

# Panasonic®

Operating Instructions

使用説明書

Panduan

คู่มือการใช้งาน

Microwave Oven

微波爐

Ketuhar Gelombang Mikro

เตาอบไมโครเวฟ

Household Use Only

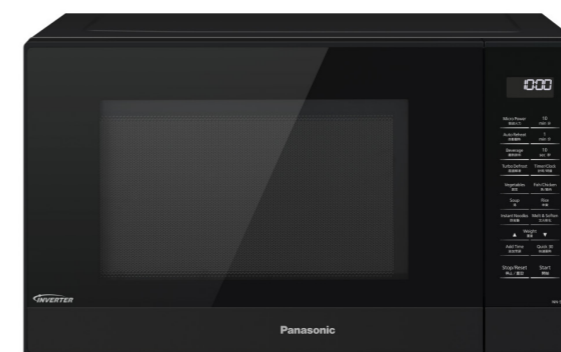
僅家庭用

Kegunaan Rumah Sahaja

สำหรับใช้ในครัวเรือนเท่านั้น

Model No.:  
型號:

**NN-ST65JB**  
**NN-ST65JM**



Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd.  
888, 898 Long Dong Road, Pu Dong, Shanghai, 201203, China  
Web Site: <http://www.panasonic.com>

F0003CA20MP  
PA0618-0  
Printed in China

Important safety instructions  
Read carefully and keep for future reference

重要安全措施

仔細閱讀並妥善保存

Panduan keselamatan penting

Baca dengan teliti dan simpan untuk rujukan masa depan

ข้อแนะนำเกี่ยวกับความปลอดภัยที่สำคัญ

อ่านอย่างละเอียดและเก็บไว้อ้างอิงในอนาคต

# Table of Contents

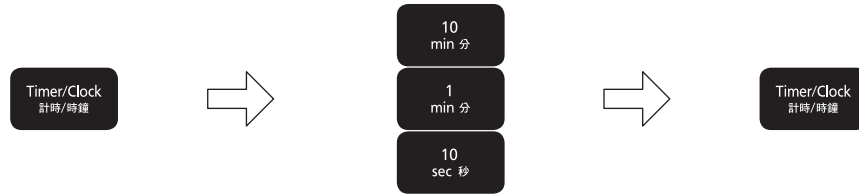


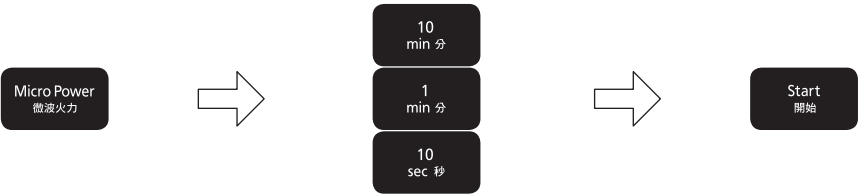
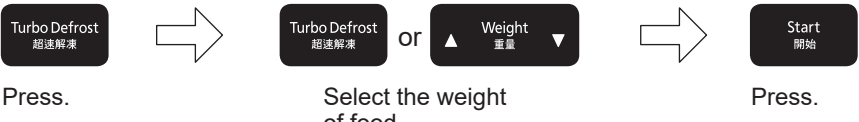

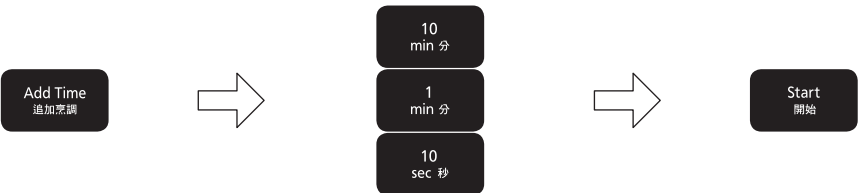

English


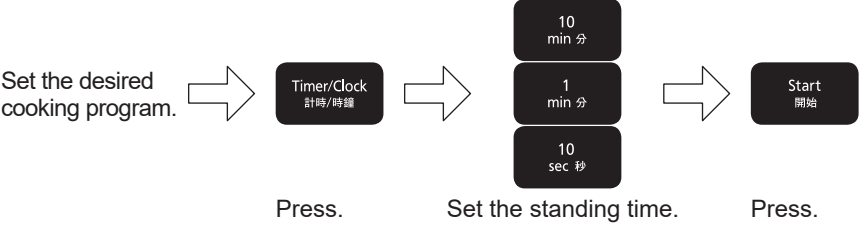
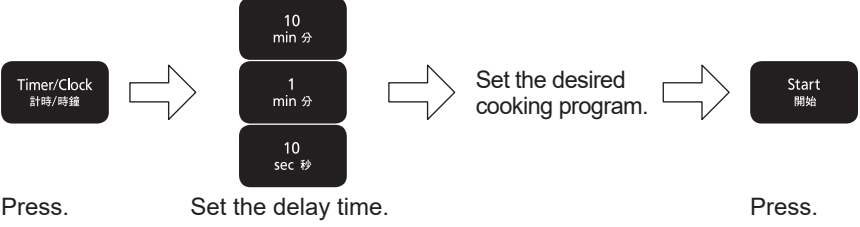
Quick Guide.....	2-3
Important Safety Instructions.....	4-5
Installation and General Instructions .....	5-6
Feature Diagram.....	7
Control Panel.....	8
Cookware and Utensil Chart.....	9
Clock Setting .....	10
Child Safety Lock Setting .....	10
Micro Power Setting .....	11
Turbo Defrost Setting .....	12
To Cook Using the Quick 30 Function .....	13
Using the Add Time Function.....	13
Auto Cook Setting — To Use Auto Reheat.....	14
Auto Cook Setting — To Use Beverage .....	15
Auto Cook Setting — Others .....	16-18
Timer Setting (Kitchen Timer/Standing Time/Delay Start) .....	19
3-Stage Setting.....	20
Microwaves and How They Work .....	21
Food Characteristics.....	21
Cooking Techniques .....	22-24
Defrosting Chart .....	25
Reheating Chart .....	26
Cooking Chart.....	27
Before Requesting Service.....	28
Care of your Microwave Oven.....	29
Technical Specifications .....	29

# Quick Guide

After plugging in, “88:88” will appear in the display window, then you can start to operate.

