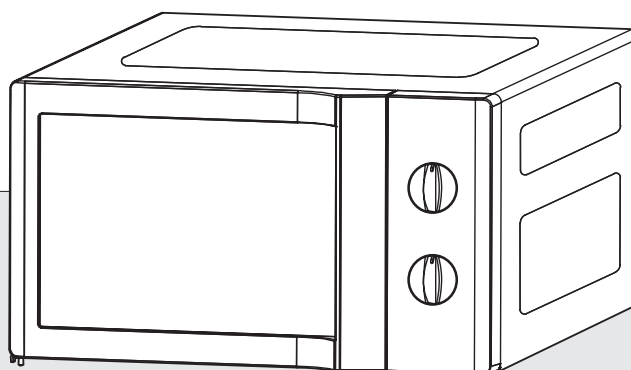




# MICROWAVE

KOG-6L67

MANUAL OF  
INSTRUCTIONS



Before using this oven, read these instructions completely.

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not use this oven with the door open as this may cause harmful exposure to microwave energy, which is harmful to health. It is important not to obstruct or tamper with the safety locks.
- (b) Do not place any type of object between the front of the oven and the door or allow dirt or cleaning product residue to accumulate on surfaces.
- (c) **WARNING:** If the door or seal is damaged, do not operate the oven until it is repaired by a qualified person. (1) door (bent), (2) hinges and latches (broken or loose), (3) door seals and sealing surfaces.
- (d) **WARNING:** It is dangerous for an unqualified person to carry out repairs or maintenance work in which any microwave energy protection cover must be removed.
- (e) **WARNING:** Do not heat liquids or other foods in sealed containers, as they may explode.
- (f) **WARNING:** Children may only use the oven without supervision if they have received adequate instructions so that they can use it safely and understand the dangers of improper use.
- (g) **WARNING:** If the oven operates in combi mode, children should only use it under adult supervision due to the temperatures generated (if applicable).

## INDEX

- PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY .....1
- IMPORTANT SECURITY MEASURES .....2
- INSTRUCTIONS FOR INSTALLATION AND GROUNDING .....3
- FACILITY .....3
- GENERAL DIAGRAM .....4
- FUNCTIONING .....5
- MAINTENANCE OF THE MICROWAVE .....6
- QUESTIONS AND ANSWERS .....7
- BEFORE CALLING THE TECHNICAL SERVICE .....8
- CARE AND CLEANING .....8
- DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT .....8
- TECHNICAL DATA .....9
- COOKING INSTRUCTIONS .....10
- COOKWARE .....10
- USE THE MICROWAVE OVEN SAFELY .....eleven
- SPARKS .....eleven
- PRINCIPLES OF MICROWAVES .....12
- OPERATION OF MICROWAVE COOKING .....12
- CONVERSION TABLES .....12
- COOKING TECHNIQUES.....13
- DEFROSTING GUIDE .....14
- COOKING AND REHEATING TABLE .....fifteen
- VEGETABLE TABLE .....17
- RECIPES .....18

# IMPORTANT SAFETY MEASURES

**WARNING: To prevent fire, burns, electric shock and other accidents:**

**Below, as with all electrical appliances, are some rules and preventive measures that must be followed to ensure optimal performance of this oven:**

1. Use the oven for food preparation only. Do not use it to dry clothes, paper or other non-food products or for sterilization.
2. Do not use the oven when it is empty, as this could damage the oven.
3. Do not use the interior of the oven to store objects such as papers, recipe books, kitchen material, etc.
4. Do not operate the oven without the glass tray in place. Make sure the tray is properly seated on the turntable.
5. Be sure to remove caps or covers before cooking bottled or packaged foods.
6. Do not place foreign materials between the oven surface and the door. This could cause excessive loss of microwave energy.
7. Do not use recycled paper products for cooking. They may contain impurities that could cause sparks and/or fire during use.
8. Pop corn only if you have a suitable container or if the corn is specially packaged for popcorn and is recommended for microwave preparation. If you microwave popcorn, many kernels of corn will not pop. Do not use oil unless specified by the manufacturer.
9. Do not cook food covered by a membrane such as egg yolks, potatoes, chicken liver, etc., without first piercing it several times with a fork.
10. Do not pop the corn for longer than the manufacturer's instructions. (No more than 3 minutes are usually needed.) Increasing the time will not cause you to get more popcorn, but it may cause burns and fire. Also the tray may get too hot or break.
11. When heating food in plastic or paper containers, keep an eye on the oven to prevent it from igniting.
12. If you see smoke, turn off or unplug the unit and leave the door closed to extinguish possible flames.
13. To avoid burns, stir or shake feeding bottles and jars, and check their temperature before consumption.
14. Always check the temperature of food or drinks that have been heated in a microwave oven. This is important because products that are heated in a microwave oven continue to rise in temperature even after the microwave application has ended.
15. Do not heat eggs in their shells or whole hard-boiled eggs in the microwave as they may explode.
16. Always keep the waveguide cover clean. Wipe the inside of the oven with a soft, damp cloth each time you finish using it. If you leave fat inside, it can overheat and cause smoke or even catch fire when you use the oven again.
17. Do not heat oil for frying, as you cannot control its temperature and it could overheat and catch fire.
18. Liquids such as water, coffee, or tea can be heated above boiling point without appearing so because of the surface tension of the liquid. You may not always be able to see bubbles or notice boiling when you take the bowl out of the microwave.  
**IF EXTREMELY HOT, THESE LIQUIDS MAY SPILL OUT WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE CONTAINER.**  
To reduce the risk of injury: a) Do not overheat liquid.  
b) Stir the liquid before and halfway through the heating process.  
c) Do not use containers with flat sides or narrow necks.  
d) Once you have finished heating the liquid, leave the container inside the oven for a short period of time before removing it.  
e) If you insert a spoon or any other utensil into the container, do so carefully.

