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# Important Safety Instructions

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

### Precautions for using this product for cooking

#### Check whether the product is damaged.

#### Please inspect your oven as follows before using:

1. The oven door and the oven cavity are not damaged or cracked. If they are damaged or cracked, do not use.
2. The oven must be grounded before use. In case of electric leakage, the ground can provide a current loop to avoid electric shock. The power supply plug must be inserted into a single-phase bipolar socket with grounding.
3. Read this manual carefully before using the appliance. The oven can only be used for the purposes indicated in this manual.

### PRECAUTIONS:

#### Forbidden items

1. In the event that the oven door or door seal has been damaged, do not use the oven until a qualified technician has repaired it.
2. Do not damage the safety lock of the oven door, including the door hinges.
3. 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.
4. Children should be supervised to ensure that they do not play with the appliance.
5. Except for a qualified technician, repair is very dangerous. Do not attempt to disassemble, repair or modify the oven yourself.
6. When the oven works abnormally, do not continue using it.
7. Once finding any crack or notch on the water tank, do not use the product, as water leakage can lead to electric leakage or electric shock.
8. When the socket hole gets loose or the power supply cord or plug is damaged, do not use the product. If the supply cord is damaged, it must be replaced by manufacturers, its service agent or similarly qualified persons in order to avoid a hazard.
9. Do not use a wet hand to press or insert/remove the power supply plug; otherwise an electric shock may be caused.
10. Do not knock on parts such as the control panel, housing, oven cavity and oven door; otherwise it may lead to product failure.
11. Do not place the product and power supply cord in damp places with high temperatures, e.g., near a gas stove, electrified area or sink.
12. The oven is used for household cooking only and may not be used for laboratory tests or other commercial purposes. Moreover, the product cannot be placed in a cupboard for use.
13. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass.
14. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
15. Do not block the air inlet and outlet; otherwise a fire may be caused. Please clean the product regularly to prevent the air inlet and outlet from being blocked by foreign matter and dust.

#### Dangerous Items

1. Do not place inflammable materials around the oven or in the oven cavity; otherwise a fire may be caused.
2. Upon finding smoke, turn off the appliance or remove the power supply plug and make sure that the oven door is closed to prevent spreading fire. Press **Stop/Reset** button, and then remove the power supply plug or turn off the general power switch in the room.
3. Do not use the product for purpose not mentioned in the manual, e.g., using the product to dry articles; otherwise a fire may be caused.

4. 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.
5. Avoid actions or behavior that may damage the power supply cord and power supply plug, e.g., immersing the power supply cord and power supply plug into water, keeping the power supply cord at a position at a high temperature, or forcedly bending, twisting, pressing or binding the power supply cord. A damaged power supply cord or plug may lead to dangers such as short circuit, electric shock and fire. Do not immerse the appliance in water.

#### Safety Precautions

1. The oven surface may become very hot during and after use. The temperature at the housing surface, air outlet, oven door and oven cavity are relatively high. Do not press these parts; otherwise you may be scalded. Young children should be kept away.
2. If white smoke appears when the convection function is used for the first time, it does not indicate a fault. The protective oil of components is volatilized to generate white smoke due to heating.
3. The vessel and food temperatures are very high when you stir or turn over the food during cooking or take food out after the cooking. Please use insulation gloves or a pot clip to prevent scalding.
4. If you need to open the oven door to stir, turn over or rearrange food in the process of using steam, note to keep a distance; otherwise steam may scald your face or hands.
5. When the oven door is open, do not drag the container along the oven door. The weight borne by the oven door cannot exceed 4 kg.

#### Instruction Items

1. Before using vessels of different materials, first confirm whether the vessels can withstand high temperature. When the food is cooked in a plastic or paper package, please watch it, as it could catch fire.
2. Food must be placed in a proper vessel and cannot be directly placed in the oven cavity for cooking.
3. The surface temperature and internal temperature of the oven are very high after cooking. Do not clean it immediately after cooking. Be sure to clean the product after it cools down; otherwise you may be scalded.
4. Remove the power supply plug before cleaning. Do not use a corrosive cleaning agent; otherwise it will damage or corrode the product.
5. Clean dust from the power supply plug on a regular basis. If the product will not be used for a long time, remove the power supply plug. Do not pull the power supply cord as remove the power supply plug: hold the plug to remove it.

#### Power Supply

The product must use a separate power supply system. A special power supply system should be separate from other devices for use by the oven. If such a system is not used, the electrical appliance may blow a fuse. Fuses above 10 amperes are recommended. A high capacity fuse may not be used in the circuit.

#### Earthing Instructions

The product must be grounded before use. In case of electric leakage, the ground can provide a current loop to avoid electric shock. The power supply plug for the product must be inserted into a single-phase bipolar socket with grounding. Note: Improper use of the power supply plug will lead to an electric shock.

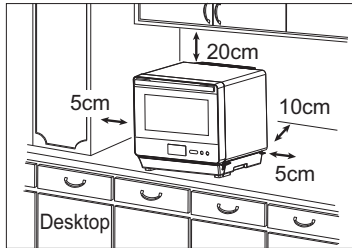
#### Electric Fan

After cooking ends, the electric fan will continue running for a certain period of time to cool down the cavity and electronic components. This is perfectly normal.

# Precautions for Placement and Cooking

## Placement of The Oven

1. The product must be placed at a position more than 85 cm above the ground. In normal use, good ventilation must be ensured around the product. Allow 20 cm of space on the top of the oven, reserve a gap not smaller than 5 cm from the right wall, a gap not smaller than 5 cm from the left wall and a gap not less than 10 cm from the back wall. Do not block the ventilation opening. Keep the environment clean and prevent roaches and other insects from entering the product.



- (a) Do not block the air inlet and outlet; otherwise a fire may be caused. Maintain the product regularly and prevent foreign matter and dust from blocking the air inlet and outlet.
  - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - (c) The product must be placed on a flat surface.
  - (d) Do not remove the legs. Place the product on a stable surface.
  - (e) Do not put a heavy load on the oven door or top.
  - (f) The product cannot be used if the indoor humidity is too high.
2. This product is for household use only. This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard. The oven shall not be placed in a cabinet.
  3. Do not use the cavity for storage purposes.

## Precautions for cooking

1. When heating liquids, e.g. soup, sauces and beverages in your oven, take care when taking them out. Pay special attention to the following items during cooking:
  - (a) Do not overheat, otherwise the liquid may suddenly boil and splash to scald you when you take out the food.
  - (b) When heating liquids, the volume should be at least eighty percent full of the container, otherwise the small amount of liquid could result in a sudden boil over of the hot liquid.
  - (c) Stir the food before or during the heating.
  - (d) After heating, keep the food in the oven for a while, stir it slightly, and then take it out.
  - (e) The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.
2. Do not use a conventional thermometer to check the degree of the meat. Use a meat thermometer, if undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level.
3. Cooking times given in the cooking guide section are approximate. Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
4. When using the convection function, you must control the cooking time and pay attention to the heated food all times. Over-heated food may lead to smoke or fire.

Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during using. Use care when opening or closing door and inserting or removing food and accessories.

Caution! Hot surfaces



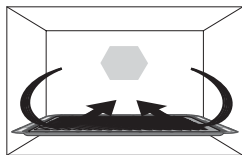
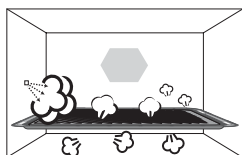
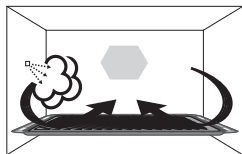
## Warning

- (a) In the event that the oven door or door seal has been damaged, do not use the oven until a qualified technician has repaired it. Do not damage the safety lock of the oven door, including the door hinges. To repair the product, please call Panasonic customer consultation service center or contact the repair shop authorized by Panasonic.
- (b) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service. Do not attempt to disassemble, repair or modify the oven yourself.
- (c) Do not allow children or someone without knowledge of oven operation to use the oven in an unattended manner unless they get proper instructions on use and know that any improper operation may lead to danger.
- (d) Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass.

# Heating Principle

The diagrams shown below are examples of various cooking modes and caution. It may vary depending on the recipe/dish used.

English

Cooking modes	Principle and application	Caution
<p><b>Convection, Fermentation</b></p> 	<p><b>Heating by convection heater.</b></p> <ul style="list-style-type: none"> <li>• Baking pastries such as cookie, cake and pizza, etc.</li> <li>• Roasting meat and poultry, etc.</li> <li>• Fermentation and making yogurt.</li> <li>• Frying thin foods with high temperature, such as shrimp, fish and chicken pieces, etc.</li> </ul> <p><b>Preheat recommended (Except fermentation)</b></p>	<p>Take out the food immediately after heating to avoid food darkening by residual heat. To maintain the temperature in the oven, do not open and close the oven door during heating. In order to get a more even baking result, you can adjust the food position or rotate the accessory midway.</p>
<p><b>Steam</b></p> 	<p><b>Heating by Steam</b></p> <ul style="list-style-type: none"> <li>• Steaming various seafood, poultry, meat, leafy greens, root vegetable, rice, and Chinese dim sum.</li> </ul>	<p>Since steam will be generated during cooking, please do not cover with lid or plastic wrap, unless specified.</p>
<p><b>Steam Convection</b></p> 	<p><b>Heating by Steam and Convection</b></p> <ul style="list-style-type: none"> <li>• Baking soft cakes, soufflé etc.</li> <li>• Grill soft meat such as teriyaki chicken etc.</li> </ul> <p><b>Preheat recommended</b></p>	<p>It can maintain a high temperature and keep food moist.</p>

**Note:**

In general, always put the accessory in lower shelf position.

# Cooking Techniques

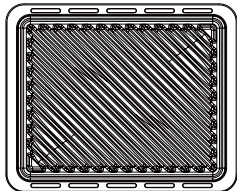
## Timing

A range in heating time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is under cooked, continue cooking. It is easy to add time to an under cooked product. Once the food is overcooked, nothing can be done!

## Spacing

Individual foods, such as baked potatoes and cupcakes will heat more evenly if placed in the oven equal distance apart. When possible, arrange foods in a circular pattern.

Similarly, when placing foods around the outside of accessory, not lined up next to each other. Food should NOT be stacked on top of each other.



## Browning

To shorten the food convection or cooking time and get good color effect, be sure to apply dark soy sauce or spicy sauce to the food before baking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

## Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. It has a good performance during convection.

Potatoes — pierced with a fork.

Sausages — scratched smoked sausages. Pierce the casing with a fork.

## Rotating and repositioning food

Sometimes heat cannot be redistributed by stirring the food. To achieve even cooking effect, you can reposition or rotate the food. For example, turn over the food in the cooking process, turn over large portions of food such as meat or chicken, or rotate the metal tray during baking.

English

# Food Characteristics

The cooking method is closely related to the food characteristics.

## Size

Small portions cook faster than large ones.

## Shape

Uniform sizes heat more evenly. To compensate for irregular shapes, place thin pieces toward the centre of the dish and thicker pieces toward the edge of dish.



## Starting Temperatures

Room temperature foods take less time to heat up than refrigerator frozen foods.

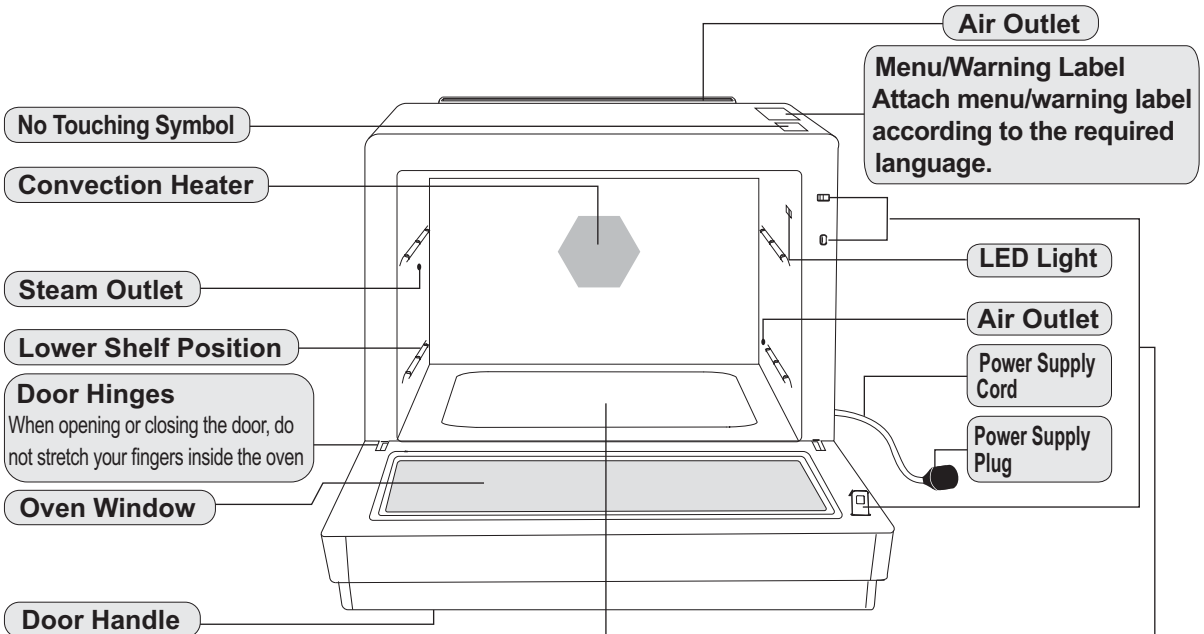
## Density

Porous, airy foods take less time to heat than heavy, compact foods.



# Feature Diagram

English

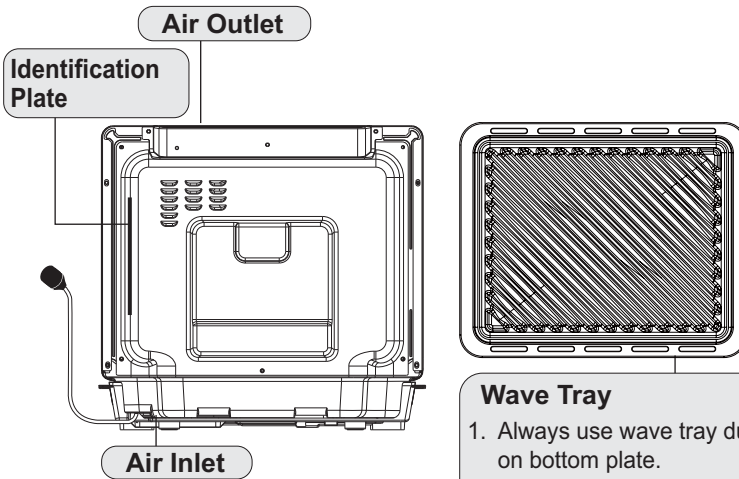


## Bottom Plate

1. Clean the oven after cooking until the bottom plate cools down.
2. Do not cook directly on the bottom plate. Always place food on the accessory.

## Door Safety Lock System

To prevent injury, do not insert finger, knife, spoon or other objects into the latch hole.



## Wave Tray

1. Always use wave tray during cooking. Food cannot be put directly on bottom plate.
2. Always put the wave tray in shelf position.
3. In general, always put the wave tray in lower shelf position.
4. Heat-resistant container or aluminum foil can be used according to different functions.
5. Take out the food with oven gloves after cooking to avoid burns.
6. To avoid damaging the oven door, do not drag on the oven doors when handing.
7. The maximum weight that can be placed on the metal tray is 3 kg (include total weight of food and dish).