English

Feature	How to Operate	
<b>To Set Clock</b> (☞ page 10)	 <p>Press twice.                      Set Time of day.                      Press once.</p>	
<b>To Set / Cancel Child Safety Lock</b> (☞ page 10)	<b>To Set:</b>  Press 3 times.	<b>To Cancel:</b>  Press 3 times.
<b>To Cook / Reheat / Defrost by Micro Power and Time Setting</b> (☞ page 11)	 <p>Select power.                      Set the cooking time.                      Press.</p>	
<b>To Use Turbo Defrost Pad</b> (☞ page 12)	 <p>Press.                      Select the weight of food.                      Press.</p>	
<b>To Cook using Quick 30 Pad</b> (☞ page 13)	 <p>Press to set the desired cooking time.                      Press.</p>	
<b>To Use the Add Time Function</b> (☞ page 13)	 <p>After cooking, press this pad.                      Add Time by pressing the Time pads.                      Press.</p>	
<b>To Cook using Auto Cook Pads</b> (☞ page 16)	eg:  <p>Press to select the desired menu number.                      Set the weight.                      Press.</p>	

Feature	How to Operate
<p><b>To Use as a Kitchen Timer</b> (☞ page 19)</p>	 <p>Press. Set the kitchen time. Press.</p>
<p><b>To Set Standing Time</b> (☞ page 19)</p>	 <p>Set the desired cooking program. Press. Set the standing time. Press.</p>
<p><b>To Set Delay Start</b> (☞ page 19)</p>	 <p>Press. Set the delay time. Set the desired cooking program. Press.</p>

# Important Safety Instructions

English

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

### Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

#### Inspection for Damage:

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.

#### Precautions:

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. 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.
11. Children should be supervised to ensure that they do not play with the appliance.
12. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
13. The surfaces are liable to get hot during use.

### Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

**WARNING**—Improper use of the earthing plug can result in electric shock.

### Important Instructions

**WARNING**—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) may explode and should not be heated in microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
  - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - (b) Remove wire twist-ties from bags before placing bag in oven.
  - (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
  - (d) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. 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.

### Circuits

Your microwave ovens should be operated on a separate circuit from other appliances. The voltage used must be the same as specified on this microwave oven. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

# Important Safety Instructions *(continued)*

English

## WARNING

- (a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- (b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- (c) It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- (d) If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (e) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- (f) Liquids and other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- (g) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- (h) Care should be taken not to displace the glass tray when removing containers from the appliance.

## Installation and General Instructions

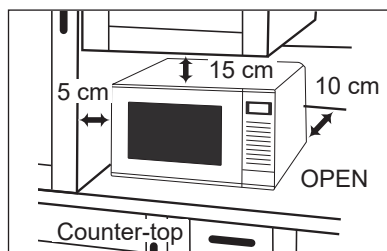
### General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Reset** Pad and leave door closed order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
11. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
12. If glass tray is hot, allow to cool before cleaning or placing in water.
13. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
14. Metallic containers for food and beverages are not allowed during microwave cooking.
15. Only use utensils that are suitable for use in microwave ovens.

## Placement of Oven

This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard.

1. The oven must be placed on a flat, stable surface. It shall not be placed in a cabinet. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.

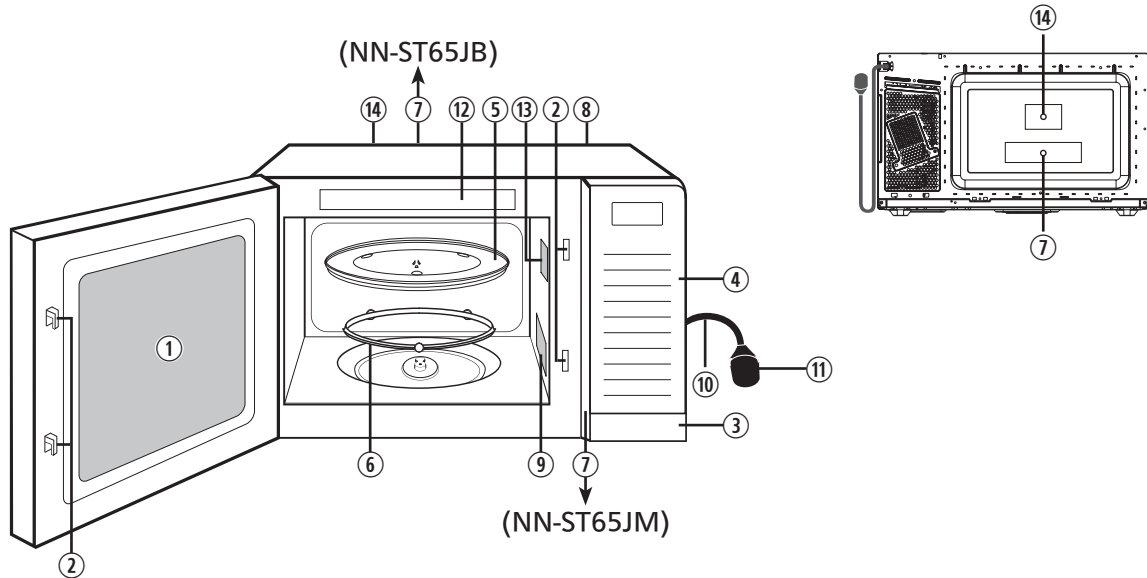


- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
  - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
  3. If the oven is designed for installation into a wall cabinet, use the proper trim kit available from a local Panasonic dealer. Follow all instructions packed with the kit. (only for NN-ST65JM)

## Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
  2. Do not attempt to deep fat fry in your microwave oven.
  3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
  4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
  5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
    - (a) Avoid using straight-sided containers with narrow necks.
    - (b) Do not overheat.
    - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
  - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
  - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
  7. **COOKING TIMES given in the cookbook 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.
  8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
  9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
  10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
  11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

# Feature Diagram



English

① **Oven Window**

② **Door Safety Lock System**

③ **Door Release Pad**

Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cook resumes as soon as the door is closed and **Start Pad** is pressed. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

④ **Control Panel**

⑤ **Glass Tray**

- a. **DO NOT** operate the oven without the Roller Ring and Glass Tray in place.
- b. Only use the Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
- c. If the Glass Tray is hot, allow to cool before cleaning or placing in water.
- d. **DO NOT** cook directly on the Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
- e. Always place the container on the center of glass tray when cooking.
- f. If food or utensil on the Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
- g. Glass Tray can rotate in either direction.

⑥ **Roller Ring**

- a. Roller Ring should be cleaned regularly to avoid excessive noise.
- b. Roller Ring and Glass Tray should be used at the same time.

⑦ **Identification Plate**

⑧ **Oven Air Vent**

⑨ **Waveguide Cover** (do not remove)

⑩ **Power Supply Cord**

⑪ **Power Supply Plug**

⑫ **Menu Label**

Position your supplied menu label here.

⑬ **Oven light**

Oven light will turn on during cooking and also when door is opened.

⑭ **Warning Label**



## Note

1. The above illustration is for reference only.
2. The glass tray is the only accessory with this oven. All other cooking utensils mentioned in this manual must be purchased separately.



# Control Panel

English



- 1 **Display Window**
- 2 **Micro Power pad (page 11)**
- 3 **Turbo Defrost pad (page 12)**
- 4 **Auto Cook pads (page 14-18)**
- 5 **Weight pads**  
Set desired weight by pressing the ▲ / ▼ pads.
- 6 **Add Time pad (page 13)**
- 7 **Time pads**
- 8 **Quick 30 pad (page 13)**
- 9 **Timer/Clock pad (page 10, 19)**
- 10 **Stop/Reset pad:**  
**Before cooking:** One tap clears all your instructions.  
**During cooking:** One tap temporarily stops the cooking process. Another tap cancels all your instructions and colon or time of day appears in the display window.
- 11 **Start pad**  
After cooking program setting, one tap allows oven to begin functioning. If door is opened or **Stop/Reset Pad** is pressed once during oven operation, **Start Pad** must be pressed again to restart oven.