## SAVE THESE INSTRUCTIONS

# INSTRUCTIONS FOR INSTALLATION AND GROUNDING

Connect the unit to an earthed outlet. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape conductor for electric current. The unit is equipped with a cord having a grounding conductor with a grounding plug. Connect the plug to a power outlet that is correctly installed and grounded.

## **WARNING:**

Improper use of the grounded plug may result in a risk of electric shock. Consult a qualified electrician or service person if you do not understand all the grounding instructions or if you are in doubt about the proper grounding of the unit. If it is necessary to use an extension cord, use only a 3-conductor extension cord that has a 3-prong grounding plug and a suitable 3-slot receptacle to connect the plug on the unit. The indicated rating of the extension cord must be equal to or greater than the electrical rating of the unit.

## **IMPORTANT**

The lead wires of this network cable are color coded according to the following code:

green and yellow : earth

blue : neutral

brown : active

Since the colors of the conductors of the network cable of this unit may not correspond to the identifying colors of the terminals of your plug, proceed as follows:

The green and yellow colored conductor must be connected to the terminal of the plug marked with the letter "E" or having the earth symbol, or that is colored green and yellow. The blue colored conductor must be connected to the terminal marked with the letter "N" or colored black.

The brown colored conductor must be connected to the terminal marked with the letter "L" or colored red.

**WARNING:**connect the unit to a grounded outlet.

## FACILITY

### **1. Ventilation**

Do not block ventilation outlets. If they are blocked during operation, the oven may overheat and break down. For proper ventilation, leave about 8 cm of space on both sides of the oven and 15 cm behind and above the oven.

### **2. On a flat and stable surface**

This oven is designed for countertop use only and must be installed on a flat, stable surface. Do not place the microwave oven in a cabinet if it has not been verified to function properly in that location.

### **3. Space behind and to the sides**

All ventilation slots must be kept clear of obstruction. If the slots are clogged during operation, the oven could overheat and break down.

### **4. Away from radio and TV devices**

If the oven is placed near a TV set, radio antenna, feeder, etc., it may cause radio interference and poor TV reception. Locate the oven as far as possible from these devices.

### **5. Away from heating devices and water taps**

Install the oven in a place away from sources of hot air, steam or splashing water, otherwise its insulation may be adversely affected and failure may occur.

### **6. Power supply**

- Check the power supply. This oven requires a current of approximately 15 amps, 230 V 50 Hz.

- The power cord is approximately 0.8 meters long.

- The voltage used must be the same as that specified on the oven. Using a higher voltage may cause fire or other accident and cause damage to the oven. If you use low voltage, cooking will be slow.

The manufacturer is not responsible for damage caused by using this oven with a fuse voltage other than that specified.

- If the power cord is damaged, the manufacturer, an authorized dealer, or qualified personnel must replace it to avoid hazards.

### **7. Examine the oven after unpacking it for possible damage; For example:**

misaligned door, broken door, or a dent inside the oven. If you notice any of these defects, DO NOT INSTALL the oven and notify your dealer immediately.

### **8. Do not use the oven if it is colder than room temperature**

(This may happen if delivery is made in winter.) Allow the oven to adjust to room temperature before using it.