## Notes:

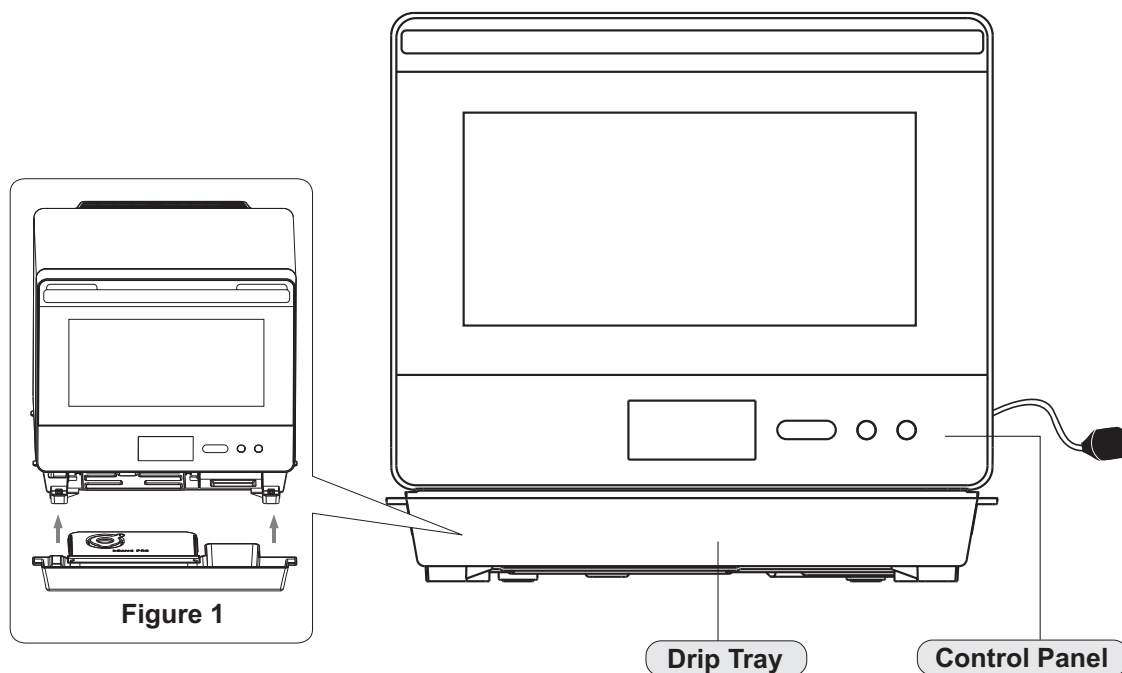
1. The above illustration is for reference only.
2. The only accessory attached with the product is the wave tray. Other cooking utensils involved in the manual need to be purchased by yourself.



# Feature Diagram

(continued)

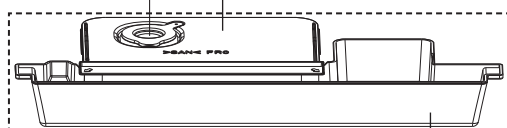
English



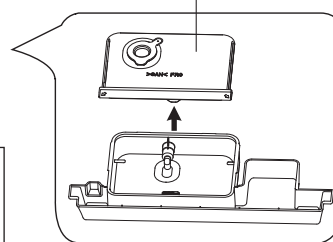
## Water Tank

1. Full-load waterline is 800 ml. Full water to 800 ml mark.
2. Fill with pure water (do not use mineral water).
3. Fully fill the water tank and cover the rubber lid.

## Rubber Lid



## Water Tank Lid



## Integrated Water Tank

1. Water tank and drip tray are parts of integrated water tank.
2. Take integrated water tank out from package before using, then install it to the lower side according to figure 1.
3. To remove the drip tray, hold with both hands and gently ease forward.
4. Clean the integrated water tank regularly.
5. Ensure the water tank is installed tightly and securely, otherwise leakage may occur.
6. Do not use a dishwasher to clean the integrated water tank.

**Note:** When removing the integrated water tank, water drops may flow out from the outlet of bottom cavity. It is recommended to remove integrated water tank after the oven cooling down.

## Drip tray






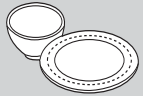
1. The drip tray must be fitted as it collects excess water during cooking.
2. The drip tray should be removed and cleaned on a regular basis.



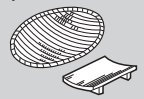



## Notes:

1. The above illustration is for reference only.

# Cookware and Utensil Guide

English

Container	Convection, Fermentation, Steam Convection	Steam
Wave tray 	✓	✓
Heat-proof glass container 	✓	✓
Non-heat-proof glass containers 	Note: They can be used for fermentation.	✗
Heat-proof plastic containers 	Note: They can be used for fermentation.	✓
Non-heat-proof plastic containers 	Note: They can be used for fermentation.	✗
Ceramic • porcelain 	Note: Containers with color pictures on the inside may cause color peeling during heating, please do not use.	✓

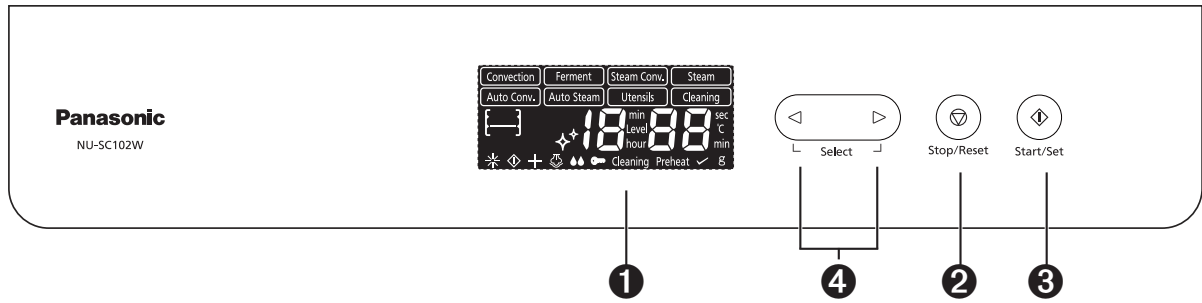
Container	Convection, Fermentation, Steam Convection	Steam
Lacquerware 	✗	✗
Aluminum and other metal containers 	Note: Meal containers with resin handles cannot be used.	Note: Easy-rusting metal container is forbidden.
Wood • bamboo • paper containers 	Note: Paper containers that have undergone heat-proof treatment and heat-proof temperature higher than setting temperature can be used.	Note: Wood and bamboo container, paper containers that have undergone heat-proof treatment can be used.
Plastic wrap 	Note: ① Plastic wrap will molten under a high temperature. ② They can be used for fermentation.	Note: Do not use without special instructions.
Aluminum foil 	✓	✓
Heat-proof silica gel container 	✓	✓

## Notes:

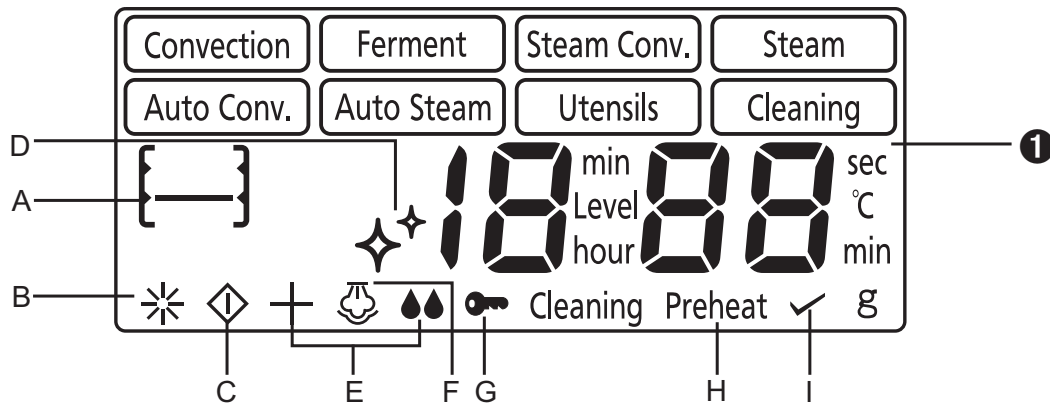
1. Accessory must be used when cooking.
2. Take out the food with oven gloves after cooking to avoid burns.
3. Do not use accessory or other containers in the preheating stage.



# Control Panel



English



## ① Display Window:

- A: Placement of The Accessory
- B: Operating Icon (The icon is rotating during operation.)
- C: Start/Set Icon
- D: Steam System Cleaning Function, Citric Acid Cleaning Function
- E: Full Water Icon
- F: Steam Shot Icon
- G: Child Safety Lock
- H: Preheating Icon
- I: Preheating End Icon

## Mode:

- Convection**.... (See page 11-12)
- Fermentation**.....(See page 13)
- Steam Convection**..... (See page 14-15)
- Steam**.....(See page 16)
- Steam Shot**..... (See page 17)
- Auto Convection Menus**..... (See page 19-20)
- Auto Steam Menus**.... (See page 21-22)
- Cleaning (Utensils)**... (See page 54)
- Oven Cleaning**....(See page 55-58)

## ② Stop/Reset button

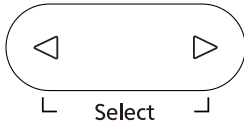
## ③ Start/Set button

## ④ Select button

# Control Panel

(continued)

English



- **Function Setting:** To select a function which you desired.
- **Time Setting\* :** To set the cooking time.
- **Menus/Oven Cleaning Setting:** To choose desired auto menus and oven cleaning function.
- **Weight/Serving Setting:** To set desired cooking weight/serving of auto menus.
- **Temperature Setting:** To set the temperature of Convection, Fermentation and Steam Convection.

**Note:** To ensure safety, when using above 200 °C operation under cooling condition the temperature will be kept around 8 minutes and decrease gradually to 200 °C. If you use above 200 °C operation consecutively, the cooking time will be shorter. This will not affect the cooking performance.

\* Hold “◀ ▶” button for seconds, you can fast forward or back forward of time setting.

## Beep Sound:

Times	Results
None	Did not or could not accept the instruction
Once	Accept the instruction
Twice	Between programmed stages to prompt turn over, stir, rearrange foods or error message during cooking
Three times	After preheating for manual setting
Long time beeps	After preheating for auto menu setting
Five times	End of program

## Notes:

1. The above illustration is for reference only, please subject to the actual product.
2. After 6 minutes without operation after setting the cooking program, including opening or closing the oven door, the program will automatically be cancelled and revert back to “0” or enter standby mode. If the oven is used for another time without being unplugged and plugged in again, the last program will be displayed.

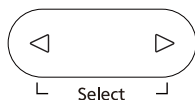
# Convection Setting

There is a choice of convection setting from 100°C to 230°C, It is suitable for baking meat, fish and Western desserts like cake, pizza, etc. Place the food directly on the accessory, select suitable temperature and time, and start cooking. In order to get an even cooking result, re-arrange food position or rotate the accessory during cooking.

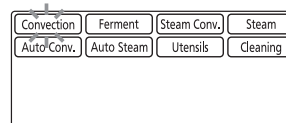
## When cooking without Preheat:

English

1



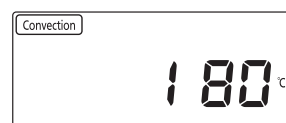
Place food on the wave tray in lower shelf position. Select **Convection** mode by pressing **Select** button. (Without Preheat)



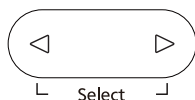
2



Press **Set** button to set **Convection** mode. (Without Preheat)



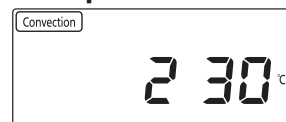
3



Set desired cooking temperature by pressing **Select** button.

(Temperatures range from 100°C to 230°C. Default temperature is 180°C.)

**Example: 230°C**



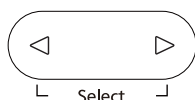
4



Press **Set** button to set desired temperature.



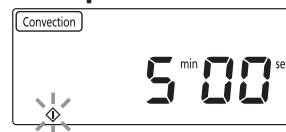
5



Set desired cooking time by pressing **Select** button.

(Maximum **Convection** time is 1 hour and 30 minutes.)

**Example: 5 minutes**

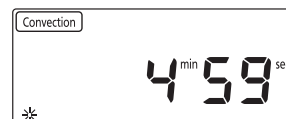


6



Press **Start** button. The cooking time in the display window will count down.

(You can adjust the cooking time while cooking. You can increase or decrease the time in 1 minute increments (up to 10 minutes) by pressing **Select** button.)



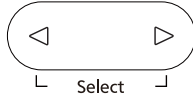
# Convection Setting

(continued)

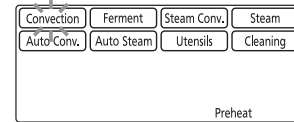
English

## When cooking with Preheat:

1



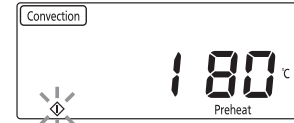
Select **Convection** mode by pressing **Select** button. (With Preheat)



2



Press **Set** button to set **Convection** mode. (With Preheat)



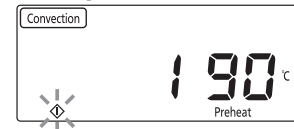
3



Set desired cooking temperature by pressing **Select** button.

(Temperatures range from 100°C to 230°C. Default temperature is 180°C.)

**Example: 190°C**



4

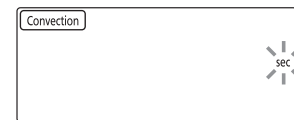


Press **Start** button to preheat. You can adjust the desired temperature by pressing **Select** button during preheating.

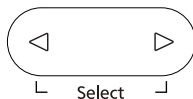


5

After preheating, the oven will beep three times and the icon "✓" appears to inform preheat is done. Open the door and place accessory with food in lower shelf position quickly.



6



Set desired cooking time by pressing **Select** button.

(Maximum **Convection** time is 1 hour and 30 minutes.)

**Example: 5 minutes**

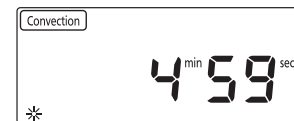


7



Press **Start** button. The cooking time in the display window will count down.

(You can adjust the cooking time while cooking. You can increase or decrease the time in 1 minute increments (up to 10 minutes) by pressing **Select** button.)

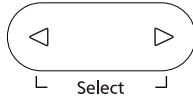


# Fermentation Setting

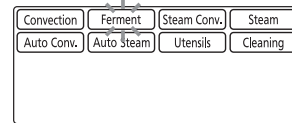
There are two options for the fermentation mode, 30°C and 40°C. 30°C is suitable for the fermentation of European-style bread and dough with rich oil, such as French baguette and Denmark dough. 40°C is suitable for the fermentation of ordinary dough, such as Chinese pastry, pizza etc..

English

1



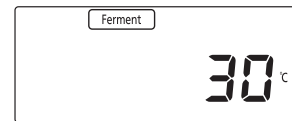
Place food in the container or directly on the wave tray in the lower shelf position. Press **Select** button to choose Fermentation.



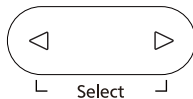
2



Press **Set** button to set Fermentation.



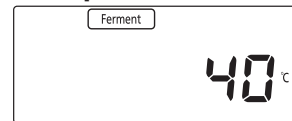
3



Set desired fermentation temperature by pressing **Select** button.