## Note

If an operation is set and **Start Pad** is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.



## Beep Sound

When a pad is pressed correctly, a beep will be heard. If a pad is pressed and no beep is heard, the unit did not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

\*NN-ST65JB and NN-ST65JM – The design of your control panel may vary from the panel displayed, but the words on the pads will be the same.

# Cookware and Utensil Chart

English

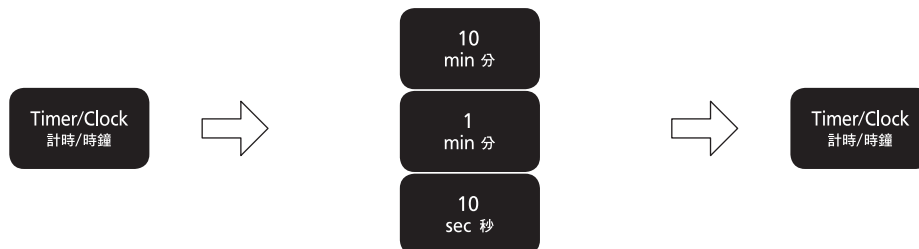
	<b>Microwave</b>
<b>Aluminium foil</b>	for shielding
<b>Ceramic Plate</b>	yes
<b>Browning Dish</b>	yes
<b>Brown paper bags</b>	no
<b>Dinnerware</b> oven/microwave safe	yes
non-oven/microwave safe	no
<b>Disposable</b> paperboard containers	yes*
<b>Glassware</b> oven glassware & ceramic	yes
non-heat resistant	no
<b>Metal cookware</b>	no
<b>Metal twist-ties</b>	no
<b>Oven cooking bag</b>	yes
<b>Paper towels and napkins</b>	yes
<b>Plastic defrosting rack</b>	yes
<b>Plastic dishes</b> microwave safe	yes
non microwave safe	no
<b>Microwave safe plastic wrap</b>	yes
<b>Straw, wicker, wood</b>	yes
<b>Thermometers</b> microwave safe	yes
conventional	no
<b>Waxed paper</b>	yes
<b>Silicon bakeware</b>	yes*

\* Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

# Clock Setting

You can use the oven without setting the clock.

English



- 1. Press twice.**  
Colon will blink in the display window.
- 2. Set the time by pressing the Time pads.**  
Time appears in the display window; colon is blinking.
- 3. Press once.**  
Colon stops blinking; time of day is entered and locked in the display window.  
Time counts up in minutes.



## Note

1. To reset time of day, repeat steps 1-3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.
4. Oven will not operate while colon is blinking.

# Child Safety Lock Setting

This feature allows you to prevent operation of the oven by a young child; however, the door can still open.  
**This feature can be set when colon or time of day is displayed.**

**To set:**



**Press Start three times.**  
Colon or time of day will disappear. Actual time will not be lost.

“” appears in the display window.

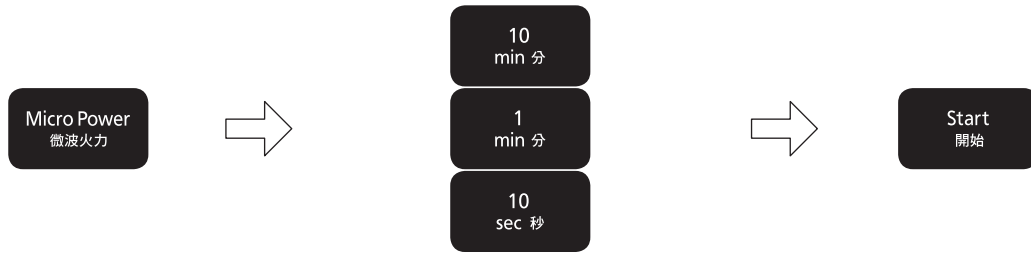
**To cancel:**



**Press Stop/Reset three times.**  
Colon or time of day will reappear in the display window.

To set or cancel child safety lock, **Start** Pad or **Stop/Reset** Pad must be pressed 3 times within 10 seconds.

# Micro Power Setting



- 1. Press to select micro power level.**  
(see chart below)
- 2. Set cooking time.**  
Select cooking time by pressing the Time pads.  
(1000 W: up to 30 minutes  
Other Powers: up to 99 minutes and  
50 seconds)
- 3. Press Start.**  
The time in the display window will count down.

Press	Power Level	Example of Use
once	1000 W (HIGH)	Boil water. Reheat. Cook vegetables, rice, pasta and noodles.
twice	800 W (MED-HIGH)	Cook poultry, meat, cakes, desserts. Heat milk.
3 times	600 W (MEDIUM)	Cook beef, lamb, eggs, fish and seafood. Melt butter.
4 times	440 W (MED-LOW)	Simmer soups, stews and casseroles (less tender cuts).
5 times	300 W (DEFROST)	Thaw foods.
6 times	100 W (LOW)	Keep cooked foods warm, simmer slowly.

## Note

- It is possible to programme no more than 3 stages cooking as one cooking set. For 2 or 3 stages cooking, repeat steps 1 and 2 above before pressing **Start** Pad. When operating, two beeps will be heard between each stage. (Please refer to page 20 for details).
- You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add Time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
- Do not use metal containers on microwave mode.
- Stand time can be programmed after micro power and time setting. Refer to using the timer page 19.

# Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by setting the weight. The serving/weight is 0.1 kg to 3 kg.

English

Food	Maximum Weight
Minced meat, Chicken Pieces, Chops	3 kg
Beef roast, lamb, whole chickens	3 kg
Whole fish, scallops, prawns, fish fillets	1 kg



1. **Press once.**  
(default weight is 0.1 kg)

2. **Select the weight of food by pressing Turbo Defrost pad or ▲ / ▼ pads.**

3. **Press Start.**  
Defrosting time appears in the display window and begins to count down.

## Tips for Turbo defrost

Meat, which is with bones. For example, if the meat with bones has the same weight as the pure meat, the meat in the former one is lighter than the latter one. So, subtract 0.5 kg for 2 kg meat with bones is better for defrosting and 0.25 kg for meat with bones which is less than 2 kg.

## Two buzz beeps

Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger. Shield the edge of chicken wings, roast, fat or bones.

## Key to defrosting

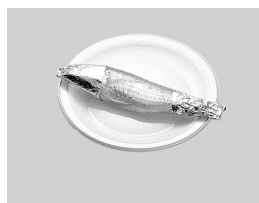
For evenly defrosting, turn over the foods or move the position of the foods in the containers during the progress of defrosting.



Remove the package of the raw meat and place it on the plate.



Shield the front part of the chicken drumsticks by using aluminum foil.



Shield the head and tail of the whole fish by using aluminum foil.



Remove the package of the fish fillet and place it on the plate.

# To Cook Using the Quick 30 Function

This function allows you to quickly set cooking time in 30 second increments.