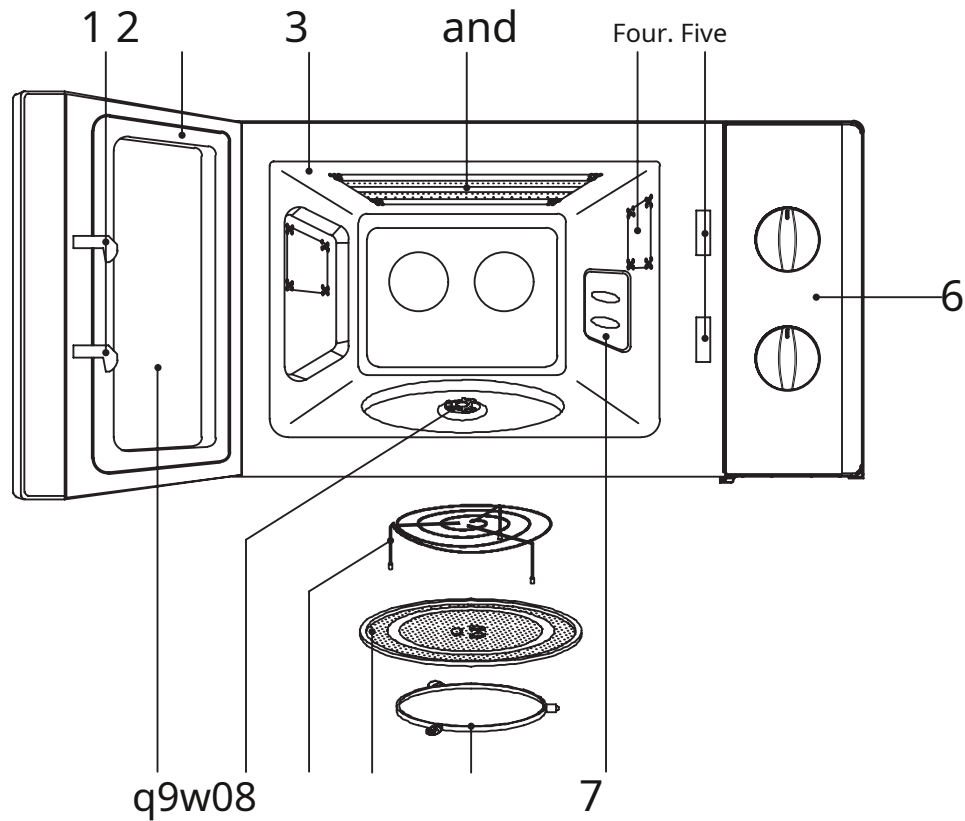
### **9. Before use**

The Grill element is covered with a coating to protect the surface and prevent damage during transit.

When you use the oven with the Broil function at first, this coating can burn, creating unpleasant pain and a little smoke.

Therefore, it is recommended to boil 200cc of water with the grill function for 10 minutes to burn off this coating in advance before using the oven.

# GENERAL DIAGRAM



**1 Door Lock Latches:** fits automatically into the holes of the Safety lock system when the door is closed. If the door is open while the oven is running, the magnetron will stop immediately.

**2 Hermetic closing of the door:** the closure of the door maintains the energy of microwave inside the oven and prevent microwave leakage.

**3 oven interior**

**4 oven lamp**

**5 Security lock system**

**6 control Panel**

**7 Waveguide cover:** protects the microwave outlet from splatters caused by cooking food.

**8 Swivel base:** should always be used to cook together with the glass tray.

**9 Coupler:** mounts to shaft in the center from the floor inside the oven. Has to keep in the oven while cooking.

**0 glass plate:** made of special glass heat-resistant. In this tray Food is placed in an appropriate container for cooking.

**what Door window:** allows to see the food. The window is designed to let in light, but not microwaves.






**w metal grid**

**and heating element**

# FUNCTIONING


This chapter contains useful information on the operation of the oven.

1. Plug the power cord into a power outlet.
2. After putting the food in a suitable container, open the oven door and put the container on the glass tray. The glass tray and the rotating guide must always be correctly positioned during oven operation.
3. Close the door. Make sure it is properly closed. When the oven door is opened, the light goes out. To open the oven door during cooking operation, you just have to pull it. The oven will stop working automatically.
4. Set the desired power using the power control knob.


SYMBOL	POWER	OUTPUT POWER
	Grill	Grill: 1,000W
	defrost	MW (microwave): 230W
	Combined	Grill: 1,000 W / MW: 385 W
	High average	MW: 540W
	high	MW: 700W

\* The % indicated above may vary within a margin of  $\pm 6\%$ .

## To select grill cooking (GRILL)

- Set the POWER SELECTOR to the gratin position (grill). 