**Example: 40°C**

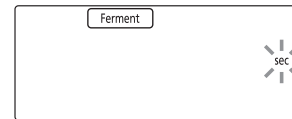
(You can set 30°C or 40°C. Default temperature is 30°C.)



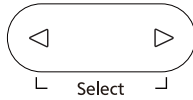
4



Press **Set** button to set desired temperature.



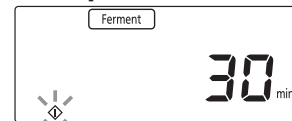
5



Set desired cooking time by pressing **Select** button.

**Example: 30minutes**

(Maximum Fermentation time is 12 hours.)

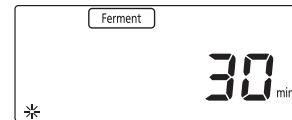


6



Press **Start** button. The cooking time in the display window will count down.

(You can adjust the cooking time while cooking. You can increase or decrease the time in 1 minute increments (up to 10 minutes) by pressing **Select** button.)



## Notes:

- Oven temperature will change with food and room temperature. Please adjust the fermentation time according to the performance.
- When cavity or room temperature is higher than the setting fermentation temperature, fermentation effect may be affected, "U50" will be appeared in the display window. Please wait until the cavity or room temperature cool down. When "U50" disappears, you can use fermentation again or ferment food at room temperature.
- Steam Shot function can be used when you need steam in fermentation. Please refer to page 17.

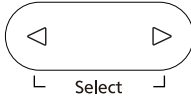
# Steam Convection Setting

English

This mode combines the steam and convection modes, steam will be added while cooking in convection mode which creates fluffier cakes and juicier meats. In order to get an even cooking result, re-arrange food position or rotate the accessory during cooking.

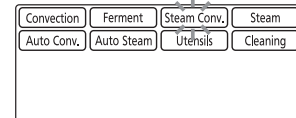
## When cooking without Preheat:

1



Place food on wave tray in the lower shelf position.

Select **Steam Convection** mode by pressing **Select** button. (Without Preheat)



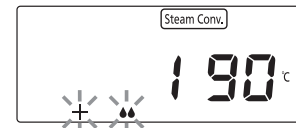
**Note: Fill the tank with water before using.**

2

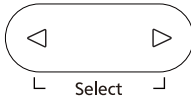


Start/Set

Press **Set** button to set **Steam Convection** mode. (Without Preheat)



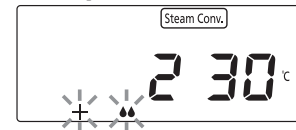
3



Set desired cooking temperature by pressing **Select** button.

(Temperatures range from 190°C to 230°C. Default temperature is 190°C.)

**Example: 230°C**

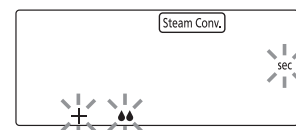


4



Start/Set

Press **Set** button to set desired temperature.



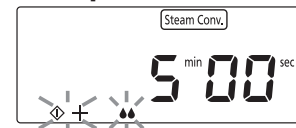
5



Set desired cooking time by pressing **Select** button.

(Maximum setting time is 1 hour.)

**Example: 5 minutes**



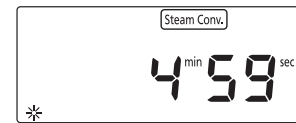
6



Start/Set

Press **Start** button. The cooking time in the display window will count down.

(You can adjust the cooking time while cooking. You can increase or decrease the time in 1 minute increments (up to 10 minutes) by pressing **Select** button.)



# Steam Convection Setting

(continued)

## When cooking with Preheat:

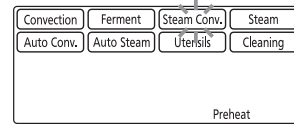
English

1



Press **Select** button to select **Steam Convection** mode. (With Preheat)

**Note:** Fill the tank with water before using.

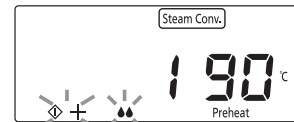


2

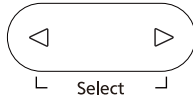


Start/Set

Press **Set** button to set **Steam Convection** mode. (With Preheat)



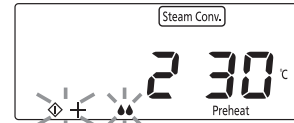
3



Set desired cooking temperature by pressing **Select** button.

(Temperatures range from 190°C to 230°C. Default temperature is 190°C.)

**Example: 230°C**



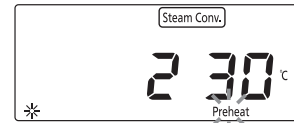
4



Start/Set

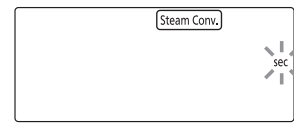
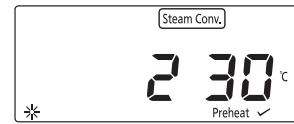
Press **Start** button to preheat.

(You can adjust the desired temperature by pressing **Select** button during preheating.)

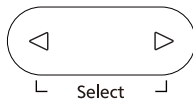


5

After preheating, the oven will beep three times and the icon “✓” appears to inform preheat is done. Open the door and place accessory with food in the lower shelf position quickly.



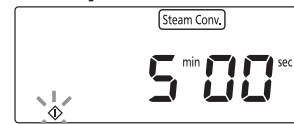
6



Set desired cooking time by pressing **Select** button.

(Maximum setting time is 1 hour.)

**Example: 5 minutes**



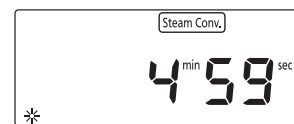
7



Start/Set

Press **Start** button. The cooking time in the display window will count down.

(You can adjust the cooking time while cooking. You can increase or decrease the time in 1 minute increments (up to 10 minutes) by pressing **Select** button.)

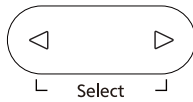




# Steam Setting

This function is suitable for steaming Chinese pastry, greens, seafood and poultry. Cooking with steam can keep foods soft and moist such as vegetables, seafood. Additionally, it also can heat canned foods or vacuum packaged foods.

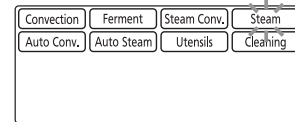
**1**



Place foods on wave tray in the lower shelf position, then select **Steam** mode by pressing **Select** button.

**Note:** Fill the tank with water before using.

## Example: Select Steam mode



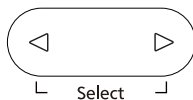
**2**



Press **Set** button to set the **Steam** mode.



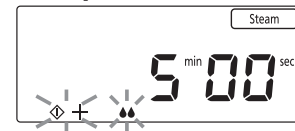
**3**



Set desired cooking time by pressing **Select** button.

(Maximum setting time is 1 hour)

## Example: 5 minutes




**4**



Press **Start** button. The time in the display window will count down.



### Notes:

1. Fill the tank with water before using. The max volume is 800 ml.
2. Flashing icon “

- Eng-16 -


# Steam Shot Setting

This function allows you to add steam during cooking in convection and fermentation mode (up to 3 minutes). Adding steam during the cooking process can increase the humidity of the cavity, thereby making the surface of dessert food softer and meat moist. Using steam in the early stage of fermentation can increase the humidity of the cavity, which is more conducive to dough fermentation.


English


**Example: Add steam 1 minute during cooking in the Convection mode.**

**1** Cooking in **Convection** mode.




.....

**2**  Hold **Start/Set** button for 2 seconds then 1- minute steam will be added.



.....

**3** If you want to add 3 minutes steam, press the button twice again within 3 seconds after step 2, then 3- minutes steam will be added.



(It will revert to "0" when you pressed **Start/Set** button 3 times. You can reset time by repeating above steps.)

## The key to use "Steam Shot" in cooking process:

### Convection:

When making puff or bread, after preheating, please add steam when baking starts. For cake, after preheating, please add steam half way through cooking.


### Fermentation:

When you make buns or baguettes, add steam in the early stage of fermentation

### Notes:

1. Fill the tank with water before using.
2. Steam shot is not available during preheating in Convection mode.
3. The original Convection or Fermentation cooking time still counts down when using steam shot.

# Child Safety Lock Setting

This function allows you to prevent a young child operating the oven; however, the door can still be opened. You can set Child Safety Lock when “” shows in display window.

English

## To set:



Press 3 times, “” appears in the display window.



## To cancel:



Press 3 times, “” appears in the display window.



## Notes:

To set or cancel child safety lock should be pressed within 10 seconds.

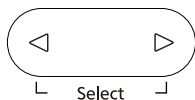
# Auto Cook Setting -Auto Convection Menus

This function allows you to cook most of your favorite convection foods by setting different weight. There is no need to set function, temperature and time. Press Select button and menu number will appear in the display window.

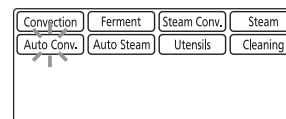
**For menu No.1, 3, please operate as follows:**

English

**1**



Press **Select** button to select **Auto Convection Menus**.



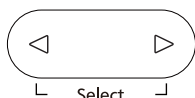
**2**



Press **Set** button to set a desired **Auto Convection Menu**.



**3**



Press **Select** button to select a desired cooking menu number.

**Example: No.3 Roast Sweet Potato**



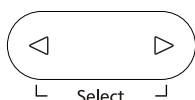
**4**



Press **Set** button to set cooking menu number.



**5**



Press **Select** button to set a desired **Weight**.

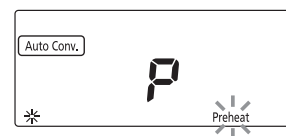
**Example: 400g**



**6**



Press **Start** button to preheat.



**7**



After preheating, the oven will beep for a long time and the icon "✓" appears to inform preheat is done. Place food on wave tray in the lower shelf position quickly.



# Auto Cook Setting -Auto Convection Menus (continued)

English

8



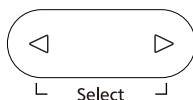
Start/Set

Press **Start** button. The cooking time in the display window will count down.



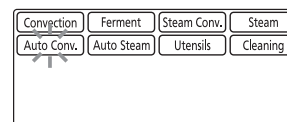
For menu No.2, 4-7, please operate as follows:

1



Select

Press **Select** button to select **Auto Convection Menus**.



2

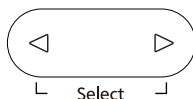


Start/Set

Press **Set** button to set a desired **Auto Convection Menu**.



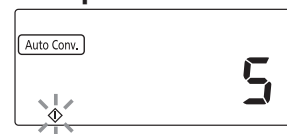
3



Select

Press **Select** button to select a desired cooking menu number.

Example: No.5 Cookie



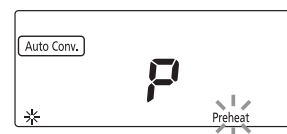
4



Start/Set

Press **Start** button to preheat.

**Note: If you select No.7 Home-made Pizza, put dough into the oven and press Start to ferment. Take dough out when beep sounds and then press Start button again to preheat.**



5

After preheating, the oven will beep for a long time and the icon "✓" appears to inform preheat is done. Place food on wave tray in the lower shelf position quickly.



6




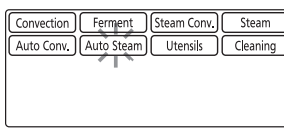

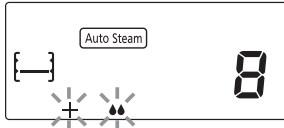
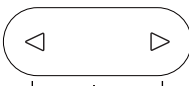
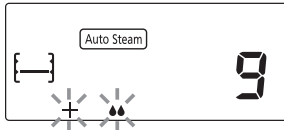

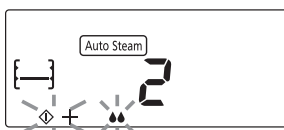
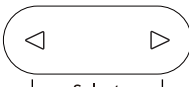
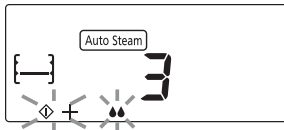

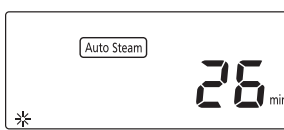
Start/Set

Press **Start** button. The cooking time in the display window will count down.



# Auto Cook Setting -Auto Steam Menus

For menu No.8, 9, 12, please operate as follows:

<b>1</b>	 <p>Select</p>	<p>Press <b>Select</b> button to select <b>Auto Steam Menus</b>.</p>	
<b>2</b>	 <p>Start/Set</p>	<p>Press <b>Set</b> button to set a desired <b>Auto Steam Menus</b>.</p>	
<b>3</b>	 <p>Select</p>	<p>Press <b>Select</b> button to select a desired cooking menu number.</p>	<p><b>Example: No.9 Steam Egg</b></p> 
<b>4</b>	 <p>Start/Set</p>	<p>Press <b>Set</b> button to select a desired cooking menu number.</p>	
<b>5</b>	 <p>Select</p>	<p>Press <b>Select</b> button to set a desired <b>Weight or Serving</b></p>	<p><b>Example: 3 serves</b></p> 
<b>6</b>	 <p>Start/Set</p>	<p>Press <b>Start</b> button. The cooking time in the display window will count down.</p>	

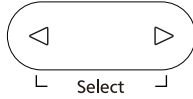
English

# Auto Cook Setting -Auto Steam Menus (continued)

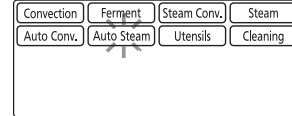
For menu No.10, 11, 13, 14, please operate as follows:

English

1



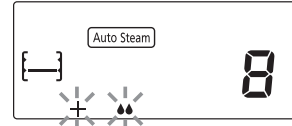
Press **Select** button to select **Auto Steam Menus**.



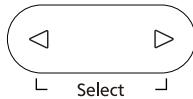
2



Press **Set** button to set a desired **Auto Steam Menus**.

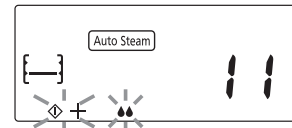


3



Press **Select** button to select a desired cooking menu number.

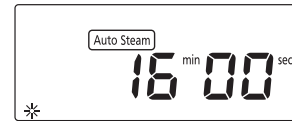
**Example: No.11 Steam Frozen Foods**



4

















Press **Start** button. The cooking time in the display window will count down.





# Auto Cook Setting and Menus

No.	Menu	Weight / Serving				Accessories	Placement	Reference Page
1	Barbecue Pork	200 g	400 g	600 g	-		[—]	P. 24
2*	Teriyaki Chicken Wings	1 level (12 pcs)	-	-	-		[—]	P. 24
3	Roast Sweet Potato	200 g	400 g	600 g	-		[—]	P. 25
4	Egg Tarts	1 level (9 pcs)	-	-	-		[—]	P. 25
5	Cookie	1 level (20 pieces)	-	-	-		[—]	P. 26
6*	Cheese Cake	7"	-	-	-		[—]	P. 26
7	Home-made Pizza	1 level	-	-	-		[—]	P. 27
8*	Steam Fish	200 g	300 g	400 g	500 g		[—]	P. 28
9*	Steam Egg	2 serves	3 serves	-	-		[—]	P. 28
10*	Steam Chinese Buns	1 level (9 pieces)	-	-	-		[—]	P. 29
11*	Steam Frozen Foods	1 level (12 pieces)	-	-	-		[—]	P. 30
12*	Steam Fresh Vegetables	200 g	300 g	400 g	500 g		[—]	P. 30
13*	Steamed Scallop with Mashed Garlic	1 level (6 pieces)	-	-	-		[—]	P. 31
14*	Chinese White Sliced Chicken	1000 g	-	-	-		[—]	P. 31
15*	Cleaning (Utensils)	Utensils Cleaning						P. 54
16	Cleaning (Deodorization)	Oven Cleaning						P. 55
17*	Cleaning (Cavity)							P. 56
18*	Cleaning (System)							P. 57
19*	Cleaning (With Citric Acid)							P. 58

## Notes:

- The recipes marked with "\*" require steam. Be sure to fill the water tank before cooking.  
Add detergent before using citric acid cleaning.
- All seasonings in this book is only for your reference.