Quick 30  
快速翻熱



Start  
開始

1. **Press Quick 30 to set the desired cooking time (up to 5 minutes).**  
Each press is 30 seconds.  
Time appears in the display. Power level is pre-set at 1000 W.
2. **Press Start.**  
The cooking will start and the time in the display will count down.  
At the end of cooking, five beeps will sound.



## Note

1. This function is only available for Microwave. Select desired micro power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you cannot use the Time pads.

# Using the Add Time Function

This feature allows you to add cooking time at the end of previous cooking.

Add Time  
追加烹調



10  
min 分

1  
min 分

10  
sec 秒



Start  
開始

1. **After cooking, press 'Add Time' pad.**
2. **Add cooking time by pressing the Time pads.**  
Maximum cooking time:  
Microwave: 1000 W up to 30 minutes;  
other powers up to 99 minutes and 50 seconds.
3. **Press Start.**  
Time will be added.  
The time in the display window will count down.



## Note

1. This function is only available for Microwave and Timer function and it is not available for Turbo Defrost and Auto Cook.
2. The Add Time function will not operate after 1 minute cooking.
3. The Add Time function can be used after the 3-stage cooking.
4. The power level is the same as the last stage.

# Auto Cook Setting — To Use Auto Reheat

English



## 1. Select desired menu number.

Press to select the desired pad until the desired menu number appears in the display window.

## 2. Select the Weight of food by pressing ▲ / ▼ pads. (see chart below)

## 3. Press Start.

The cooking time appears in the display window and begins to count down.

Press



Menu No.	Menu Category	Weight						Recommended containers or accessory
		200 g	400 g	600 g	800 g	-	-	
1	Meals	200 g	400 g	600 g	800 g	-	-	Microwave safe dish with lid or plastic wrap
2	Bread	50 g	100 g	150 g	200 g	-	-	Microwave safe dish
3	Sausages	50 g	100 g	150 g	200 g	-	-	Microwave safe dish
4	Chinese Bun	70 g	100 g	150 g	200 g	-	-	Microwave safe dish with plastic wrap

### 1. Meals

Pre-cooked foods are reheated automatically by setting the weight of food. You need not select power level or reheating time. The foods should be at refrigerator temperature (5-7 °C). Use suitable size microwave safe dish, add 1-4 tbsp. water if desired, and cover with lid or plastic wrap. Select the program and weight then press **Start**. Allow food standing 3-5 minutes before serving.

### 2. Bread

It is suitable for reheating bread at refrigerator temperature (5-7 °C). Put the bread on a suitable size microwave safe dish. Cook without cover.

**Note:** 50 g = one standard slice of bread.

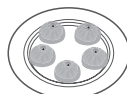
### 3. Sausages

It is suitable for reheating frozen sausages, put the food on a microwave safe dish in a radial pattern, without cover. Select the program and weight then press **Start**. See the illustration below.



### 4. Chinese Bun

It is suitable for reheating buns such as frozen creamy custard bun, etc., Place food on a microwave safe dish in a radial pattern, sprinkle with some water. Put the food on a suitable size microwave safe dish on glass tray, Cover with plastic wrap. Select the program and weight then press **Start**. See the illustration below.



**Note:** 35-40 g = one standard piece of bun.

# Auto Cook Setting — To Use Beverage

This feature allows you to reheat coffee/milk without setting micro power and time.

## 1. Put the beverage into the oven



## 2. Press Beverage Pad

Press once to reheat coffee. Press twice to reheat milk.

## 3. Select the Weight of beverage by pressing the ▲ / ▼ Pads

For example: To reheat 2 cups coffee press **Beverage** Pad once, then press "▲" Pad twice.

## 4. Press Start.

Cooking time appears in the Display Window and begins to count down.

English

Press Beverage	Menu Number (Press ▲ / ▼ Pad)	Menu
1x	5-1	1 cup coffee
	5-2	2 cups coffee
2x	6-1	1 cup milk
	6-2	2 cups milk



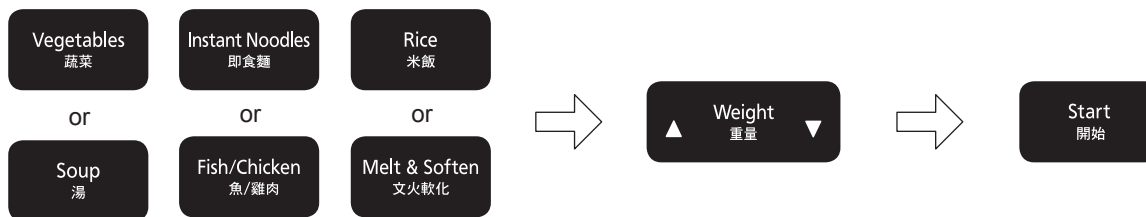
## Note

1. Use a microwave safe cup.
2. Heated coffee/milk can erupt if not mixed with air. Do not heat coffee/milk in your microwave oven without stirring before and halfway through heating.
3. Care must be exercised not to overheat coffee/milk when using the coffee/milk feature. It is programmed to give proper result when heating 1 cup or 2 cups of coffee/milk, starting from room temperature for coffee and refrigerator temperature for milk. Overheating will cause an increased risk of scalding, or water eruption.
4. 1 cup of milk is 200 ml to 250 ml and 1 cup of coffee is 150 ml to 200 ml.



# Auto Cook Setting — Others

English



- Select desired menu number.**  
Press to select the desired pad until the desired menu number appears in the display window.
- Select the Weight of food by pressing ▲ / ▼ pads.**  
(see chart below)
- Press Start.**  
The cooking time appears in the display window and begins to count down.

**Press**

Vegetables  
蔬菜

Menu No.	Menu Category	Weight						Recommended containers or accessories
7	Vegetables	120 g	180 g	250 g	370 g	-	-	Casserole with lid or plastic wrap
8	Root Vegetables	250 g	370 g	500 g	900 g	-	-	Casserole with lid or plastic wrap
9	Frozen Vegetables	120 g	180 g	250 g	370 g	-	-	Casserole with lid or plastic wrap

**Press**

Fish/Chicken  
魚/雞肉

Menu No.	Menu Category	Weight						Recommended containers or accessories
10	Fish	100 g	200 g	300 g	400 g	-	-	Microwave safe dish with plastic wrap
11	Chicken	200 g	300 g	400 g	500 g	-	-	Casserole with lid or plastic wrap

**Press**

Soup  
湯

Menu No.	Menu Category	Weight						Recommended containers or accessories
12	Quick Soup	4-6 servs.	1-3 serv.	-	-	-	-	Casserole with lid
13	Double Boil	4-6 servs.	1-3 serv.	-	-	-	-	Casserole with lid

**Press**

Rice  
米飯

Menu No.	Menu Category	Weight						Recommended containers or accessories
14	Casserole Rice	100 g	200 g	300 g	-	-	-	Casserole with lid
15	Congee	100 g	200 g	300 g	-	-	-	Casserole with lid

**Press**

Instant Noodles  
即食麵

Menu No.	Menu Category	Weight						Recommended containers or accessories
16	Instant Noodles	1 serv.	2 servs.	-	-	-	-	Casserole with lid

## Press

Melt & Soften  
文火軟化

Menu No.	Menu Category	Weight						Recommended containers or accessories
		50 g	100 g	150 g	200 g	250 g	300 g	
17	Cream Cheese	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish with plastic wrap
18	Chocolate	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish
19	Butter	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish with plastic wrap
20	Ice Cream	300 g	600 g	900 g	1200 g	-	-	-



### Note

1. When you select an Auto Cook program, the auto and cooking function indicators light and menu number appear in the display.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a standing time, after cooking with an Auto Cook Program, to allow heat to continue conducting to the centre.