## To select combined cooking (COMBI)

- Set the POWER SELECTOR to the combine position  (bus).

5. Set the time using the timer dial and microwave cooking will begin.

- If you want to select a time less than 2 minutes, turn the knob past 2 minutes and back to the desired time.

6. Microwave power will automatically stop when the timer reaches "OFF". The food can then be removed from the microwave.

- The oven has safety switches to prevent it from operating with the door open.
- If you want to monitor the food while it is cooking, just open the door. The oven will stop automatically. To continue cooking you just have to close the door.
- If you want to stop cooking, turn the timer knob to the "OFF" position. You can restart cooking at any time during the cooking cycle by turning the timer knob.
- Do not let the oven continue to operate when there is no food inside.

## 7. NOTE: When using GRILL or COMBI mode:

- Do not open the door very often, as the temperature inside the oven decreases and cooking could not be completed within the set time.
- Never touch the oven window and the metal inside the oven when putting food in and out, as the temperature inside the oven and at the door is very high.

# MICROWAVE MAINTENANCE

Regularly clean and remove food debris from the oven.

Failure to do so may result in surface deterioration that could adversely affect the life of the product and possibly lead to hazardous situations.

**1** Unplug the oven before cleaning it.

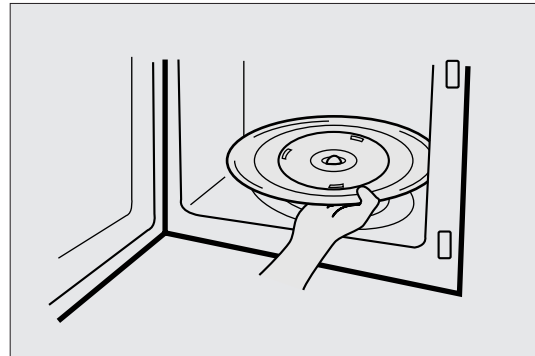
**2** If food or liquid residues adhere spilled on the oven walls, remove them with a damp cloth. You can use a mild detergent if the oven is very dirty. The use of strong or abrasive detergents is not recommended.

**3** The outer surface of the hood should clean with soap and water, rinse and dry with a cloth gently. To avoid damaging the parts inside oven flowers, do not let them get into ventilation openings.

**4** If the control panel is messy, clean it with a soft dry cloth. Do not use strong entities or abrasive products on the control panel.

**5** If steam accumulates in or around the outside of the oven door, wipe it with a soft cloth. This can happen if the microwave oven is operated in high humidity conditions and does not in any way indicate a malfunction of the unit.

**6** From time to time it is necessary to remove the tray glass to clean. Clean the tray with hot soapy water or in a dishwasher. Keep the inside of the oven clean.



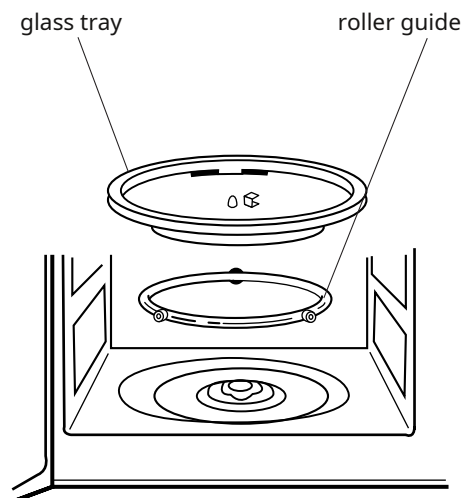
**7** Regularly clean the roller guide and the floor of the oven cavity to avoid excessive noise. Clean the bottom surface of the oven with a mild detergent or glass cleaner and dry it. You can clean the roller guide with soapy water.

## ROLLER GUIDE

- 1** Frequently clean the ROLLER GUIDE and the oven floor to avoid excessive noise.
- 2** ALWAYS use the ROLLER GUIDE for cooking together with the glass tray.

## GLASS TRAY

- 1** DO NOT operate the oven without the glass tray in place.
- 2** DO NOT use any other glass tray with this oven.
- 3** If the glass tray is hot, ALLOW IT TO COOL before cleaning or immersing it in water.
- 4** DO NOT cook directly on the glass tray.



# QUESTIONS AND ANSWERS

**\* Q : Is it that sometimes the eggs burst?**

A : When making or poaching eggs, it is possible that the egg yolk to burst due to a buildup of vapor on the membrane. To avoid this, pierce the yolk with a toothpick before cooking. Never cook eggs without piercing the shell.