# Auto Cook Setting and Menus (continued)

## Barbecue Pork(200/400/600 g) 1



### Ingredients

pork shoulder (or pork belly).....400 g  
 water.....30 ml  
 maltose (or honey).....30 g

### Seasonings

dark soy sauce .... 20 g red preserved bean curd ...80 g  
 five-spice powder... 2 g oyster sauce .....50 g  
 light soy sauce..... 30 g castor sugar.....90 g  
 smashed garlic .... 10 g red fermented bean curd juice ....35 g

### Container

Wave tray (lower shelf position)



### Method

1. Pour all seasonings into bowl, stir evenly to make B.B.Q pork sauce.
2. Clean the pork shoulder and drain well, then cut into long pieces about 3-4 cm thick. Lay pork shoulder in a seal box (pierce by using a fork for several times to season), add adequate sauce to cover the pork and keep in refrigerator for 1 to 2 days.
3. Drain and place marinated pork on the wave tray lined with aluminum foil.
4. Select Auto Menu No.1 and weight, press **Start** to preheat.
5. After preheating, place the wave tray in the lower shelf position, and press **Start** to cook.
6. Mix maltose and water to make syrup. Take pork out after beeps, brush with a layer of syrup on the surface and return to the oven. Press **Start** to continue. (The oven will beep twice between programmed stages.)

### Notes:

1. The ingredients listed in this recipe are for 400 g pork shoulder. For multiple weights, calculate the material according to proportion.
2. To keep warm when brushing the syrup, please keep the oven door closed.

## Teriyaki Chicken Wings(12pcs) 2



### Ingredient

chicken wings ..... 400 g (12 pcs)

### Seasonings

light soy sauce..... 30 g  
 oyster sauce ..... 30 g  
 castor sugar..... 5 g  
 sesame oil ..... 3 g

### Container

Wave tray (lower shelf position), integrated water tank



### Method

1. Wash chicken wings and prick chicken several times with fork or bamboo stick.
2. Mix chicken wings with all seasonings and marinate for 30 minutes.
3. Place marinated chicken on the wave tray lined with aluminum foil by 3×4 formation.
4. Fill water tank.
5. Select Auto Menu No.2, press **Start** to preheat.
6. After preheating, place the wave tray in the lower shelf position and press **Start** to cook.

# Auto Cook Setting and Menus (continued)

## Roast Sweet Potato(200/400/600 g)

3



### Ingredient

sweet potato .....200 g (3-4 cm wide)

### Container

Wave tray (lower shelf position)



### Method

1. Clean sweet potato, prick with a fork several times, and place on wave tray.
2. Select Auto Menu No.3 and weight, press **Start** to preheat.
3. After preheating, place the wave tray in the lower shelf position and press **Start** to cook.

### Note:

The taste varies according to different sizes.

## Egg Tarts(9 pcs)

4



### Ingredient

egg tart skin ..... 9 pcs

### Egg tart batter:

whipping cream ..... 105 g  
milk ..... 85 g  
cake flour ..... 8 g  
castor sugar ..... 30 g  
egg yolk ..... 2 pcs  
condensed milk ..... 10 g

### Container

Wave tray (lower shelf position)



### Method

1. Place frozen egg tart skin at room temperature to thaw for minutes.
2. Mix whipping cream, milk, condensed milk and castor sugar in a small pot over low heat. Stir constantly until castor sugar dissolved and set aside to cool down. Add egg yolk and cake flour and mix well into egg tart batter.
3. Pour each egg tart with 80% full batter.
4. Select Auto Menu No.4 press **Start** to preheat.
5. Place the tarts evenly on the wave tray by 3×3 formation.
6. After preheating, place the wave tray in the lower shelf position and press **Start** to cook.

English

# Auto Cook Setting and Menus (continued)

## Cookie ( 20 pieces )

5



### Ingredients

unsalted butter .....	80 g
cake flour .....	77 g
icing sugar .....	17 g
salt .....	0.3 g
corn starch.....	17 g
milk powder .....	10 g

### Container

Wave tray (lower shelf position)

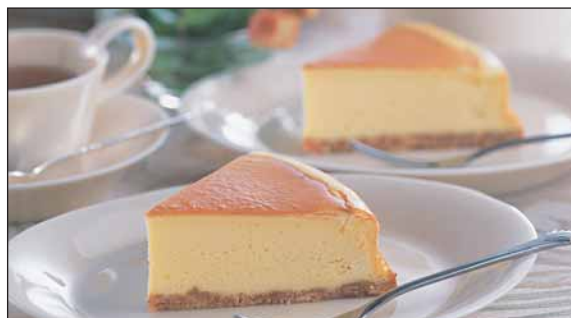


### Method

1. Take unsalted butter out from refrigerator in advance until soften at room temperature, add icing sugar and salt and whisk with eggbeater until fluffy.
2. Add corn starch, stir and mix well, then sift in cake flour and milk powder. Mix evenly with rubber scraper until well combined.
3. Select 8 or 12 decorating mouth and fold the batter into pastry bag.
4. Place baking paper on the wave tray. Squeezing out individual batter with a 2.5 cm diameter and 8 g - 9 g weight each and arrange by 4x5 formation.
5. Select Auto Menu No.5 press **Start** to preheat.
6. After preheating, place the wave tray in the lower shelf position and press **Start** to cook.

## Cheese Cake (7")

6



### Ingredients

#### Cake base:

digestive biscuit .. 100 g unsalted butter..... 40 g

#### Cake batter:

cream cheese .... 250 g	vanilla bean .... 1/3 piece
castor sugar..... 90 g	whole egg liquid... 81 g
sour cream..... 130 g	egg yolk ..... 27 g
unsalted butter..... 33 g	corn starch..... 15 g

### Container

7 inch cake tin, wave tray (lower shelf position), integrated water tank



### Method

#### Cake base:

1. Smash digestive biscuit in a plastic food bag and crush with rolling pin.
2. Melt unsalted butter completely and mix well with biscuit crumbs.
3. Put baking paper on the inside and bottom of the cake tin. Pour the mixture into the tin evenly and press firmly. Put the cake tin into the refrigerator for later use.

#### Cake batter:

1. Cut cream cheese and unsalted butter into small pieces and let stand naturally until soft. Open vanilla bean and take vanilla seeds out for later use.
2. Stir together cream cheese, castor sugar, and vanilla seed in a mixer then beat until the texture is smooth.
3. Stir soften unsalted butter and sour cream well after each addition.
4. Mix whole egg liquid and egg yolk with 3 times to add in, stir thoroughly after each addition.
5. Add the sifted corn starch and stir quickly and evenly with a hand-held whisk.
6. Fill water tank.
7. Select Auto Menus No.6 and press **Start** to preheat.
8. Take out cake tin from refrigerator, fill in the batter, smooth the surface and use a bamboo stick to remove bubbles from the surface.
9. After preheating, place cake tin on the wave tray in the lower shelf position and press **Start** to cook.
10. Remove cake tin after cooking and let it cool down, then put cake in refrigerator about 4 hours and serve.

# Auto Cook Setting and Menus (continued)

## Home-made Pizza (1 pcs)

7



### Ingredients

#### Base ingredients:

cake flour .....	140 g
castor sugar .....	10 g
unsalted butter .....	10 g
milk powder .....	7 g
salt .....	3 g

#### Fillings:

chopped onions .....	20 g
sliced mushroom .....	20 g
sliced sausage .....	40 g
sliced green pepper .....	20 g

warm water (40 °C) .....	70 ml
yeast .....	3 g
castor sugar .....	1 g
mozzarella cheese .....	100 g
tomato paste .....	40 g

oil ..... to taste (coating)

### Container

Heat-proof container,  
wave tray (lower shelf position)



### Method

1. Mix yeast with 1 g castor sugar in warm water and wait for 5 minutes.
2. To make the dough by hand, in a large bowl, add yeast water and stir together all the base ingredients, grease oil in the heat-proof container, spread out the dough in a container, cover loosely with plastic wrap, place the container in the center of wave tray in the lower shelf position.
3. Select Auto Menu No.7 and press **Start** to ferment. It will remind you to take out the wave tray and container with promoting beeps. Then press Start to preheat.
4. Drizzle lightly cake flour on the work surface, then flatten the dough with hands to eliminate the air inside.
5. Place baking paper in the wave tray. Roll out the dough in about 20 cm diameter round and transfer to wave tray. Shape the pizza crust.
6. Prick the base and apply tomato paste, sprinkle with half mozzarella cheese and the rest fillings, then top with remaining cheese.
7. After preheating, place the wave tray in the lower shelf position and press **Start** to cook.

### Notes:

1. When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and start operation after "U50" disappear.
2. The food should be placed into oven within 30 minutes after preheating started, if not, the program will be canceled automatically.

English



# Auto Cook Setting and Menus (continued)

## Steam Fish(200/300/400/500 g)

8



### Ingredients

fish ..... 1 (net weight 300 g)  
sliced ginger ..... 5 g  
scallion..... 3 g

### Seasonings

salt ..... to taste  
cooking wine..... 5 g  
seasoned soy sauce or  
light soy sauce..... 15 g

### Container

Heat-proof dish, wave tray  
(lower shelf position),  
integrated water tank



### Method

1. Wash and cut fish both sides 2-3 slices with knife.
2. Marinate with salt and cooking wine. Then set aside for 10 minutes.
3. Place the fish in a heat-proof dish while topping with sliced ginger and scallion.
4. Place the dish on wave tray, then place the wave tray in the lower shelf position.
5. Fill water tank.
6. Select Auto Menu No.8 and weight, then press **Start** to cook.
7. Drizzle with seasoned soy sauce or light soy sauce to serve immediately.

### Notes:

1. For thicker fish, please add additional steam cooking time by manually setting according to your preference.
2. The ingredients listed in this recipe are for 300 g fish, for multiple weights, calculate the material quantities according to the proportion.

## Steam Egg (2 / 3 serves)

9



### Ingredients (2 serves)

egg..... 2 (about 50 g an egg  
without shell)  
warm water (about 40°C)... 200ml

### Seasonings

light soy sauce..... 2 g  
cooking wine..... 2 g  
salt ..... to taste  
sesame oil ..... drops

### Container

23 cm diameter heat-proof  
dish, wave tray (lower shelf  
position), integrated water tank



### Method

1. Mix light soy sauce, cooking wine and salt with beaten eggs, gradually add in warm water and stir well. Use a filter to despumate the foam and put in a heat-proof dish.
2. Put the dish on wave tray, cover with plastic wrap, put them in the lower shelf position.
3. Fill water tank.
4. Select Auto Menu No.9 and serving, then press **Start** to cook.
5. Drizzle with sesame oil to serve.

### Notes:

1. The ingredients listed in this recipe are for 2 serves. For multiple servings, calculate the material quantities according to the proportion.
2. The ration of eggs to warm water is 1:2.

# Auto Cook Setting and Menus (continued)

## Steam Chinese Buns(9 pieces) 10



### Ingredients

#### Wrapper:

all purpose flour.....	225 g
yeast.....	2.5 g
castor sugar.....	12 g
warm water (40°C) .....	about 120 ml
oil.....	5 g

#### Fillings:

minced meat.....	200 g
light soy sauce.....	10 g
dried mushroom.....	40 g (after soaked)
white pepper.....	to taste
salt.....	3 g
scallion and ginger water.....	40 g (soak scallion and ginger in water for 30 minutes in prior)
castor sugar.....	6 g
sesame oil .....	4 g
dark soy sauce .....	4 g

### Container

wave tray (lower shelf position), integrated water tank



### Method

#### Filling:

Soak dried mushroom in water in advance, drain and chop finely, add all the fillings except scallion and ginger water into minced meat and stir well. Gradually add in scallion and ginger water and keep stirring in one direction until the mixture getting sticky.

#### Wrapper:

1. Pour all purpose flour, castor sugar, yeast, oil and warm water in a large bowl, and stir evenly and knead the dough until smooth.
2. Divide the dough into 9 equal parts and roll into small round pieces with relatively thick rims for easy working. Wrap in about 35 g meat into the dough.
3. Prepare suitable size baking paper underneath the buns and place them on the wave tray by 3×3 formation evenly. Then put the wave tray in the lower shelf position.
4. Fill water tank.
5. Select Auto Menu No.10, then press **Start** to cook.
6. Take out after cooking.

#### Note:

**When overheated in cavity, “U50” will appear in the display window. Please wait until the cavity cool down and start operation after “U50” disappear.**



# Auto Cook Setting and Menus (continued)

## Steam Frozen Foods

(12 pieces)

11



### Ingredient

frozen foods (30-40 g/pc).....12 pcs

### Container

wave tray (lower shelf position), integrated water tank



### Method

1. Prepare suitable size baking paper under the frozen foods. Place frozen foods according to 3×4 formation evenly on the wave tray, then put the wave tray in the lower shelf position.
2. Fill water tank.
3. Select Auto Menu No.11, then press **Start** to cook.
4. Take out after cooking.

### Note:

It is suitable for cook frozen foods without defrosting. Add additional cooking time of steam manually for over-sized food.

## Steam Fresh Vegetables

(200/300/400/500 g)

12



### Ingredient

vegetables (green vegetables, Chinese Kale etc.)

### Container

wave tray (lower shelf position), integrated water tank



### Method

1. Clean the vegetables and cut into suitable size.
2. Arrange vegetables evenly on the wave tray, then put wave tray in the lower shelf position.
3. Fill water tank.
4. Select Auto Menu No.12 and weight, then press **Start** to cook.

### Note:

This program is only suitable for leafy vegetables or root vegetables. Keep the vegetables as flat as possible when placing them, avoid stacking.

# Auto Cook Setting and Menus (continued)

## Steamed Scallop with Mashed Garlic (6 pieces) 13





### Ingredients

scallop .....	6 pcs (about 100 g each)
vermicelli noodles .....	40 g
mashed garlic .....	30 g
chopped scallion .....	5 g
sliced red pepper .....	2 g

### Seasonings

oil .....	40 g
cooking wine .....	15 g
seasoned soy sauce .....	25 g

### Container

wave tray (lower shelf position),  

### Method

1. Remove sand and clean the scallop. then marinate with cooking wine in a bowl to remove the raw smell, clear the shells and soak the vermicelli noodles with hot water until soft.
2. Stir fry the mashed garlic and sliced red pepper with hot oil until slightly golden, pour into a bowl and mix with chopped scallion and seasoned soy sauce.
3. Roll the vermicelli noodles up with chopsticks and lay them on the shells, topping with scallop meat and sautéed garlic, drizzle with oil and place them evenly on the wave tray.
4. Fill water tank.
5. Select Auto Menu No.13, then press **Start** to cook.
6. After preheating, place the wave tray in the lower shelf position and press **Start** to cook.