## 7. Vegetables

It is suitable for cooking all types of leaf, green and soft varieties, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these. Cut all vegetables into the same size pieces. Place vegetable in a suitable size microwave safe casserole. Add 1 tablespoon to ¼ cup of water if you prefer a softer cooked texture. Butter, herbs etc. may be added before heating, but do not add salt until end of cooking. Cover with lid or plastic wrap. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

## 8. Root Vegetables

Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot. All vegetables should be trimmed or prepared and cut into even sized pieces. Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired. Place into an appropriate size microwave safe casserole and cover with plastic wrap or a fitted lid. If desired, butter, herbs etc. may be added but do not add salt until end of cooking. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the completion of cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

## 9. Frozen Vegetables

Suitable for all types of frozen vegetables, like frozen peas, sweet corn or mixed vegetables. Place prepared vegetables into an appropriate size microwave safe casserole. Cover with plastic wrap or lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

## 10. Fish

It is suitable for cooking whole fish and fish fillets. Put the prepared fish in a microwave safe dish. Add sauce and water. Cover with plastic wrap. Select the program and weight then press **Start**. After cooking large portions of fish, allow the fish to stand 3 to 5 minutes before serving. (It may be necessary to adjust the amount of water or sauce to your personal preference.) Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.

**Note:** Thickness of fish should not be more than 3 cm.

## 11. Chicken

It is suitable for cooking chicken pieces, such as wings, drumsticks, thighs, half breasts etc. Chicken pieces should be thawed completely before cooking. Pierce the chicken pieces and marinate with gravy or vegetables if needed. Put the prepared chicken pieces into a microwave safe casserole. Add oil if you prefer a softer cooked texture. Cover with lid or plastic wrap. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

## 12. Quick Soup

Suitable for cooking traditional soups such as chicken soup, rib soup etc. Clean all raw ingredients for later use. Place all ingredients and liquid in a microwaveable and heat proof casserole. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cook covered with a fitted lid. Place the casserole at the center of turn table. Select the program and weight, then **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Measure tap water and ingredients as below chart for reference.

servings	chicken/ meat	vegetables	Tap water
4-6 servs	500 g	400 g	1000 ml
1-3 servs	200 g	200 g	650 ml

## 13. Double Boil

It is suitable for cooking traditional soups; herbal soup, bird nest soup, etc., that requires slow simmer or "double boil". This method ensures food remains tender without losing its shape. It also extracts and retains the aromatic flavor of the food. Place all ingredients in a microwave safe casserole. Add recommended ingredients listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue, add salt at the end of cooking.

servings	meat	vegetables	Tap water
4-6 servs.	500 g	400 g	1000 ml
1-3 servs.	250 g	200 g	700 ml

## 14. Casserole Rice

It is suitable for cooking white rice including short, long grain, jasmine and basmati. Place rice in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Partially cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Stand 5 minutes covered after cooking.

Rice	Recommended Water	Recommended casserole volume
100 g	250 ml	2.25 L
200 g	400 ml	3 L
300 g	600 ml	4 L

## 15. Congee

It is suitable for cooking congee/porridge. Place the rice in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Partially cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Stand 5-10 minutes covered after cooking.

Congee	Recommended Water	Recommended casserole volume
100 g	750 ml	2.25 L
200 g	1100 ml	3 L
300 g	1700 ml	4 L

## 16. Instant Noodles

It is suitable for cooking instant noodles. Place the instant noodles and seasonings in a suitable size microwave safe casserole. Add recommended boiling tap water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Stand 1-2 minutes after cooking.

Servings	Recommended boiling tap water
1 serv.	500 ml
2 servs.	800 ml

## 17. Cream Cheese

Remove wrapper, cut cheese into 3 cm cube, and place in a microwave safe bowl/dish. Cover with plastic wrap. Select the program and weight then press **Start**. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

## 18. Chocolate

Remove wrapper, separate chocolate into small pieces, and place into a microwave safe dish. Cook without cover. Select the program and weight then press **Start**. After heating, stir until completely melted. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

**Note:** Chocolate holds its shape even when softened.

## 19. Butter

Remove wrapper, cut butter into 3 cm cube, and place into a microwave safe dish. Melt with plastic wrap. Select the program and weight then press **Start**. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

## 20. Ice Cream

Soften slightly without lid. Select the program and weight then press **Start**. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

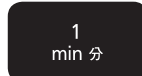
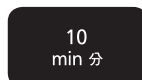
# Timer Setting (Kitchen Timer/Standing Time/Delay Start)

## To Use as a Kitchen Timer

Press once.



Select desired time by pressing the Time pads.  
(up to 99 minutes and 50 seconds)



Press Start.

Time will count down without oven operating.



English

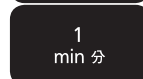
## To Set Standing Time

Press once.

Set the desired cooking program.



Select desired time by pressing the Time pads.  
(up to 99 minutes and 50 seconds)



Press Start.

Cooking will start. After cooking, standing time will count down without oven operating.

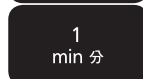
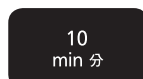


## To Set Delay Start

Press once.



Select desired delay time by pressing the Time pads.  
(up to 99 minutes and 50 seconds)



Set the desired cooking program.



Press Start.

Delayed time will count down. Then cooking will start.