**\* Q : Why must a standing time be respected once the cooking cycle is complete?**

A : Rest time is very important. To the Microwave cooking, heat is produced in the food, not in the oven. Many foods accumulate enough heat to continue the cooking process, even after you have removed the food from the oven. Standing time for meats, large vegetables, and cakes is to allow the inside to cook completely without overcooking the outside.

**\* Q : Can the microwave oven be damaged if it runs empty?**

A : Yes. Never run it empty

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

A : Double check your cooking guide for make sure you have followed all the guidelines exactly; and to see what might cause variations in cooking time. In the guide, cooking times and power level are suggestions to help prevent overcooking... the most common problem when one gets used to using a microwave oven. Variations in size, shape, weight, and dimensions may require longer cooking times. Use common sense along with the suggestions in the cooking guide to check if food has been cooked correctly, just as you would on a traditional stove.

**\* Q : Can I operate my microwave oven without the turntable or turn it over to place a large plate on top?**

A : No. If you remove or rotate the turntable, you will get poor cooking results. Dishes that you put in the oven must fit on the turntable.

**\* Q : Why is it normal for the turntable to spin in either direction?**

A : Yes. The platter rotates clockwise, clockwise or anti-clockwise, depending on the rotation of the motor when the cooking cycle starts

**\* Q : Can I make popcorn in the microwave oven? How will I get the best results?**

A : Yes. Make the packaged popcorn for microwave following manufacturer's guidelines or use the POPCORN preset program. Do not use normal paper bags. Use the "hear test" by stopping the oven as soon as the pop slows down to a "pop" every 1-2 seconds. Do not make kernels that have not puffed up. Do not popcorn in a glass container.

**\* Q : I accidentally started the microwave oven with no food in it. It is broken?**

A : Using the oven empty for a short time is not will spoil. However, make sure it doesn't happen.

**\* Q : Can the oven be used without the glass tray or roller guide?**

A : No. Always place the glass tray and the roller guide in the oven before cooking.

**\* Q : Can I open the door when the oven is working?**

A : The door can be opened at any time during cooking. When the door is opened, the microwave power is automatically turned off and the time you have set will remain until you close the door and press COOK.

**\* Q : Why does moisture remain in the microwave oven after cooking?**

A : It is normal for moisture to occur on the bottom side of the microwave oven. It is produced by the steam that is generated during cooking when it comes into contact with the cold surface of the oven.

**\* Q : Can microwave energy pass through the viewing grill on the door?**

A : No. The metal grill on the window returns the energy to the oven cavity. The function of the holes is to allow light to pass through them, but they do not allow microwave energy to pass through.



# BEFORE CALLING TECHNICAL SERVICE

Before calling for service, check the following points:

**\* The oven does not work:**

1. Check that the power cord
2. Check that the door is firmly closed
3. Check that you have set the cooking time.
4. Check that no circuit fuses have blown or the main circuit breaker in your home installation has tripped

**\* Sparks in the cavity:**

1. Check the utensils. Do not use is securely connected containers or dishes with metal items
2. Keep metal skewers or aluminum foil from touching interior walls.

If the problem persists, contact a service center.

A list of these centers is included in the furnace documentation.

# CARE AND CLEANING

Although the oven has safety devices, it is important to observe the following:

1. It is important not to disable or manipulate the elements of the security lock.
2. Do not place any object between the front face of the oven and the door, or allow debris to accumulate on sealing surfaces. Frequently clean the closure area with a mild detergent, rinse and dry. Never use powders or sponges
3. When you open the door, close it again immediately. This will prevent a child from hanging on it or any weight that could cause the oven to become unbalanced and fall forward, causing personal injury and also damage to the door. Do not use the oven if it is damaged, until it has been repaired by qualified technical service personnel.

It is especially important that the oven closes correctly and that there is no damage to:

- i) the door (hooks)
  - ii) hinges and clasps (broken or loose)
  - iii) door gaskets and sealing surfaces.
4. Only qualified service personnel may adjust and repair the oven.
  5. Regularly clean the oven and remove abrasives. leftovers.
  6. If the oven is not kept clean, it could lead to deterioration of the surface, which could negatively affect the life of the appliance and result in a dangerous situation.

# DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT

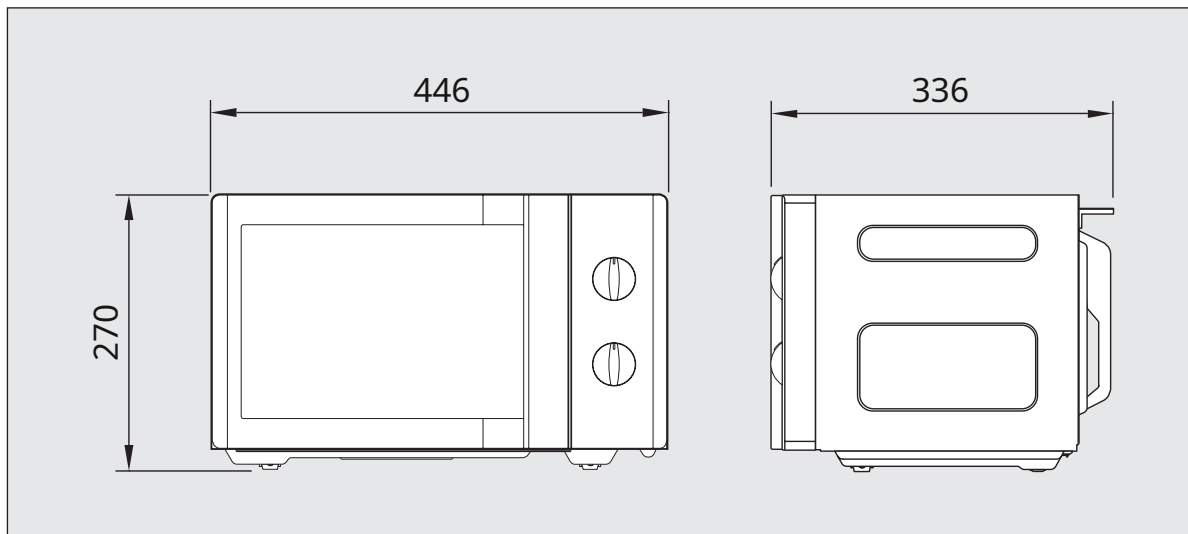


This symbol on the product, its accessories or packaging indicates that the product must not be treated as household waste. Dispose of this equipment at your nearest collection point for the recycling of electrical and electronic waste. In the European Union and other European countries there are different collection systems for used electrical and electronic products. By ensuring the correct disposal of this product, you will help prevent potential risks to the environment and human health, which could otherwise be caused by inappropriate disposal of this product. Recycling materials will help conserve natural resources. Therefore, do not dispose of used electrical and electronic equipment together with household waste. For more detailed information about recycling this product,

# TECHNICAL DATA

FEEDING		230V AC, 50Hz SINGLE PHASE WITH EARTH
CONSUME OF ENERGY	MICROWAVE	1100W
	GRILL	1050W
	BUS	2200W
MICROWAVE POWER OUTLET		700W
MICROWAVE FREQUENCY		2,450MHz
EXTERNAL DIMENSIONS (W x H x D)		446X270X336mm
CAVITY DIMENSIONS (W x H x D)		295X194X303mm
VOLUME OF THE INTERIOR OF THE OVEN		20L
NET WEIGHT		APPROX. 10.4kg
TIMER		35 min. TWO SPEEDS
MICROWAVE POWER LEVEL		5 LEVELS

**\* Technical data is subject to change without prior notice.**



# COOKING INSTRUCTIONS

Use only utensils suitable for microwave ovens.

## UTENSILS TEST

Place the utensil you want to use together with a measuring container of water inside the microwave oven. Turn on the oven in microwave mode at maximum power for 1-2 minutes. If the water heats up but the utensil stays cold, it is microwave safe.

However, if the utensil gets hot, this indicates that it absorbs microwaves and should not be placed in the microwave oven. Surely you have many everyday utensils in your kitchen that can be used in the microwave oven. Read the following list.

## COOKWARE

Use only utensils suitable for microwave ovens.

Material	Mode grill	Mode microwave	Mode combined
crystal (general)	No	yes (1)	No
Glass (heat resistant)	Yeah	Yeah	Yeah
Vitroceraamic and ceramic (heat resistant)	Yeah	yes (1)	yes (1)
baked clay	Yeah	Yeah	Yeah
Porcelain			
(heat-resistant)	Yeah	Yeah	Yeah
Plastic (general)	No	Yes 2)	No
Plastic (heat resistant)	Yes 2)	Yes 2)	Yes 2)
Aluminum foil / aluminum foil	Yeah	Yes 3)	Yeah
containers Metal molds	yes (4)	No	yes (4)
Metal (pots, pans, etc.)	Yeah	No	No
Paper	No	Yeah	No

1. No metal parts or decorations
2. Some plastics are heat resistant up to a certain temperature. check it carefully
3. Aluminum foil can be used to cover certain parts of food (to prevent overcooking)
4. Metal models can be used in the combined mode, but if they are too deep, they may reduce efficiency because metal is not permeable to microwave energy.

Check that utensils are suitable for microwave use before using.