**Note:**  
Cut several openings on the thick part of scallop.

## Chinese White Sliced Chicken (1000 g) 14



### Ingredient

chicken .....	about 1000 g
---------------	--------------

### Seasonings

salt .....	5 g
ginger .....	50 g
chopped scallion .....	5 g
oil .....	5 g

### Container

Heat-proof dish, wave tray (lower shelf position), integrated water tank



### Method

1. Wash the chicken and remove the head and feet. Ground ginger into minced ginger, extract about 15 g ginger juice and reserve the pressed ginger for later use.
2. Rub the whole chicken with salt evenly, then spread the ginger juice well to marinate over 2 hours. Turn over chicken once or twice to enhance flavor. In order to get a good appearance in the end, do not put the marinated chicken in the refrigerator.
3. Wrap chicken with baking paper except tail. (to allow stem to enter the chicken directly and avoiding direct contact with the skin of the chicken.) Place chicken in a heat-proof dish on the wave tray with breast upwards (the tail towards left air outlet), then place it in the lower shelf position.
4. Fill water tank.
5. Select Auto Menu No.14, then press **Start** to cook.
6. Put ginger juice and chopped scallion into a small bowl, add the liquid from the cooked chicken and pour over hot oil, to make the dipping sauce.
7. Allow the chicken to cool completely, dice into suitable sizes and dip with the sauce.

# Selection Menu

## Shrimp with Green Vegetable



### Ingredients

shrimp .....	250 g
pork fat cubes .....	20 g
egg white .....	30 g
corn starch.....	10 g
carrot slices .....	10 slices
baby Chinese cabbage slices...	50 g (10 slices)
carrot cubes.....	to taste (for decoration)

### Seasonings

salt .....	2 g
castor sugar.....	2 g
Shaoxing rice wine .....	5 g
sesame oil .....	5 g

### container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Clean the shrimp meat and remove intestine. Drain water with kitchen paper and smash with knife, then mince shrimp with back of the knife lightly.
2. Put minced shrimp into the bowl, then add in wine and salt, castor sugar, corn starch, mix well, and then add egg white, stir well until sticky in one direction by hand.
3. Add pork fat cubes and sesame oil to mix well again.
4. Place baby Chinese cabbage on the dish with carrot slice on top. Shape round every 30 g shrimp ball on the carrot slice, topping with carrot cubes for decoration.
5. Fill the water tank.
6. Place ready-made shrimp in the dish on the wave tray in the lower shelf position. Select **Steam** Program, set for 15-17 minutes and press **Start**.

## Soup dumpling



### Ingredients

#### Fillings:

minced pork .....	130 g
pig skin jelly .....	100 g
Light soy sauce.....	3 g
castor sugar.....	6 g
chicken powder.....	to taste
salt .....	to taste
water with scallion and ginger ..	40 g

(soak ginger slice and scallion in water for 30 minutes)

#### skin:

all purpose flour .....	100 g
water.....	50 g

### container

Wave tray (lower shelf position), integrated water tank



### Method

1. Add light soy sauce, salt, castor sugar, chicken powder in minced pork, stir in one direction, gradually add in ginger and scallion water until sticky.
2. Knead all purpose flour and water from coarse flake snow shape in to smooth round shape, cover with plastic wrap and let it rest for 15 minutes.
3. Roll it into a strip then divide into 20 equal parts and each weighing about 7.5 g. Make each one into a flat dough with thick skin in the middle and thin skin around the edge by hands.
4. Wrap in about 13 g meat and fold at least 15 times to shape the wrinkles.
5. Soak a gauze in the liquid, wring it out, then apply to the wave tray (or use a 3×3cm square baking paper), put the dough on the tray by 4×5 formation in the lower shelf position.
6. Fill the water tank.
7. Select **Steam** Program, set for 9-10 minutes and press **Start**.
8. Let it stand in oven for 1-2 minutes after cooking.

## Steamed spareribs with fermented black beans



### Ingredients

spareribs.....	400 g
garlic.....	3 cloves
minced ginger.....	3 g
red capsicum.....	¼
chopped scallion.....	taste

### Seasonings

black beans.....	15 g
cooking wine.....	3 g
light soy sauce.....	15 g
castor sugar.....	15 g
oil.....	10 g
salt.....	taste

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Clean and drain spareribs, put them in bowl. Smash red capsicum.
2. Heat up oil and add in minced garlic, ginger, black beans until fragrant.
3. Mix them together with ribs and marinate with red capsicum, cooking wine, light soy sauce, castor sugar and salt for 15-30 minutes.
4. Arrange marinated rib in heat-resistant dish on wave tray in the lower shelf position, garnish with chopped scallion.
5. Fill the water tank.
6. Select **Steam** Program, set for 35-40 minutes and press **Start**.

## Steamed fish head with diced hot red peppers



### Ingredients

fish head.....	1 (500 g)
ginger (shredded).....	5 g
chopped pepper sauce.....	80 g
green onion (chopped).....	5 g

### Seasonings

cooking wine.....	15 g
salt.....	taste

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Wash fish head and cut through in half but intact. Then marinate with cooking wine, salt, shredded ginger for 1 hour.
2. Lay it on heat-resistant shallow dish, and cover with chopped pepper sauce.
3. Put dish in the center of wave tray in the lower shelf position.
4. Fill the water tank.
5. Select **Steam** Program, set for 20-22 minutes and press **Start**. After cooking, let stand for 1 minute.



## Chinese cabbage with chicken rolls



### Ingredients

Chinese cabbage..... 10 pieces (250 g)  
 scallion..... 10 strip

### Fillings:

chicken breast ..... 250 g  
 shrimp..... 125 g  
 carrot ..... 40 g  
 scallion..... 10 g  
 oyster sauce ..... 10 g  
 light soy sauce..... 15 g  
 salt..... 3 g  
 white pepper powder ..... taste  
 corn starch..... taste  
 sesame oil ..... 5 g

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Mince chicken breast. Devein the shrimp, wash and pat dry with kitchen paper towel, crush with a knife, then chop it into shrimp paste.
2. Finely chop the carrot, green onion, mix the chicken and shrimp paste, add the remaining ingredients in the filling, and mix well.
3. Remove the roots from the cabbage, leaving about 15 cm long. Heat a bowl of boiling water, blanch the cabbage until soft, then soak them in ice water, drain and set for aside.
4. Spread out a piece of cabbage, wrap in 45 g of fillings, roll up and tie with a scallion strip. Repeat the process for the rest cabbage rolls.
5. Place the cabbage rolls evenly in the heat-resistant dish, and place the dish on wave tray in the lower shelf position.
6. Fill the water tank.
7. Select **Steam** Program, set for 16-17 minutes and press **Start**.
8. After cooking, let stand in the oven for 2 minute.

## Steamed egg with mushroom and minced meat



### Ingredients

fresh mushroom..... 8 pieces (250 g)  
 minced pork..... 120 g  
 quail eggs ..... 8  
 scallion..... taste

### Seasonings

salt..... taste  
 chicken powder..... taste  
 cooking wine..... 2 g  
 oil..... 5 g  
 white pepper powder ..... taste  
 sesame oil ..... 5 g  
 scallion (chopped) ..... 2 g  
 ginger (chopped) ..... 2 g  
 light soy sauce..... 5 g  
 dark soy sauce ..... 3 g

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Wash mushroom and remove roots, mix minced pork with all the seasonings.
2. Place mushroom mouth upwards, stuff with minced meat, reserve enough place in the center to wrap the quail eggs, put them in a heat-resistant dish.
3. Beat the quail egg in the center, then put the dish on wave tray in the lower shelf position.
4. Fill the water tank.
5. Select **Steam** Program, set for 17-18 minutes and press **Start**.
6. Garnish with chopped scallion before serve.

# Selection Menu

(continued)

## Steamed razor clam



### Ingredients

razor clam..... 500 g

### Seasonings

ginger (sliced)..... 3 g  
scallion (chopped) ..... 3 g  
potherb mustard juice ..... 3 t

### Container

Heat-resistant bowl, wave tray (lower shelf position), integrated water tank



### Method

1. Clean the razor clam and remove sand. Let the razor clam stand upright in a deep bowl.
2. Add in chopped scallion, sliced ginger and potherb mustard juice. Place the bowl on wave tray in the lower shelf position.
3. Fill the water tank.
4. Select **Steam** Program, set for 15-16 minutes and press **Start**.

### Note:

1. If the potherb mustard sauce is not available, you can use below sauce instead: mix the seasoned soy sauce for seafood, castor sugar and salt, then pour it on the razor clam.
2. As the seafood has a salty taste itself, you can add scallion, ginger and cooking wine only for an original flavor without additional seasonings.

### Tips:

Razor clam meat tastes salty, and cold natured, it is particularly beneficial on heart, liver and kidney, with the effect of nourishing Yin, clearing and detoxifying, depression and alcohol dispel from the perspective of Chinese medicine.

## Steamed meat with rice flour



### Ingredients

Marbled meat..... 350 g  
rice..... 75 g  
sticky rice..... 75 g  
fennel..... 2 pieces  
dried pepper ..... 4 pieces  
Sichuan pepper ..... 2 g  
cinnamon ..... 1 piece

### Seasonings

dark soy sauce ..... 3.5 g  
light soy sauce..... 15 g  
sweet bean sauce..... 5 g  
fermented tofu juice ..... 15 g  
thick broad-bean sauce .... 5 g

### Container

Heat-resistant bowl, wave tray (lower shelf position), integrated water tank



### Method

1. Cut marbled meat into 0.5 cm thick slices, and marinate with all the seasonings.
2. Stir-frying the rest ingredients on low heat until the rice is getting golden, after cooling, ground them into particles. (it's better to be particles rather than powder, but if you don't like flavor of fennel and cinnamon, just pick them out before grounding.)
3. Coat a single layer of ground on the marinated meat, lay out in the dish on wave tray in the lower shelf position.
4. Fill the water tank.
5. Select **Steam** Program, set for 1 hour and press **Start**.

### Note:

You can also use market-sold steamed meat powder instead.

English

## Cold boiled pork with garlic puree



### Ingredients

Pork belly with skin.....	300 g
garlic (minced).....	5 pieces
scallion (chopped).....	3 g
ginger (sliced).....	3 g
Sichuan pepper.....	to taste
cucumber.....	1

### Seasonings

vinegar.....	15 g
light soy sauce.....	30 g
salt.....	to taste
castor, sesame oil, chili oil, each	5 g

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Wash the pork and marinate with chopped scallion and sliced ginger, Sichuan pepper for 10 minutes.
2. Lay out marinated pork in the dish on wave tray in the lower shelf position.
3. Fill the water tank.
4. Select **Steam** Program, set for 1 hour and press **Start**.
5. Mix minced garlic and sesame oil, vinegar, castor sugar, light soy sauce and chili oil.
6. Wash and slice the cucumber.
7. After cooking, take out the meat, clean the pork skin and soak in cold water for a while, then slice into thin slices.
8. Cross meat slices with a cucumber slice and drizzle with mixed oil.

## Dried scallop & enoki mushroom



### Ingredients

dried scallops.....	20 g
enoki mushrooms.....	250 g
scallion (chopped).....	to taste
ginger (sliced).....	2 g

### Seasonings

light soy sauce.....	15 g
castor sugar.....	5 g
oil.....	5 g
corn starch with water.....	5 g

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. After washing the dried scallops, add in ginger slices and soak them in water for 3-4 hours and rub loosely.
2. Wash the enoki mushrooms and cut off the roots and lay out in the dish, cover with dried scallop.
3. Fill the water tank.
4. Select **Steam** Program, set for 10-11 minutes and press **Start**. (reserve the soup for later use)
5. Heat oil then boil light soy sauce, castor sugar, soup, and corn starch with water, drizzle the soup on enoki mushrooms, and garnish with chopped scallion to serve.



# Selection Menu

(continued)

## Salmon floss



### Ingredients

salmon (boneless) ..... 300 g  
sesame ..... 15 g  
seaweed (optional) ..... to taste

### Seasonings

fish sauce ..... 5 g  
castor sugar ..... 10 g

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Cut salmon into 1 cm pieces then lay in the dish on wave tray in the lower shelf position.
2. Fill the water tank.
3. Select **Steam** Program, set for 8 minutes and press **Start**. Cool down.
4. Lay baking sheet in wave tray and rub the cooked salmon into bits then add in the seasonings, spread out in the wave tray.
5. Select **Convection** (with preheating) program and press **Start** to preheat at 110°C.
6. After preheating, put the wave tray in the lower shelf position and set for 1 hour. stir halfway.
7. At the end of the program, remove and cool slightly. Pour it into blender and mix further.
8. After crushing into small particles, add in the sesame and put in the wave tray. Select **Convection** (with preheating) program and press **Start** to preheat at 110°C.
9. After preheating, put the wave tray in the lower shelf position and set for 20-30 minutes and press **Start**. Stir halfway. Add in seaweed before serving.

### Notes:

1. Keep once completely cooled and sealed, and eat as soon as possible.
2. If you prefer a softer texture, after cooking, cool slightly and blend into food processor to mix.

## Roast chicken



### Ingredients

whole chicken ..... 1000 g (without head and feet)  
garlic ..... 5 g (2 pieces)

### Seasonings

five-spice powder ..... 5 g  
olive oil ..... 15 g  
salt ..... 10 g

### Container

Wave tray (lower shelf position)



### Method

1. Remove chicken head and feet, wash and pat dry.
2. Smash garlic and five-spice powder. Add olive oil mix it into sauce and coat the sauce evenly over the chicken.
3. Sprinkle salt to chicken surface. Keep it in the fridge without cover for 4 hours or overnight.
4. Take out marinated chicken from fridge to room temperature 3 hours ahead. Brush additional olive oil on the surface.
5. Select **Convection** (with preheating) program and preheat press **Start** to preheat at 180°C.
6. After preheating, put chicken breast downwards in the wave tray lined with aluminum foil in the lower shelf position and set for 45-50 minutes and press **Start**.
7. Turn over or rearrange chicken at halftime by pressing **Stop/Reset** and replace into the oven. Press **Start** and continue cooking.

### Notes:

1. The amount of salt for dry salting method is 1% weight of the meat, the salt stays on the meat surface for more than 4 hours, for elastic, juicy and tender texture.
2. Five-spice powder can be replaced by red chili powder and cumin powder or garlic, lemon peel and rosemary and so on.

English



# Selection Menu

(continued)

English

## Baked seafood with rice



### Ingredients

rice (cooked)..... 300 g onion (shredded) ... 50 g  
shrimp (diced)..... 70 g green pepper (diced) ... 50 g  
cuttlefish (diced) ... 70 g mushroom (slice)  
mixed vegetables .....60 g (5 pieces)  
(blanched)..... 70 g

### Seasonings

olive oil..... 25 g **White sauce:**  
ground pepper ...to taste butter ..... 25 g  
salt ..... 5 g milk ..... 100 g  
cooking wine..... 10 g flour..... 10 g  
Mozzarella cheese.... 100 g

### Container

baking dish (22cm diameter, 5cm deep), wave tray (lower shelf position)



### Method

1. Marinate shrimp and cuttlefish with salt for 10 minutes.
2. Blanch them in boiling water for 30 seconds and drain well.
3. Fry the butter on low heat, add the flour to stir until golden, then milk, keep stirring until thick. Set aside.
4. In another pan, heat olive oil, add in onion with seafood and sauce, mushroom and vegetables while keep stirring.
5. Transfer the rice into baking dish, cover with a single layer of cheese and cooked seafood and vegetables, then remaining cheese on top.
6. Select **Convection** program, press **Start** to preheat at 190°C.
7. After preheating, put the dish on wave tray in the lower shelf position, set for 24-26 minutes and press **Start**.