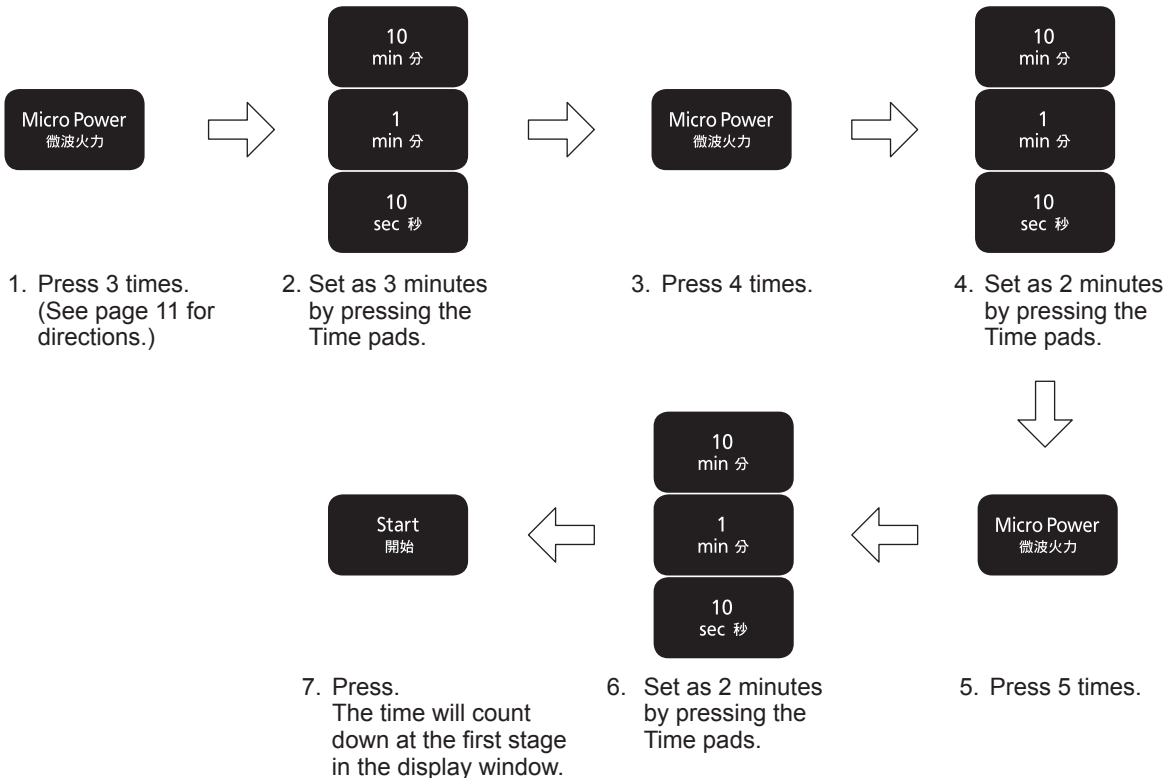
### Note

1. If oven door is opened while Standing Time, Delay Start or Kitchen Timer has been set, the time in the display window will continue to count down.
2. Delay Start and Standing Time can not be programmed together with Turbo Defrost and Auto Cook. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results.
3. When using Standing Time or Delay Start, it's up to 2 Power stages.

# 3-Stage Setting

**Example: Continually set [600 W] 3 minutes, [440 W] 2 minutes and [300 W] 2 minutes.**

English



## Example to use

	Cook 300 g fish fillets	
1-stage	600 W	3'00"
2-stage	440 W	2'00"
3-stage	300 W	2'00"



## Note

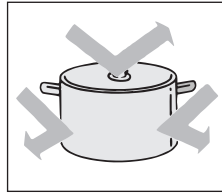
1. When operating, two beeps sound will be heard between each stage.
2. This feature is not available for Turbo Defrost and Auto Cook.

# Microwaves and How They Work

Microwaves are a form of high frequency electromagnetic waves (app. 12 cm wave length) similar to those used by a radio. Electricity is converted into microwave energy by the magnetron tube. The microwaves travel from the magnetron tube to the oven cavity where they are reflected, transmitted or absorbed.

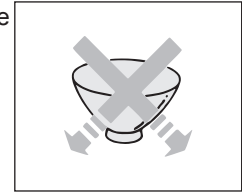
## Reflection

Microwaves are reflected by metal just as a ball is bounced off a wall. A combination of stationary (interior walls) and rotating metal (glass tray or stirrer fan) helps assure that the microwaves are well distributed within the oven cavity produce even cooking.



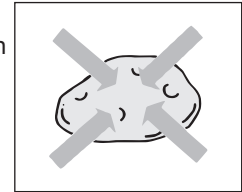
## Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.



## Absorption

Microwaves are absorbed by food. They penetrate to a depth of about 2-4 cm. Microwave energy excites the molecules in the food (especially water, fat and sugar molecules), and causes them to vibrate very quickly.



The vibration causes friction and heat is produced. In large foods, the heat which is produced by friction is conducted to the center to finish cooking the food.

English

# Food Characteristics

## FOOD CHARACTERISTICS

Food characteristics which affect conventional cooking are more pronounced with microwave heating.

**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.

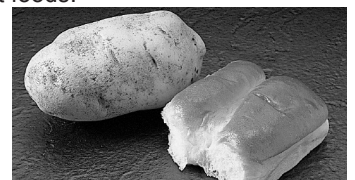


**Starting Temperatures** — Room temperature foods take less time to heat up than refrigerator frozen foods.

**Bone and Fat** — Both affect heating. Bones may cause irregular heating. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.



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



# Cooking Techniques

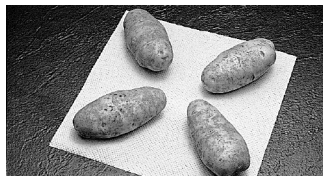
## English

### Timing

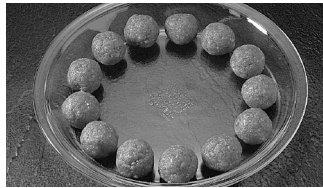
A range in heating time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is undercooked, continue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

### Spacing

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



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



### Piercing

The skin or membranes on some foods will cause steam to build up during microwave cooking. Foods must be pierced, scored or have a strip of skin peeled off before cooking to allow steam to escape.

### Eggs:

Pierce egg yolk twice and egg white several times with a toothpick.



### Whole Clams and Oyster:

Pierce several times with a toothpick.

**Whole Potatoes and Vegetables:** Pierce with a fork.  
**Frankfurters and Sausages:** Score smoked polish sausage and frankfurters. Pierce fresh sausage with a fork.

### Browning

Foods will not have the same brown appearance as conventionally cooked foods or those foods which are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine; brush on before cooking.

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.

### Covering

As with conventional cooking moisture evaporates during microwave cooking. Because microwave cooking is done by time and not direct heat, the rate of evaporation cannot be easily controlled. This, however, can be easily corrected by using different materials to cover dishes. However, unless specified, a recipe is heated uncovered. Casserole lids or cling film are used for a tighter seal. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

### Stirring

Stirring is usually necessary during microwave cooking. We have noted when stirring is helpful, using the words once, twice, frequently or occasionally to describe the amount of stirring required. Always bring the cooked outside edges toward the centre and the less cooked centre portions toward the outside.

## Turning and Rearranging

It is not possible to stir some foods to redistribute the heat. At times, microwave energy will concentrate in one area of a food. To help ensure even cooking, some foods need to be turned or rearranged. Turn over large foods such as roasts or turkeys. Generally, they are turned over once halfway through heating.

Rearrange small items such as chicken pieces, shrimp or hamburger patties. Rearrange pieces from the edge to the centre and pieces from the center to the edge of the dish.

## Standing Time

Most foods will continue to cook by conduction after the microwave oven is turned off. In meat cookery, the internal temperature will rise 5 °C if allowed to stand, covered, for 10-20 minutes.

Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking in the center without overcooking on the edges.

## Testing for Results

The same test for doneness used in conventional cooking may be used for microwave cooking.

Cakes are done when a wooden stick comes out clean and cake pulls away from side of the pan.

Chicken is done when juices are clear yellow and drumstick moves freely.

Meat is done when fork tender or splits at fibres.

Fish is done when it flakes and is opaque.