The rounded and oval shapes allow a more homogeneous cooking. The square containers or Rectangular can cause problems due to overcooking in the corners as these areas absorb more energy.

Shallow pans allow for more even cooking. Porcelain and ceramic utensils are perfect for use in microwave ovens. Very good results are also obtained with most crystals. Lead crystal can crack and therefore should not be used. It is also possible to use plastic and paper containers, as long as they can withstand the temperature of hot food. Only use plastics that can withstand temperatures of more than 120 °C, e.g. eg, polypropylene and polyamides. Some plastic materials, such as melamine, are heated by microwaves and are therefore damaged. To find out if a container is suitable, you can do the following test:

Place the empty container and a glass of water inside the microwave oven. The water is necessary because the oven should never be used empty or with empty containers. Run the oven at full power for one minute. A suitable container will only be lukewarm.

Metal containers, such as frying pans or pots, should not be used in microwave ovens.

Also, plates or trays with decorative motifs should not be used, as the decorative motifs may contain metal (such as gold), which will be damaged. Small pieces of aluminum foil may be used, but only to cover certain parts of the food to prevent overcooking (for example, chicken drumsticks, chicken wings, and fish tails). In this case, the aluminum foil should not touch the inside of the oven, as it may cause damage.

Microwave function only

Cooking utensils and containers used in a microwave oven must be made of a material that does not act as a barrier to microwave energy.

This means that, as a general rule, paper, plastic, glass or ceramic containers should be used. Metal pans reflect the energy of

microwaves and prevent cooking; therefore, they should not be used. In addition to the material, the shape of the container must also be taken into account.



### Caution:

- There are many accessories on the market. Before you buy them, make sure they can be used in microwave ovens.
- When placing food in the microwave oven, make sure that the food, containers or lids do not come in direct contact with the inside walls of the oven, as this could cause discoloration.

# USE THE MICROWAVE OVEN SAFELY

## general use

Do not force security locks.

Do not place any object between the front of the oven and the door, or allow dirt to accumulate on the sealing surfaces. Clean them with a non-aggressive detergent, rinse and dry them. Do not use abrasive powders or scouring pads.

Do not expose the oven door to stress or weight such as a child hanging from an open door. This could cause the oven to fall and cause personal injury and damage to the oven.

## Food

Do not use the microwave oven for the preparation of homemade preserves. This oven is not designed for proper canning. A poorly made preserve can spoil food and can pose a health hazard.

Always use the minimum cooking time indicated in the recipes. It is better to leave food undercooked than to overcook. If the food is undercooked, it can be put back in the microwave to continue its preparation. If the food is overcooked, there is no solution.

Heat small amounts of food or foods with a low level of moisture carefully. They can dry out quickly, burn or catch fire.

Do not heat eggs in the shell. An increase in pressure inside the eggs may occur and the eggs may burst.

Potatoes, apples, egg yolks, and sausages are examples of foods with non-porous membranes.

These membranes must be punctured before cooking to prevent them from bursting.

Do not attempt to deep-fry food in the microwave oven.

Do not operate the oven if the door or closing surfaces are damaged, if the door is bent, or if the hinges are loose or broken.

Do not run the oven empty. It could cause you damage.

Do not try to dry clothes, newspapers or other materials in the oven. They can set fire.

Do not use recycled paper products, as they may contain impurities that can cause sparks or fire. Do not hit the control panel with hard objects. It could cause you damage.

Always allow a standing time of at least 20 seconds after the oven has turned off to allow the temperature to distribute evenly, stir during cooking if necessary and ALWAYS stir after cooking. To prevent sudden boiling and scalding, spoon into drinks and stir before microwaving, while in and once out.

Do not walk away from the oven when popping. Do not pop popcorn in a paper bag that has not been specially designed for popping. Corn kernels can overheat and set a regular paper bag on fire.

Do not put microwave popcorn bags directly on the tray. Place bags on a microwave-safe glass or ceramic tray to prevent overheating and cracking of the baking tray.

Do not exceed the preparation time indicated by the producers of microwave popcorn.

A longer cooking time does not produce more popcorn and instead may cause scorching, burning, or flames. Remember that the popcorn bag and tray may be too hot to handle. Remove carefully and use potholders.