### Note:

Please omit step 3 if using purchased white sauce.

## Squid tube with glutinous rice



### Ingredients

glutinous rice .....100 g carrot (diced) ..... 30 g  
tap water (for rice)... 60 g green beans..... 15 g  
squid ..... 2 Chinese parsley..... 1  
dried mushroom (diced) .... 6 g

### Seasonings

oil ..... 15 g **Surface seasonings:**  
ground pepper .. to taste oyster sauce ..... 30 g  
salt .....to taste light soy sauce..... 30 g  
cooking wine..... 5 g chill powder..... to taste  
ginger sauce ..... 3 g

### Container

Heat-resistant dish, wave tray (lower shelf position), integrated water tank



### Method

1. Soak and clean the glutinous rice for 4 hours, soak dried mushrooms thoroughly, clean the squid and marinate with cooking wine and ginger sauce for 10 minutes, mix the surface seasonings, set aside.
2. Pour soaked glutinous rice and water in the heat-resistant dish on wave tray in the lower shelf position.
3. Fill the water tank.
4. Select **Steam** Program, set for 35 minutes and press **Start**. let it stand in the oven for 5 minutes.
5. Deep fry diced mushrooms, carrot and green beans with hot oil in a deep pan until soft, add in cooked glutinous rice, salt and ground pepper, keep stirring until mixed well, garnish with Chinese parsley, set aside.
6. Put aluminum foil in wave tray, stuff the squid with the fillings and seal with tooth stick, brush the surface with mixed seasonings, put it on wave tray.
7. Select **Convection** program, press **Start** to preheat at 200°C.
8. After preheating, put the wave tray in the lower shelf position, set for 25-30 minutes, press **Start**. Turn it over at half time and brush the seasonings twice, after cooling, chop into moderate size.

### Note:

The squid will shrink after heating; it's recommended to stuff 80% full.

# Selection Menu

(continued)

## Roasted mushrooms



### Ingredient

mushrooms..... 250 g

### Seasonings

olive oil..... 10 g  
light soy sauce..... 10 g  
freshly ground black pepper.. to taste

### Container

Wave tray (lower shelf position) 

### Method

1. Wash mushrooms, then drain and pat dry with kitchen paper. Marinate with seasonings for 10 minutes.
2. Lay aluminum foil on wave tray. Place the mushrooms on it.
3. Select **Convection** (with preheating) program, press **Start** to preheat at 220°C.
4. After preheating, put the wave tray in the lower shelf position, set for 18-20 minutes, press **Start**.

## Crispy spare ribs with garlic



### Ingredient

spare ribs..... 500 g (10 pieces)

### Seasonings

soy sauce for seafood ..... 30 g  
oyster sauce ..... 45 g  
castor sugar..... 15 g  
ginger (minced)..... 5 g  
red chill (chopped)..... 4 g (1 piece)  
garlic (minced)..... 2 cloves  
oil..... 20 g

### Container

Wave tray (lower shelf position) 

### Method

1. Heat the oil in the pan and pour in half of the minced garlic, fry until fragrant, set aside.
2. Mix all the remaining seasonings, marinate with the spare ribs for 4-5 hours.
3. Lay the aluminum foil in the wave tray, arrange the ribs, spread the garlic over the ribs and seal.
4. Select **Convection** (with preheating) program, press **Start** to preheat 230°C.
5. After preheating, put the wave tray in the lower shelf position, set for 30-35 minutes, press **Start**, take out and cut at a small opening at the corner to pour out the excess juice at 2/3 of total time by pressing **Stop/Reset**, and continue to cook till end.

### Note:

To prevent burns, take care when removing the aluminum foil.

English

# Selection Menu

(continued)

English

## Fried shrimp cutlets



### Ingredients

shrimp .....	150 g
pork fat cubes .....	10 g
carrot .....	25 g
abalone mushrooms .....	25 g

### Seasonings

oil .....	5 g
scallion (chopped) .....	5 g
light soy sauce .....	5 g
fish sauce .....	3 g
salt .....	to taste

### Container

Wave tray (low shelf position)



### Method

1. Blanch carrot and abalone mushrooms, drain and cut into chops, set aside.
2. Remove shrimp intestines and mince the shrimp, add in pork fat cubes, fish sauce, chopped scallion, salt and light soy sauce, mix thoroughly, let it rest for 5 minutes.
3. Lay the aluminum foil on the wave tray, mix all the ingredients in step 1&2 and divide into 20 g meat ball each, arrange in 3x4 formation on wave tray and flatten in moderate size.
4. Select **Convection** (with preheating) program, press **Start** to preheat 230°C.
5. After preheating, put the wave tray in the lower shelf position, set for 16-19 minutes, press **Start**.

### Note:

If using sea shrimps, the flavor itself is salty enough, with the help of fish sauce and light soy sauce, there is no need to add additional salt.

## Roast lamb chops with cumin



### Ingredient

lamb chops .....	4 (300 g)
------------------	-----------

### Seasonings

light soy sauce .....	to taste
cumin .....	to taste

### Container

wave tray (lower shelf position)



### Method

1. Wash and drain the lamb chops and set aside.
2. Mix the seasonings, apply to the surface of the lamb chops and marinate for 2 hours.
3. Lay the marinated chops on aluminum foil on the wave tray, select **Convection** (with preheating) program, press **Start** to preheat at 230°C.
4. After preheating, put the wave tray in the lower shelf position, set for 9-11 minutes, press **Start**.
5. After cooking, take out the chops as soon as possible, let it rest for 3 minutes with wrap.

### Note:

The recommended cooking time is for medium-well done lamb chops, you can adjust according to your personal taste.

# Selection Menu

(continued)

## Baked salty walnuts



### Ingredient

walnut kernels..... 300 g

### Seasoning

spiced salt or sea salt ..... 10 g

### Container

Wave tray (lower shelf position)



### Method

1. Wash walnut kernels, drain and lay evenly on wave tray and sprinkle with spiced salt or sea salt.
2. Select **Convection** function, press **Start** to preheat at 170°C.
3. After preheating, put the wave tray in the lower shelf position, set for 20-23 minutes and press **Start**. Stir after 2/3 of the total time by pressing **Stop/Reset**, press **Start** to resume.

## Home-made yogurt



### Ingredients

weight	4 cups	8 cups
milk	475 g	950 g
yogurt	60 g	120 g

### Container

Wave tray (lower shelf position)



### Method

1. Pour milk in a casserole and heat up to 45°C, add yogurt and mix well, then pour into a cup evenly about 130 g per cup.
2. Cover each cup with plastic wrap then put on the wave tray in the lower shelf position.
3. Select **Fermentation** program at 40°C, press **Start**.

### Notes:

1. For multiple cups, calculate the material quantities according to the proportion.
2. When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and start fermenting.

English



## Whole wheat walnut & raisin bread



### Ingredients

bread flour .....	175 g
whole wheat flour.....	75 g
dry yeast (low sugar content) ..	2.5 g
castor sugar.....	8 g
salt.....	4 g
water.....	168 g
raisin .....	40 g
roasted walnut .....	50 g
whole wheat flour.....	to taste (for decoration)
oil.....	to taste (for greasing)

### Container

wave tray (lower shelf position),  
integrated water tank



### Method

1. Soak raisin for minutes, dice the walnut into cubes, set aside.
2. Mix remaining ingredients and knead until dough is extended, add in raisins and walnuts and mix well, place in a greased bowl and cover with plastic wrap.
3. Fill water tank, place the bowl on the wave tray in the lower shelf position. Select **Fermentation** program at 30°C, set for 60 minutes and press **Start**. At the beginning of the program, hold **Start** for 2 seconds, press **Start** again to add steam for 2 minutes, the moisture from which aids the rising process of the dough.

4. Take the fermented dough out and divide into 2 equal parts, cover and leave it to rise for 20 minutes.
5. Punch down the dough, turn it over, fold it inward at 1/3 from the top and butter, then fold the dough in half, pinch together the seam that has formed, then form what looks like a shuttle.
6. Line the wave tray with baking paper, place the dough on the wave tray in the lower shelf position. Select **Fermentation** program, set for 30 minutes and press **Start** to start proving at 30°C again. At the beginning of the program, hold **Start** for 2 seconds to add steam for 1 minute, the moisture from which aids the rising process of the dough.
7. After fermentation, take out the dough when it doubles in size, dust with flour on the surface and carve pattern with blade.
8. Select **Convection** (with preheating) program, press **Start** to preheat at 190°C. After preheating, put the wave tray in the lower shelf position, set for 25 minutes, press start. At the beginning of the program, hold **Start** for 2 seconds and press **Start** again to add steam for 2 minutes, repeat the process when 10 minutes left in the display window.
9. Let the baked bread cool on a rack before serving.

### Note:

**When overheated in cavity, “U50” will appear in the display window. Please wait until the cavity cool down and start fermenting.**

### tips:

**Wrap the leftover bread tightly in a plastic wrap and store it in the refrigerator, remove the wrap when ready to eat, re-bake by setting Convection (with preheating) program for 5-6 minutes.**

# Selection Menu

(continued)

## Chocolate chiffon cake (8")



### Ingredients

egg yolk .....	5 g
castor sugar .....	32 g (for egg yolk)
milk .....	67 g
oil .....	50 g
cake flour .....	67 g
cocoa powder .....	25 g
egg white .....	5
castor sugar .....	60 g (for egg white)
lemon zest .....	2 drops

### Container

8" chiffon mold, wave tray  
(lower shelf position)



### Method

1. Beat the egg yolk with milk, oil, castor sugar and cocoa powder until smooth and the sugar should be thoroughly melted. Then sift in cake flour and stir in a zig-zag direction. (To avoid gluten formed, do not stir in circles).
2. Select **Convection** (with preheating) program, press **Start** to preheat at 150°C.
3. In another bowl, whisk egg white and lemon zest, add castor sugar by three times until stiff peak form.
4. Use a rubber spatula to fold one-third of the egg whites into the egg yolk mixture, to properly fold egg whites into the rest of the batter, cut down through the middle, scrape the batter into the 8" cake tin, shake to remove foam, put the cake tin on wave tray.
5. After preheating, put the wave tray in the lower shelf position, set for 50-55 minutes and press **Start**.
6. Let the cake cool upside down for minutes.

## Shrimp toast



### Ingredients

toast .....	2 pieces
mozzarella cheese .....	40 g
shrimp (without shell) .....	40 g
cuttlefish (chopped) .....	40 g

### Seasonings

salt .....	to taste
ginger (sliced) .....	5 g
scallion (chopped) .....	5 g
tomato sauce .....	20 g

### Container

wave tray (lower shelf position)



### Method

1. Clean shrimp and cuttlefish, blanch with salt, ginger slice and chopped scallion, drain and set aside.
2. Apply a layer of tomato sauce on the toast, sprinkle with half cheese, then spread shrimp and cuttlefish cut on top, topping with remaining cheese.
3. Lay baking sheet on wave tray, put shrimp toast on wave tray. Select **Convection** (with preheating) program, press **Start** to preheat at 220°C.
4. After preheating, put the wave tray in the lower shelf position, set for 12-13 minutes and press **Start**.

English

## French style cinnamon roasted banana & toast rolls



### Ingredients

banana.....	2
toast.....	4 pieces
shredded cheese.....	40 g
butter (diced) .....	to taste

### A:

beaten eggs.....	10 g
castor sugar.....	5 g
milk .....	15 g
cinnamon powder.....	to taste

### Container

Wave tray (lower shelf position)



### Method

1. Cut the banana in half, peel and set aside, trim off the edges of toast, flatten them with a dough stick, sprinkle with shredded cheese and banana on top, and then fold up the toast (it's recommended to use long and thin banana, or you can fix the seam with toothpick if the banana is not thin enough)
2. Lay aluminum foil on wave tray, put banana rolls on wave tray, brush with mixture of ingredient A, topping with diced butter.
3. Select **Convection** (with preheating) program, press **Start** to preheat at 210°C.
4. After preheating, put the wave tray in the lower shelf position, set for 10-11 minutes and press **Start**.

## Almond flakes



### Ingredients

almond flakes .....	50 g
egg white .....	25 g
castor sugar.....	15 g
butter (unsalted) .....	6 g
cake flour .....	6 g
vanilla pod powder.....	0.6 g (optional)

### Container

Wave tray (lower shelf position)



### Method

1. Beat egg white by hand mixer, gradually add in castor sugar and vanilla pod powder, mix well, then add in almond flakes, melted butter until smooth, cover and rest in room temperature for 1 hour.
2. Sift in cake flour, combine well until the flour well combined, rest in room temperature for 30 minutes, lay baking sheet on wave tray, divide the batter into equal portions weighting about 14 g each, flatten as much as you can. (the thickness is crucial to the taste)
3. Select **Convection** (With preheating) program, press **Start** to preheat at 150°C.
4. After preheating, put the wave tray in the lower shelf position, set for 24-26 minutes and press **Start**.



# Selection Menu

(continued)

## Sugar-free salted cheese strips



### Ingredients

cake flour (sieved) .....	100 g
cheese powder .....	10 g
unsalted butter (cubed).....	45 g
cheddar cheese(shredded)...	20 g
cold water .....	15 g
egg white .....	1
white sesame.....	50 g

### Container

Wave tray (lower shelf position)



### Method

1. Knead cake flour, cheese powder and unsalted butter into coarse mixture.
2. Add in shredded cheddar cheese and cold water, knead until the dough is smooth.
3. Put the dough in a plastic bag and roll into a 24×14 cm rectangle evenly, chill for about 2 hours and cut into 1.5×14 strips.
4. Lay baking sheet on wave tray, brush beaten egg white evenly on the strips and coated with white sesame, then shape into dough twist, arrange well on the wave tray.
5. Select **Convection** (with preheating) program, then preheat at 180°C.
6. After preheating, put the wave tray in the lower shelf position, set for 22-25 minutes and press **Start**.

### Tips:

The crunchy, sugar-free stick with cheese powder and white sesame provides adequate nutrition, is ideal snack for pregnant woman and children.

## Crème Brûlée



### Ingredients

milk .....	120 g
castor sugar .....	36 g
vanilla extract .....	0.5 g
egg yolk .....	72 g
whipping cream .....	180 g

### Container

Brulee mould x4 (internal diameter 7 cm and depth 5 cm),

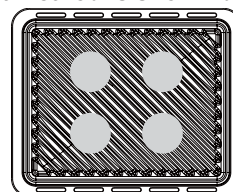
Wave tray (lower shelf position)



### Method

1. Put milk, castor sugar and vanilla extract together in a pot and heat to about 70 degrees until castor sugar all melt.
2. Stir egg yolk and whipping cream evenly. Add ingredient 1 and sift twice to make brulee liquid.
3. Pour prepared brulee liquid into mould. Cover with foil tightly.
4. Select **Convection** (with preheating) program, then preheat at 100°C.
5. After preheating, place brulee mould on the wave tray in the lower shelf position, set for 1 hour and 10 minutes and press **Start**.
6. After cooking, cool down brulee and put it into refrigerator above 4 hours.
7. Sprinkle with a light layer castor sugar on brulee. Heat with a spray gun until the sugar is caramelized and serve.

The placement method is shown below.