## Converting Favorite Recipes

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as cooked souffles or two-crust pies would be less than satisfactory. Never attempt to deep fat fry in your microwave oven. A basic rule, when converting conventional recipes to microwave recipes, is to cut the suggested cooking time to a quarter. Also, find a similar microwave recipe and adapt that time and power setting. Season meats with herbs and spices (and half the salt) before cooking; the rest of the salt after cooking.



Stews are not browned before cooking. Omit any oil or fat that would be used for browning. Cut stew meat into 2.5 cm pieces. Cut carrots, potatoes and other firm vegetables into small pieces. Carrots should be thinly sliced and potatoes cut into dice.

Cover with glass lid and cook at 1000 W to bring liquid to a boil and cook at 100 W until tender. Stir occasionally. Note: A small plate placed on top of the meat and vegetables will help stop the meat overcooking.



Casseroles microwave cook well. Cut foods into uniform pieces. Condensed soup makes a good base for casseroles.

Select a dish that is large enough to allow for stirring. Cooking covered with a glass lid or cling film reduces cooking time. Stir occasionally during cooking. To keep crumb topping crisp sprinkle on before stand time.



## Heating Frozen Foods

Most frozen convenience foods have microwave heating directions on the back of the package. Refer to these directions for recommended power levels, heating times and general instructions.

## General Directions for Heating Frozen Convenience Foods

Pierce pouch vegetables or entrees with a fork or knife. Place pouch in a dish before heating.

Frozen foods in **metal containers deeper than 2 cm** such as lasagna or baked stuffed potatoes, must be removed from the foil container and placed in an appropriately sized microwave-safe container. Heat covered with a lid or plastic wrap.

**NOTE:** If food is difficult to be removed from container, rinse the bottom of the container with hot water.

**To heat frozen dinner in foil containers,** remove dinner from box, if there is a foil cover, remove it. Some foods, such as bread, French fries or batter type desserts such as brownies, do not microwave well. Remove these types of food from tray. Cover tray except desserts with plastic wrap. Heat according to manufacturers' directions. Place foil tray in the center of the oven. Foil tray should not touch oven walls or other metals. Leave at least 2-3 cm space between foil tray and oven walls. Heat only 1 foil tray in the oven at a time.

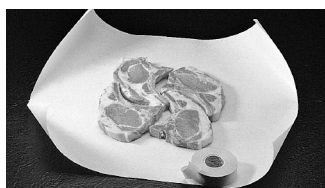


## DEFROST Preparing Foods for Freezing

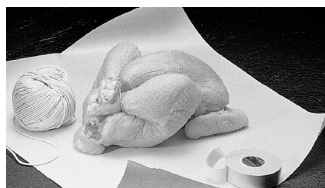
The finished quality of the prepared food will depend on the original quality before freezing, the care the food receives during freezing, and the techniques and times used for defrosting. Select fresh, good quality food and freeze as soon as possible after purchasing. Heavy-duty plastic wraps and bags, and freezer wrap are suitable for use in the freezer. Meats may also be frozen in their store packaging for short periods of time.

Notes: If aluminum foil is used for wrapping, all pieces of foil must be removed before defrosting prevent arcing.

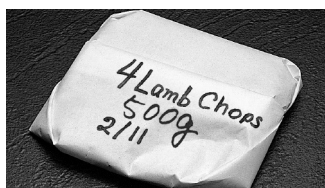
When WRAPPING FOR FREEZING, arrange meat, poultry, fish and seafood in thin uniform layers. Package minced meat in 2.5-5 cm thick rectangular, square or round shapes.



Remove giblets from fresh whole poultry. (The giblets may be frozen separately, if desired.) Clean and dry poultry. Tie legs and wings with string.



Remove all air before sealing plastic bags. LABEL package with type and cut of meat, date and weight.



FREEZE foods in a freezer which is maintained at -18 °C or lower. Defrosting time given in the charts on page 25 are for thoroughly frozen foods. (i.e. foods should be frozen at least 24 hours before defrosting)

## DEFROST

To use, select 300 W and program the defrosting time. Follow defrosting times and directions given in this section and page 25.

### Techniques for Defrosting

- 1) Foods should be frozen in moisture and vapor proof wrapping materials. Small items such as chops, hamburger patties, fish fillets, poultry pieces etc. should be frozen in 1 or 2 pieces layers.



- 2) Remove original wrapper. Set meat on a microwave roasting rack placed in a dish. Set 300 W and heat for the time recommended in the chart on page 25.
- 3) Turn over meat or poultry two or three times during defrost. Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
- 4) Halfway through the defrost cycle, break apart ground beef, shrimp, scallops or crab meat. Separate chops or poultry pieces and remove meat that is defrosted.



- 5) Large roast, or whole poultry may still be icy in center. Allow to stand.



# Defrosting Chart

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Weight/Quantity	Time & Mode	Method
Beef/Lamb/Joint (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 30 mins
Steaks (1) (3)	2 pcs 250 g	300 W 3-4 mins	standing 3 mins
Minced beef (1) (3)	450 g (1 lb)	300 W 6-7 mins	standing 5 mins
Stewing steak (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 10 mins
Whole chicken (1) (3)	450 g (1 lb)	300 W 5-7 mins	standing 10 mins
Chicken portions (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Whole Fish (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Fish Fillets (2) (3)	450 g (1 lb)	300 W 5-7 mins	standing 5 mins
Prawns (2) (3)	450 g (1 lb)	300 W 4-6 mins	standing 5 mins
Fruits, Soft (1)	250 g	300 W 2-3 mins	standing 2 mins
Margarine (3)	250 g	300 W 1-2 mins	standing 2 mins
Cheese (3)	450 g (1 lb)	300 W 2-4 mins	standing 2 mins
Plated Meals Homemade Adult Size (2)	350 g	300 W 5-6 mins	standing 3-5 mins
Cooked Fruit (2)	540 g	300 W 4-5 mins	standing 3-5 mins
Cooked Meat (2)	520 g	300 W 6-8 mins	standing 3-5 mins
Quiche (3)	1 pc 65 g	300 W 1-2 mins	standing 2 mins
Casseroles (1)	750 g	300 W 6-7 mins	standing 3-5 mins
Bread rolls (1)	1 pc 85 g	300 W 20-30 secs	standing 5 mins
Pastry puff (1) (3)	1 roll 375 g	300 W 2 mins- 2 mins 30 secs	Stand time 20 mins in refrigerator
Pastry shortcrust (1) (3)	1 roll 500 g	300 W 4-5 mins	Stand time 20 mins in refrigerator
Pizza dough (1) (3)	1 ball 240 g	300 W 2 mins- 2 mins 30 secs	standing 10 mins
Fruit tarte (3)	470 g	300 W 4-5 mins	standing 5 mins
Cheese cake (3)	600 g	300 W 2-3 mins	standing 5 mins
Fruit pie (3)	500 g	300 W 6-8 mins	standing 5 mins
Meat pie (3)	300 g	300 W 4-6 mins	standing 3 mins

- (1) Turn or stir at half time.  
 (2) Separate and turn several times.  
 (3) Remove packaging and place on a heat resistant plate.

