth with mild detergent.

IF THE GRILL IS NOT USED REGULARLY, it should be run for 10 minutes a month to burn off any splashes, in order to reduce the risk of fire.

DISHWASHER SAFE:

TURNTABLE SUPPORT.

GLASS TURNTABLE

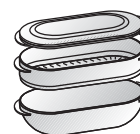
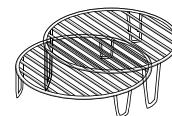
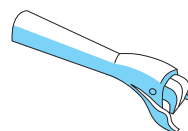
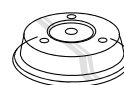
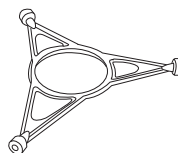
COVER

CRISP HANDLE

WIRE RACK

BAKING PLATE

STEAMER



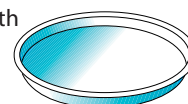
CAREFUL CLEANING:

THE CRISP-PLATE should be cleaned in mild, detergent water. Heavily soiled areas can be cleaned with a scouring cloth and a mild cleanser.

ALWAYS let the crisp-plate cool off before cleaning.

DO NOT immerse or rinse with water while the crisp-plate is hot. Quick cooling may damage it.

DO NOT USE STEEL-WOOL PADS. This will scratch the surface.



TROUBLE SHOOTING GUIDE

IF THE OVEN DOES NOT WORK, do not make a service call until you have made the following checks:

- ❏ The Turntable and turntable support is in place.
- ❏ The Plug is properly inserted in the wall socket.
- ❏ The Door is properly closed.
- ❏ Check your Fuses and ensure that there is power available.
- ❏ Check that the oven has ample ventilation.
- ❏ Wait for 10 minutes, then try to operate the oven once more.
- ❏ Open and then close the door before you try again.
- ❏ During the operation of some functions, a symbol "□□□□" may be displayed. This is normal and indicates that the oven performs some calculations in order to reach a good end result.

THIS IS TO AVOID unnecessary calls for which you will be charged.

When calling for Service, please give the serial number and type number of the oven (see Service label). Consult your warranty booklet for further advice.



IF THE MAINS CORD NEEDS REPLACING it should be replaced by the original mains cord, which is available via our service organization. The mains cord may only be replaced by a trained service technician.



SERVICE ONLY TO BE CARRIED OUT BY A TRAINED SERVICE TECHNICIAN. It is hazardous for anyone other than a trained person to carry out any service or repair operation, which involves the removal of any cover, which gives protection against exposure to microwave energy.

DO NOT REMOVE ANY COVER.



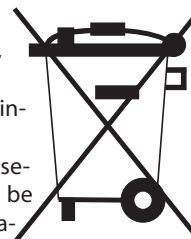
ENVIRONMENTAL HINTS

THE PACKING BOX may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene etc.) out of the reach of children.



THIS APPLIANCE is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product.

THE SYMBOL on the product, or on the documents accompanying the product, indicates that this appliance may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.



DISPOSAL must be carried out in accordance with local environmental regulations for waste disposal.

FOR MORE DETAILED INFORMATION about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

BEFORE SCRAPPING, cut off the mains cord so that the appliance cannot be connected to the mains.

Three horizontal blue lines for writing.



Twenty horizontal blue lines for writing.

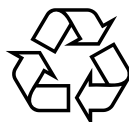
SPECIAL NOTE

To **PROTECT** the oven and display from overheating, the temperature in the door is monitored. Therefore the oven may carry out a cooling procedure if overheating is at risk. The fan, turntable and light operate. This is normal. After this procedure the oven switches off automatically. The cooling procedure can be interrupted without any harm to the oven by opening the door.

IN ACCORDANCE WITH IEC 60705.

THE INTERNATIONAL ELECTROTECHNICAL COMMISSION has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

Test	Amount	Approx. time	Power level	Container
12.3.1	1000 G	11 MIN	750 W	PYREX 3.227
12.3.2	475 G	5 MIN	750 W	PYREX 3.827
12.3.3	900 G	15 MIN	750 W	PYREX 3.838
12.3.4	1100 G	28 - 30 MIN	FORCED AIR 200°C + 350 W	PYREX 3.827
12.3.5	700 G	25 MIN	FORCED AIR 200°C + 90 W	PYREX 3.827
12.3.6	1000 G	30 - 32 MIN	FORCED AIR 225°C + 350 W	PYREX 3.827
13.3	500 G	2 MIN 12 SEC	JET DEFROST	



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