English

## Barbecue pork puff



### Ingredients

#### Fillings:

barbecue pork (diced).....	80 g
(please refer to method for auto program "Barbecue pork")	
oyster sauce .....	15 g
light soy sauce.....	5 g
castor sugar.....	20 g
water.....	30 g

#### corn starch with water:

water.....	40 g
corn starch.....	5 g
(mix till dissolved)	

#### onion with oil:

oil.....	20 g
onion (diced).....	30 g
(stir fry diced onion with oil till golden)	

#### Water-oiled crust pastry:

all-purpose flour.....	105 g
lard.....	40 g
castor sugar.....	8 g
beaten eggs.....	25 g
hot water.....	45 g
(the amount of water depends on the flour moisture)	

#### Chinese puff pastry:

all-purpose flour.....	80 g
lard.....	40 g
beaten eggs.....	to taste (for decoration)
cooked sesame .....	to taste (for decoration)

### Container

Wave tray (lower shelf position)



### Method

1. In a deep pan, heat up 30 g water with light soy sauce, oyster sauce and castor sugar till dissolved, gradually add in corn starch with water, keep stirring to prevent sticking on the pan.
2. Turn the gas off until the sauce is thick, pour into onion with oil after cooling, cover and keep in refrigerator overnight.
3. Mix diced barbecue pork with 100 g chilled sauce thoroughly, then let it rest in refrigerator for later use.
4. Knead all the ingredients in water-oiled crust pastry into a smooth ball.
5. Knead all the ingredients in Chinese puff pastry.
6. Divide water-oiled crust pastry and Chinese puff pastry into 9 equal portions separately, rest for 15 minutes.
7. Flatten the water-oiled crust roll and wrap the puff pastry, pinch together the seam and put downwards, rest for another 15 minutes.
8. Shape the dough into oval loaves, flatten and roll it up, repeat the process.
9. Flatten the dough, fold in 30 g diced pork, pinch together the seam.
10. Put the pastry evenly on wave tray lined with baking sheet, select **Convection** (with preheating) program, press **Start** to preheat at 180°C.
11. Brush with beaten eggs and sprinkle with white sesame on the surface.
12. After preheating, put the wave tray in the lower shelf position, set for 16-17 minutes and press **Start**.

### Notes:

1. **Standing time in step 2 is crucial to the integration degree of pork and sauce.**
2. **The stuffing in the pastry is easy to melt when temperature arises, please press the seam firmly to avoid overflow.**
3. **The barbecue pork can be also used as stuffing in auto menu "Steam Chinese Buns".**
4. **You can alternatively use curry beef or chicken as long as it is thoroughly cooked.**

# Selection Menu

(continued)

## Korean style roasted pork belly





### Ingredients

pork belly .....	350 g
garlic (chopped).....	5 g
ginger (chopped) .....	5 g
white sesame.....	8 g

### Seasonings

Korean chili sauce .....	25 g
honey.....	15 g
sesame oil .....	10 g
light soy sauce.....	15 g

### Container

wave tray (lower shelf position), integrated water tank  

### Method

1. Cut pork belly into a thickness of about 3 mm. Add chopped ginger, garlic and all seasonings, stir well and marinate for 15 minutes.
2. Fill water tank.
3. Select **Steam Convection** (with preheating) program, press **Start** to preheat at 190°C.
4. After preheating, put the food evenly on wave tray lined with aluminum foil in the lower shelf position, set for 13-14 minutes and press **Start**.



## Potato gratin



### Ingredients

potato peeled.....	380 g
mozzarella cheese.....	70 g (chopped)
beaten eggs.....	25 g
whole milk.....	50 g
whipping cream .....	50 g
salt.....	3 g
bacon bits .....	30 g
black pepper.....	to taste

### Container

Baking dish (diameter 22 cm and depth 5 cm),    
wave tray (lower shelf position), integrated water tank

### Method

1. Cut potato into slices, with thickness of about 2-3 mm.
2. Pour half of potato slice into baking dish, cover with half of cheese and sprinkle with bacon bits.
3. Add remaining potato and cheese.
4. Mix beaten eggs, milk, whipping cream, salt and black pepper, then pour into the dish and mix well.
5. Fill water tank.
6. Select **Steam Convection** (with preheating) program, press **Start** to preheat at 190°C.
7. After preheating, put the dish on wave tray in the lower shelf position, set for 28-30 minutes and press **Start**.

English

## Teriyaki chicken pieces



### Ingredient

chicken thigh (boneless)... 400 g (4 pieces)

### Seasonings

light soy sauce..... 36 g  
 water..... 30 g  
 castor sugar..... 6 g

### Container

wave tray (lower shelf position),  
 integrated water tank



### Method

1. Cut chicken thigh into 4 pieces evenly, remove any fat within a thickness of 2.5 cm.
2. Pierce chicken skin with bamboo stick or fork to avoid split or shrink and bring more flavor.
3. Marinate chicken pieces with the seasoning in a freezer bag for 30 minutes, rub the chicken a few times to absorb the sauce.
4. Fill water tank.
5. Select **Steam Convection** (with preheating) program, press **Start** to preheat at 200°C.
6. After preheating, put the chicken pieces on wave tray lined with aluminum foil in two rows in the lower shelf position, set for 22-25 minutes and press **Start**.

### Notes:

1. You can remove bone by yourself if boneless chicken thigh is not available.
2. The weight of each leg should be 100±5 g.

## Japanese-style Kebab(6 skewers)



### Ingredients

chicken thigh with skin (12 pieces).... 300 g  
 leeks (3 cm pieces)..... 85 g  
 green pepper (4 cm cubes) ..... 90 g

### Seasonings

light soy sauce..... 50 g  
 mirin..... 25 g  
 castor sugar..... 10 g  
 oil..... 10 g

### corn starch with water:

water..... 10 g  
 corn starch..... 2 g  
 (mix till dissolved)

### Container

bamboo stick, wave tray  
 (lower shelf position),  
 integrated water tank



### Method

1. Cut several places on the surface of the leeks.
2. String every two chicken pieces with green pepper and leeks by bamboo sticks.
3. Pour seasonings in a small pot and bring to boil, add corn starch and water and stir evenly, until getting thick.
4. Spread the chicken skewers with sauce, set for 15 minutes in the shallow dish. Turn over and smear sauce on the both side of chicken to become more flavor.
5. Fill water tank.
6. Select **Steam Convection** (with preheating) program, then press **Start** to preheat at 190°C.
7. After preheating, put the chicken pieces skin side up on wave tray lined with aluminum foil in the lower shelf position, set for 20-22 minutes and press **Start**.



# Selection Menu

(continued)

## Roast lamb



### Ingredient

lamb..... 1 chunk (800 g)

### Seasonings

salt..... to taste  
cumin..... to taste  
white wine..... to taste

### Container

wave tray (lower shelf position), integrated  
water tank



### Method

1. Marinate the lamb with salt and cumin for at least 1 hour. Thickness of lamb should be under 10 cm, halve.
2. Fill water tank.
3. Lay out lamb on the wave tray lined with aluminum foil, select **Steam Convection** (with preheating) program, then preheat at 190°C.
4. After preheating, put the wave tray in the lower shelf position, set for 50-55 minutes and press **Start**.

### Note:

**A tender texture with pink center is the optimum state for lamb.**

## Gyudon



### Ingredients

#### rice:

rice..... 200 g  
water..... 200 g

#### gyudon:

beef roll..... 200 g  
onion (sliced)..... 150 g  
scallion (chopped)..... to taste

### Seasonings

oil..... 30 g  
light soy sauce..... 30 g  
dark soy sauce..... 2.5 g  
mirin..... 30 g  
castor sugar..... 10 g  
water..... 25 g

### Container

heat-resistant bowl×2,  
heat-resistant dish, wave  
tray (lower shelf position),  
integrated water tank



### Method

1. After Washing and draining the rice, let it rest for 5 minutes, divide into 2 bowls and add in equivalent water.
2. Put the bowl in the wave tray in the lower shelf position.
3. Fill water tank.
4. Select **Steam** Program, set for 30 minutes and press **Start**. After cooking, let it stand for 5-10 minute.
5. Stir-frying sliced onion in a hot pan till soft, add in remaining seasonings and mix well.
6. Select **Steam Convection** (with preheating) program, then preheat at 190°C, mix the beef roll with the onion together with the sauce in a heat-resistant dish and put it on wave tray in the lower shelf position, set for 10-11 minutes, and press **Start**.
7. Topping the cooked rice with the beef and onion, and garnish with chopped scallion.

### Note:

**Do not over-lap the beef roll in the dish, otherwise the beef below will be undercooked.**

English

## fermentation process

### yeast

The yeast plays an important role in the development of fermentation, the more the yeast, the faster the fermentation speed and vice versa. The type of yeast also plays a large part of the tastes and textures of the bread.

### water temperature

Use 40°C water to mix with the flour at room temperature. The ideal temperature for proofing/rising bread dough is around 27°C, which is the most suitable environment for yeast growing; If the temperature is too high, the dough will be stiff, the texture will be rough; if the temperature is too low, the dough is lack of fermenting, the texture will be sticky.

### sugar

Using sugar that makes up 5% of the flour, the sugar provides nutrients for the yeast, in addition to seasoning, it can also keep the dough moist and soft and contributes to the appearance of the finished products.

### salt

Generally, adding 2-3 g of salt in 500 g of flour, which allows the gluten network to form, affects the speed of fermentation, increases flavor, and assists appearance of finished products.

### temperature, moisture

As a general rule, the ideal temperature for proofing/rising bread dough is 28-35°C, and cannot exceed 40°C. The humidity is between 70-75%, which is the ideal environment to bring the dough to grow. It can be adjusted by increasing or decreasing the temperature of the water used for kneading. When using the machine for kneading, it is recommended to use refrigerated water when the room temperature exceeds 25°C, and use room temperature water or warm water below 40°C when it is below 25°C.

### test result of fermentation

The fermented dough should be doubled in size, when you press the dough using your finger, it will not retract immediately, or when you pat the

dough, it becomes smooth and flexible, like a mature watermelon, on the contrary, it sounds low, and you don't have fluffy touch.

If the dough is over-fermented, too much air existed in the dough, it smells like alcohol.

### Others

The oven temperature will be affected by food starting temperature and room temperature, please pay special attention to fermenting time and temperature, to ensure the oven is moist enough, you can add steam at the very beginning.

### ingredients

dough..... 500 g

### Method

1. Put the smooth dough in a greased container, wrap with cling film.
2. Put the container in wave tray in the lower shelf position.
3. Select **Fermentation** at 30°C or 40°C, set for 30-60 minutes, and press **Start**, at the beginning of the program, hold **Start** for 2 seconds, press **Start** again to add steam for 2 minutes.
4. Use the dough as soon as possible.

# Reheating Chart

Foods	Weight	Program	Time
Chilled Big Meat Bun	130 g - 800 g (1 pc - 6 pcs)	Steam-Med	about 15 to 16 minutes
Chilled Shumai*	325 g - 650 g (6 pcs - 12 pcs)	Steam-Med	about 16 to 17 minutes
Chilled Vegetable*	500 g	Steam-Med	about 9 to 10 minutes
Chilled Chinese Rice Pudding*	250 g	Steam-Med	about 23 to 25 minutes
Chilled Bun*	300 g (8 pcs - 9 pcs)	Steam-Med	about 11 to 13 minutes
Chilled Rice*	150 g - 600 g (1 serve- 4 serves )	Steam-Med	about 19 to 20 minutes
Chilled Big Croissant	45 g - 180 g (1 pc - 4 pcs)	160°C Convection (without preheat)	about 9 to 10 minutes
Chilled Bread With Cheese	170 g (1 pc)	170°C Convection (without preheat)	about 8 to 10 minutes
Chilled Sandwich	120 g - 480 g (1 pc - 4 pcs)	180°C Convection (without preheat)	about 12 to 14 minutes
Chilled Fried Rice*	400 g	190°C Steam Convection (without preheat)	about 13 to 15 minutes
Chilled Fried Dumpling*	220 g (12 pcs)	190°C Steam Convection (without preheat)	about 9 to 10 minutes
Chilled Chicken Wings*	350 g (10 pcs)	220°C Convection (without preheat)	about 14 to 15 minutes

English

## Notes:

1. The recipes marked with “\*” require steam function. Be sure to fill the water tank before cooking.
2. Please use baking paper or aluminium foil and heat-proof utensils before cooking.
3. Chilled refers to storage temperature in the range of 0-3°C.



# Cooking Chart

English

Foods	Weight	Program	Time	Statement	Accessories
Chilled Big Meat Bun*	500 g (6)	Steam-Med	about 20 to 22 minutes	All kinds of frozen big meat buns sold in the market.	lower shelf
Frozen Shrimp Dumpling*	300g (12)	Steam-Med	about 11 to 13 minutes	All kinds of frozen shrimp dumplings sold in the market.	lower shelf
Steamed Salmon*	300 g (2 pcs)	Steam-Med	about 12 to 14 minutes	Clean and dry salmon. Sprinkle some salt and fish sauce for 15 minutes marination.	lower shelf
Frozen Sticky Rice Chicken*	320 g (4 pcs)	Steam-Med	about 25 to 28 minutes	Sold in the market.	lower shelf
Steamed Canned food*	1 can	Steam-Med	about 16 to 18 minutes	All kinds of tins sold in the market.	lower shelf
Steamed Potatoes*	500 g	Steam-Med	about 23 to 25 minutes	Clean potatoes and cut into 50 g pcs for each, put evenly on the wire rack.	lower shelf
Chilled Shumai*	12 (360 g)	Steam-Med	about 13 to 14 minutes	Homemade or sold in the market.	lower shelf
Frozen Spring Roll	8 pcs (about 260 g)	190°C Convection (with preheat)	about 16 to 18 minutes	Sold in the market or homemade. Coat oil on the surface.	lower shelf
Roast Beef Skewers	8 skewers (160 g)	180°C Convection (with preheat)	about 11 to 12 minutes	All kinds of frozen beef skewers sold in the market. Grease oil on the surface after defrosting.	lower shelf
Lamb Kebab	12 skewers (250 g)	180°C Convection (with preheat)	about 13 to 14 minutes	All kinds of frozen kebabs sold in the market. You need defrost first.	lower shelf
Roasted Vegetables	350 g	220°C Convection (with preheat)	about 16 to 18 minutes	Other root vegetables such as eggplants, green peppers, carrots, potatoes and asparagus should wash and cut into appropriate sizes. Add crushed black pepper, soy sauce, and olive oil to marinate for 10 minutes.	lower shelf
Chicken Wing	400 g (6 pcs)	210°C Convection (with preheat)	about 23 to 25 minutes	All kinds of chilled semi-finished product sold in the market.	lower shelf
Frozen Osmanthus Cake*	350 g (1)	Steam-Med	about 12 to 14 minutes	Sold in the market. Cut it into small pieces then put them on to the baking sheet.	lower shelf
Steamed Grains *	500-600 g	Steam-Med	about 35 to 40 minutes	All kinds of grains. (sliced)	lower shelf
Steamed Rice*	200 g	Steam-Med	about 40 minutes	Mix 200 g rice and 200 g water. After cooking, cover with plastic wrap and wait for 5 minutes.	lower shelf
Baked Quail Eggs with Salt*	24 pcs	190°C Steam Convection (with preheat)	about 18 to 20 minutes	Take 2 packs of coarse salt and stir-fried in the pan firstly. Spread a thin layer of coarse salt inside the tin foil and put quail egg on it. Then cover the quail eggs completely with coarse salt.	lower shelf
Roast Squid Skewers (beard)	5 skewers (220 g)	230°C Convection (with preheat)	about 10 to 12 minutes	Sold in the market. Or you can clean the squid, marinate it with spring onions, ginger and other seasoning in a few moment then string in skewers.	lower shelf