# Reheating Chart

The times given in the charts below are a guideline only, and will vary depending on starting temperature, dish size etc.

English

Food	Weight/Quantity	Time & Mode	Method
<b>Drinks-Coffee-Milk</b>			
Coffee	1 mug 235 ml	1000 W 1 min 20 secs	Stir before, and after reheating.
Coffee	2 mugs 470 ml	1000 W 2 mins 20 secs- 2 mins 40 secs	
Milk	1 mug 235 ml	1000 W 1 min 20 secs- 1 min 30 secs	
<b>Breads- chilled</b>			
Croissants	1 pc 40 g	1000 W 10 secs	Place on microwave safe plate on Glass Tray. Do not cover. Turn at half time.
	2 pcs 80 g	1000 W 20 secs	
Rolls	1 pc (30 g)	1000 W 20 secs	
	4 pcs (120 g)	1000 W 20-30 secs	
Naan Bread	225 g	1000 W 30-40 secs	
Pitta Bread	2 pcs (90 g)	1000 W 20-30 secs	
<b>Plated meals-Homemade</b>			
Vegetables (cooked)	300 g	1000 W 2 mins	Cover. Stir at half time.
	700 g	1000 W 5 min- 5 mins 30 secs	
Potato puree	500 g	1000 W 3-4 mins	
Rice, quinoa, couscous	300 g	1000 W 2 mins- 2 mins 20 secs	
Babyfood	120 g	600 W 30-40 secs	
<b>Canned Food</b>			
Baked Beans	225 g	1000 W 1 min 30 secs- 2 min	Place in a microwave safe bowl on Glass Tray. Cover. Stir halfway.
Spaghetti in tomato sauce	200 g	1000 W 1 min 30 secs	
Cream of tomato soup	400 g	1000 W 2 mins 30 secs	
Chicken soup	425 g	1000 W 3 mins 30 secs	
<b>Pastry Products-frozen</b>			
Quiche	400 g	1000 W 3-3 min 30 secs	Place on microwave safe plate on Glass Tray. Do not cover.
Samosas/spring rolls	4 pcs 240 g	1000 W 2-2 min 30 secs	
<b>Purchased Convenience Foods</b>			
Cottage pie (chilled)	450 g	1000 W 5-6 mins	Place on microwave safe plate on Glass Tray. Do not cover.
Lasagne (chilled)	400 g	1000 W 7-8 mins	
Sausage rolls	250 g	600 W 3-5 mins	

# Cooking Chart

Food	Weight/Quantity	Time & Mode	Method
<b>Beans &amp; Pulses-should be pre-soaked (except lentils)</b>			
Chick peas	225 g	1000 W 8 mins then 440 W 35-40 mins	Use 1000 ml (1 pt) boiling water in a large bowl. Cover. Stir halfway.
Lentils	225 g	440 W 15-20 mins	
Red kidney beans	225 g	1000 W 15 mins then 440 W 35-40 mins	
<b>Fruit-Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.</b>			
Apples, Rhubarb, stewed	450 g	1000 W 7-8 mins	Add 30 ml (2 tbsp.) of water. Only half fill dish. Cover. Stir halfway.
Plums-stewed	450 g	1000 W 8-10 mins	
<b>Lamb/Beef-from raw-Caution: Hot Fat! Remove dish with care.</b>			
Chops	450 g (1 lb)	800 W 4-5 mins then 600 W 3-4 mins	Place on heatproof plate. Turn halfway.
Cultets	450 g (1 lb)	600 W 9-10 mins	
<b>Pasta-Place in a large 3 litre microwave safe bowl</b>			
Macaroni	225 g	1000 W 13-15 mins	Use 1 litre boiling water. Cover. Stir halfway.
Spaghetti, Tagliatellie	225 g	1000 W 11-12 mins	
<b>Pizza-Fresh chilled- N.B. Remove all packaging. Pizza will have a soft base.</b>			
Thin & Crispy	300 g	1000 W 2-3 mins	Place on heatproof plate on Glass Tray. Do not cover.
Deep Pan	400 g	1000 W 4-6 mins	
<b>Fish &amp; Shellfish</b>			
Whole fish	350 g	600 W 7-8 mins	Place on heatproof dish. Turn or stir halfway.
Sea scallops	450 g	600 W 8-10 mins	
Green prawns	250 g	600 W 4-5 mins	
<b>Sausages-Cooked (frozen)-Caution: Hot Fat! Remove dish with care.</b>			
Thick	4 pcs 240 g	1000 W 2-3 mins	Place on microwave safe plate on Glass Tray. Turn halfway.
Thin	3 pcs 120 g	1000 W 1 min 30 secs- 2 mins 30 secs	



## Note


Always check that food is piping hot after reheating in the microwave. If unsure, return to oven. Foods will still require a stand time, especially if they cannot be stirred. The denser the food the longer the stand time.

# Before Requesting Service

English

## ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
I accidentally operate my microwave oven without any food in it.	Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged firmly.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Contact the specified service center.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	<b>Start</b> Pad was not pressed after programming.	Press <b>Start</b> Pad.
	Another program has already been entered into the oven.	Press <b>Stop/Reset</b> Pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	<b>Stop/Reset</b> Pad has been pressed accidentally.	Program oven again.
When the oven is turning on, there is noise coming from Glass Tray.	The roller ring and oven bottom are dirty.	Clean these parts according to care of your oven (See next page).
The “  ” appears in the display window.	The Child Safety Lock was activated by pressing <b>Start</b> Pad 3 times.	Deactivate Lock by pressing <b>Stop/Reset</b> Pad 3 times.
“H00”, “H97” or “H98” appears in the display window.	The display indicates a problem with microwave generation system.	Contact the specified service centre.

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

# Care of your Microwave Oven

1. Turn the oven off and remove the power plug from the wall socket before cleaning, if possible.
2. Keep the oven cavity clean. 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.
3. 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.
4. Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning press **Stop/Reset** Pad to clear display window.
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
8. A steam cleaner is not to be used for cleaning.
9. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
10. The oven should be cleaned regularly and any food deposits removed.

English

## Technical Specifications

Model name:	NN-ST65JM / NN-ST65JB	NN-ST65JB
Power Supply:	220 V 50 Hz	230 - 240 V 50 Hz
Power Consumption:	Microwave 4.6 A 1000 W	4.2 A 950 W
Cooking Power:	Microwave*	1000 W
Outside Dimensions (W × H × D):	525 mm × 310 mm × 388 mm	
Oven Cavity Dimensions (W × H × D):	355 mm × 251 mm × 365 mm	
Overall Cavity Volume:	32 L	
Glass Tray Diameter:	Ø340 mm	
Operating Frequency:	2450 MHz	
Uncrated Weight:	Approx. 11.5 kg	

### Trim Kit (only for NN-ST65JM)

Model Number:	NN-TK612GSQP
Outside Dimensions (W × H):	596 mm (W) × 410 mm (H)
Cabinet Opening (W × H × D):	562 mm (W) × 395 mm (H) × 480 mm (D)

\* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.