# Cooking Chart

(continued)

English

Foods	Weight	Program	Time	Statement	Accessories
Roast Cashew Nut	500 g	110°C Convection (with preheat)	about 60 minutes	Sold in the market.	lower shelf
Fried String of Bones	300 g (8 skewers)	190°C Convection (with preheat)	about 17 to 19 minutes	Sold in the market and defrosted.	lower shelf
Grilled Sausage	400 g (6 pcs)	190°C Convection (with preheat)	about 15 to 16 minutes	Sold in the market. Grease grill barbecue sauce or your favorite sauce. (Cut with knife to avoid bursting.)	lower shelf
Frozen Egg Tart	150 g - 300 g (4 pcs - 8 pcs)	200°C Convection (with preheat)	about 18 to 20 minutes	All kinds of frozen egg tart sold in the market.	lower shelf
Fried Short Rib	(4 pcs - 8 pcs)	210°C Convection (with preheat)	about 5 to 7 minutes	Dry short ribs, drizzle salt and chop black pepper for marinate a few moment.	lower shelf
Fried Frozen Hash Browns	250 g (3 pcs)	220°C Convection (with preheat)	about 19 to 22 minutes	Cook directly without defrosting. Different potatoes products need different cooking time depends on the pre-fried extent and thickness conduction. Please adjust cooking time according to the actual condition.	lower shelf
Fried Potato Balls	260 g (4 pcs)	220°C Convection (with preheat)	about 18 to 20 minutes		lower shelf
French Fries	250 g	230°C Convection (with preheat)	about 30 to 35 minutes		lower shelf
Fried Spare Ribs with Spicy Salt	250 g	230°C Convection (with preheat)	about 15 to 17 minutes	Sold in the market.	lower shelf
Fried Chicken Nugget	350 g	230°C Convection (with preheat)	about 20 to 22 minutes	Cut chicken thigh into 30g each pieces and coat fried chicken powder. Then marinate for 15-20 minutes.	lower shelf
Fried Frozen Chicken Nugget	400 g	230°C Convection (with preheat)	about 27 to 30 minutes	Sold in the market.	lower shelf
Beef Steak with Black Pepper	1 pc (200 g each)	220°C Convection (with preheat)	about 11 minutes	Dry steak and drizzle some salt and chop black pepper to marinate for 5-10 minutes. (After cooking, take out steak quickly and pack with aluminium foil. Standing for 3 minutes and serve.)	lower shelf
	2 pcs (200 g each)		about 14 minutes		lower shelf
Frozen Cod Fillet	320 g (8 pcs )	230°C Convection (with preheat)	about 27 to 30 minutes	Sold in the market and grease oil on the surface.	lower shelf
Frozen Pizza	1 pc (320 g)	230°C Convection (with preheat)	about 13 to 15 minutes	All kinds of frozen pizza sold in the market.	lower shelf
Defrost Minced Meat*	400 g - 500 g	40°C Fermentation	about 30 to 35 minutes	Remove food package and place on heat-proof dish. Press <b>Start</b> button for 2 seconds and press again to add 2 minutes steam. Turn over food when cooking to half time. After cooking, wait for 5-10 minutes.	lower shelf
Defrost Drumsticks*	500 g	40°C Fermentation	about 40 minutes		lower shelf
Defrost Chicken Wings*	400 g - 500 g	40°C Fermentation	about 40 minutes		lower shelf
Defrost Fish*	400 g - 500 g	30°C Fermentation	about 35 to 40 minutes		lower shelf

## Notes:

1. The recipes marked with “ \* ” require steam. Be sure to fill the water tank before cooking.
2. Frozen refers to storage temperature is under -18°C.
3. Please use baking paper or aluminium foil and heat-proof utensils before cooking.

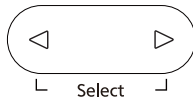
# Utensils Cleaning Setting

## Cleaning (Utensils)

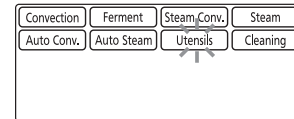
This function is suitable for all kinds of dishes cleaning. (need 30 minutes)

English

1



Place utensils on the wave tray in the lower shelf position. Then select **Utensils** by pressing **Select** button.

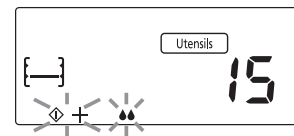


2



Start/Set

Press **Set** button to confirm.

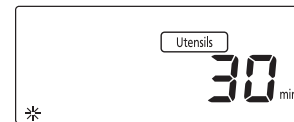


3



Start/Set

Press **Start** button once.



### Notes:


1. High temperature will occur when using steam to wash dishes. All dishes must be heat-proof (for over 130 °C) before using this function.
2. Fill the tank with water before using.
3. When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and clean the utensils after "U50" disappear.

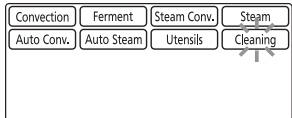
# Oven Cleaning Setting

## Cleaning (Deodorization)


This function is suitable for ovens with odors (need 20 minutes). Before maintenance (cleaning the oven), please empty the oven and wipe inside dirty.

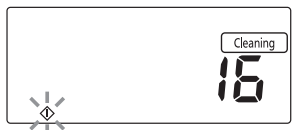
English

**1**  Select **Cleaning** by pressing **Select** button.





.....

**2**  Press **Set** button to confirm.



.....

**3**  Press **Start** button once.



### Notes:

Flashing state “” will flash in the display window.

# Oven Cleaning Setting

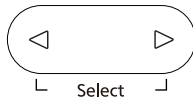
(continued)

English

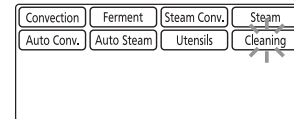
## Cleaning (Cavity)

This function is suitable for cleaning a dirty oven caused by oil (need 30 minutes).

1



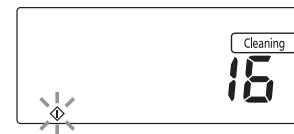
Select **Cleaning** by pressing **Select** button.



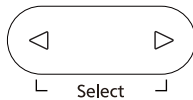
2



Press **Set** button to confirm.



3



Press **Select** button until "17" appear in the display window.



4



Press **Start** button once.



### Notes:

1. Fill the tank with water before using.
2. After cleaning, open the door and wipe it clean with a damp cloth.

# Oven Cleaning Setting

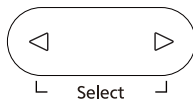
(continued)

## Cleaning (System)

After using steam function, this function can make the water pump through the pipe to the drip tray.

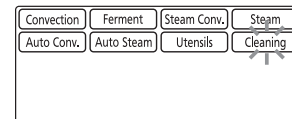
English

1



Select **Cleaning** by pressing **Select** button.

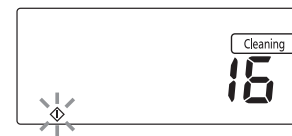
Note: Fill water tank with 100 ml water before using and remove the water from the drip tray.



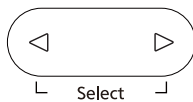
2



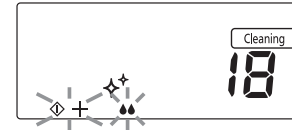
Press **Set** button to confirm.



3



Press **Select** button until "18" appear in the display window.



4



Press **Start** button once.



### Notes:


1. Do not remove the water tank when using this function.
2. Wash the drip tray clean after cleaning.

# Oven Cleaning Setting

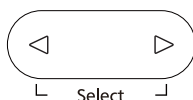
(continued)

English

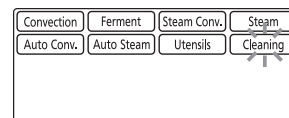
## Cleaning (With Citric Acid)

If “” appears in the display window after cooking, you should use citric acid to clean the water-piping. After using citric acid to clean, rinse with water again. Flush and clean water will drain into the drip tray. (need 30 minutes)  
Prepare detergent with approximately 20 g of citric acid dissolved completely in 250 ml of water, and pour the mixture into the integrated water tank of the oven directly.

1



Select **Cleaning** by pressing **Select** button.



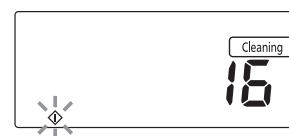
2



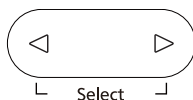
Press **Set** button to confirm.

Start/Set

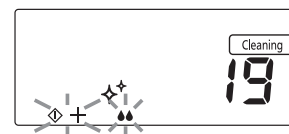
Note: Empty the drip tray and check prepared detergent in the water tank.



3



Press **Select** button until “19” appear in the display window.



4



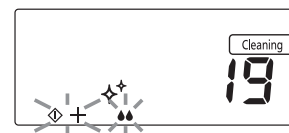
Press **Start** button once.

Start/Set



5

After the program is automatically paused, you can remove water in drip tray and clean the water tank, then fill the tank with water.



6



Press **Start** button once. Program will continue 1 minute.

Start/Set



### Notes:

1. After cleaning, please wipe the residue in the water tank and wash the drip tray clean.
2. Do not remove the integrated water tank when using this function.



# Care of Your Oven

Be sure to clean and maintain the oven after it is completely cold. Turn the oven off and remove the power supply plug from the wall socket before cleaning. A steam cleaner should not be used for cleaning.

The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings and air outlet.

Always clean the bottom plate after cooling down with a mild detergent and wipe to dry.

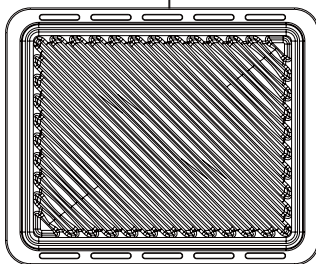
Keep the inside of the oven clean regularly. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned. Clean the oven after it is completely cold.

Do not allow the Control Panel to become wet. Clean with a soft and dry cloth. Do not use the detergent of harsh or abrasives on the Control Panel. After cleaning, press **Stop/Reset** button to clear display window.

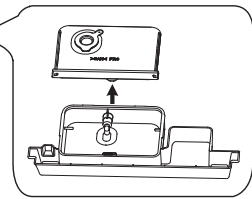
If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

Clean the door and oven window with a soft and damp cloth. Mild detergent may be used if the oven gets very dirty. Do not use harsh and abrasive cleaners to clean the oven window, since they can scratch the surface, which may result in shattering of the glass.

After using, clean with a mild detergent or dishwasher. Do not use abrasive cleaners to clean the oven. (Such as steel wool, etc.)



Always remove integrated water tank after use and clean it using a soft damp sponge with water.



English

# Before Requesting Service

English

## PROBLEM

## POSSIBLE CAUSE

## REMEDY

No display on panel.

The oven is not plugged in securely.

Remove plug from outlet, wait 10 seconds and re-insert.

Circuit breaker or fuse is tripped or blown.

Reinstall the fuse or reset the circuit breaker.

There is a problem with the outlet.

Plug another appliance into the outlet to check if the outlet is working.

Oven cannot start operation.

The door is not closed completely.

Close the oven door securely.

**Start/Set** button was not pressed after programming.

Press **Start/Set** button.

Another program has already been entered into the oven.

Press **Stop/Reset** button to cancel the previous program and program again.

The program has not been entered correctly.

Program again according to the operating instructions.

**Stop/Reset** button has been pressed accidentally.

Program oven again.

No steam

Check whether the water tank has water.  
Check whether the integrated water tank is installed correctly in place.

Fully fill the water tank and properly install it.

"H00" appears in the display window.

There is a problem with the oven.

Please contact the service center specified by Panasonic.

# Before Requesting Service (continued)

## PROBLEM

## POSSIBLE CAUSE

## REMEDY

"U14" appears in the display window.

The water tank lacks water. Even if it is full of water, "U14" will appear in the display window in different conditions.

"U14" appears in the first two cooking stages, you can refill water and press **Start/Set** button to continue. It is not available if "U14" appears in the third time. Please fill the water tank with water again. Replace to the oven and press **Stop/Reset** to reset.

If it is not cleaned in time after "↻" appears in the display window, scale will accumulate around the inner wall of the water-piping.

Please use the citric acid cleaning function to clean the water-piping.

"U50" appears in the display window.

The cavity temperature is overheated.

Operate again after cavity temperature cooling down and "U50" disappears.

White powder found at steam outlet, drip tray and oven cavity.

The white powder is mineral crystal from evaporation of water, it is natural substance and harmless to human body.

You can use auto cleaning menu with Auto Menu 18&19 to clean the steam system and water supply pipe to improve condition. If crystal attached to the nozzle or in the oven cavity, please wipe and clean with a wring cloth. After using steam function or cleaning, pour out the water from the drip tray and wipe with a sponge.

English

If it seems there is a problem with the oven, contact an authorized Service Center by Panasonic.

# Before Requesting Service (continued)

English

## ALL THESE THINGS ARE NORMAL:

Sounds will occur when using the Steam function.	This is caused by air mixed when the water tank is working. It is normal.
The sound of "Bar... Bar..." may be emitted at the back of the oven cavity during and after the use of different kinds of Convection function.	This is a cause of thermal expansion and contraction of the metal material used in the product. It is normal.
Steam accumulates on the oven door and warm air comes from the air outlet.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the air outlet by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as inside or on the oven door. It is normal.
Steam leaks out from all four sides of the oven door.	When a function related to steam is used, a lot of steam are generated in the oven cavity during operation of the product. Some steam may leak from all four sides of the oven door. It is normal.
I accidentally operated my oven without any food in it.	Operating the oven empty for a short time will not damage the oven, however, it is not recommended.
The oven has an odour and generates smoke when using Convection and Steam Convection function.	It is essential that your oven is wiped out regularly, particularly after cooking by Convection and Steam Convection. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
The fan motor continues operating after cooking is over.	After using the oven, the fan motor will operate for several minutes to cool the oven and electric components. It is normal.
The rear side of the oven's color has yellowing.	Metal ions will generate yellow marks when heated. It is normal that will not affect the use of the oven and harm to human health.
Door seal maybe deformed.	The door seal may be distorted due to high temperature. It is normal and will not affect the performance of use of the oven.
Some smoke and odour will be given off from the cavity when using different kinds of Convection functions for the first time.	It is caused by the excessive oil in the cavity used for rust protection.
The part where the power supply cord connects to the product's bottom plate has loosened.	It is normal.

# Specifications

Model Number	<b>NU-SC102W</b>	
Power Source	220 V ~ 50 Hz	
Power Consumption	Steam	5.1 A 1130 W
	Convection	5.6 A 1230 W
	Steam Convection	5.6 A 1230 W
Output Power	Steam	1100 W
	Convection	1200 W
	Steam Convection	1200 W
Outside Dimensions (H × W × D)	376 mm × 404 mm × 404 mm	
Outside Dimensions (With handle) (H × W × D)	376 mm × 404 mm × 443 mm	
Oven Cavity Dimensions (H × W × D)	220 mm × 320 mm × 280 mm	
Cavity Volume	20 L	
Weight	12.1 kg (Without accessories)	

English

\* IEC Test Procedure  
Specifications subject to change without notice.