## SPARKS

***If you see sparks, open the door and fix the problem. "CHIPS" is the term used in this case to indicate the presence of sparks inside the oven***

Sparks can be produced because:

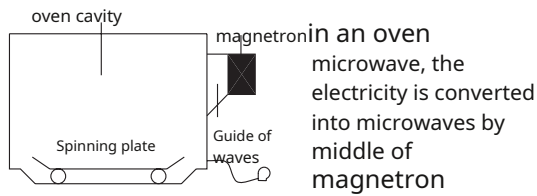
- There is metal or aluminum foil in contact with the side walls of the oven.
- Aluminum foil is not used to wrap food (upturned edges act as antennae).
- There is metal inside the microwave, such as metal fasteners, cooking nails, or gold-rimmed plates.
- Inside the microwave is recycled paper with small metal pieces.

# PRINCIPLES OF MICROWAVES

Microwave energy has been used to cook and heat food since the first experiments with radar in World War II. The presence of microwaves in the atmosphere is due to natural causes and human activity. Human activities that generate microwaves are, among others, radar, radio, television, telecommunication links and mobile phones.

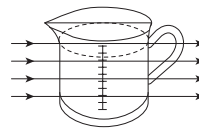
## OPERATION OF MICROWAVE COOKING

This microwave has equipment that corresponds to group 2 ISM, in which radiofrequency is intentionally generated and used in the form of electromagnetic radiation to treat the material. This oven has class B equipment, which is suitable for use in domestic establishments and in establishments that are directly connected to a low voltage supply network that supplies energy to buildings for domestic purposes.



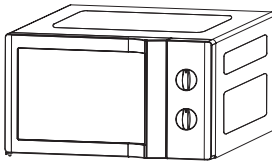
in an oven microwave, the electricity is converted into microwaves by middle of magnetron

### ► TRANSMISSION



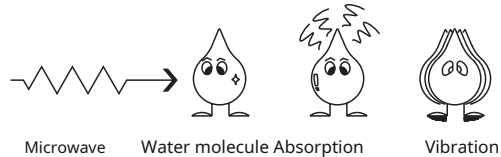
They then pass through the food containers and are absorbed by the food water molecules; all the Food contains more or less water.

### ► REFLECTION



The microondas bounces on the walls and in the portto.

### ► ABSORPTION



Microwaves make the water molecules vibrate and thus cause FRICTION, that is, HEAT. This heat is responsible for cooking food. Microwaves are also attracted to fats and sugars, so foods with high levels of these substances will cook faster. Microwaves can only penetrate to a depth of 4 - 5 cm (1 1/2 - 2 inches). The heat is distributed in the food by convection, the same as in a conventional oven, so the cooking of the food is done from the outside to the inside

## CONVERSION TABLES

PESOS		VOLUMES		tablespoons	
15g	1/2 oz.	30ml	1 fl.oz.	1.25ml	1/4 tsp
25g	1 oz.	100ml	3 fl.oz.	2.5ml	1/2 tsp
50g	2 oz.	150ml	5 fl.oz. (1/4pt)	5ml	1 tsp
100g	4 oz.	300ml	10 fl.oz. (1/2pt)	15ml	1 tsp
175g	6 oz.	600ml	20 fl.oz. (1pt)		
225g	8 oz.				
450g	1 lb.				

LIQUID MEASURES		
1 cup	= 8 fl.oz.	= 240 ml.
1 pint	= 16 fl.oz. (UK 20 fl.oz.)	= 480ml (UK 560ml)
1 quart	= 32 fl.oz. (UK 40 fl.oz.)	= 960 ml (UK 1,120 ml)
1 gallon	= 128 fl.oz. (UK 160 fl.oz.)	= 3840ml (UK 4500ml)

# COOKING TECHNIQUES

## REST TIME

Dense foods, such as baked potatoes or cakes, need more standing time (in or out of the oven) after cooking to allow heat to conduction to the center and finish cooking. Wrap roast meats or roast potatoes in aluminum foil during standing time. Roast meats need 10-15 minutes, while roast potatoes need 5 minutes. Other foods such as prepared meat, vegetables or fish need 2 to 5 minutes of rest. After defrosting the food, let it stand for a while. If after the standing time the food has not been cooked

completely, put them back in the oven in cooking mode for a few more minutes.

## MOISTURE CONTENT

Fresh foods, such as fruits and vegetables, have varying levels of moisture throughout the season, especially boiled potatoes. Therefore, cooking times vary. Dry ingredients, such as rice or pasta, can dry out during storage, so cooking times may vary.

## DENSITY

Porous, spongy foods heat up faster than dense, heavy foods.

## PLASTIC FILM

The plastic film helps keep food moist and the steam trapped inside shortens cooking times. Poke a few holes in the plastic to allow excess steam to escape. Remove the plastic very carefully, as the buildup of steam increases the temperature a lot.

## SHAPES

The homogeneous shapes present a uniform cooking. Food cooks better in the microwave in round containers than in square containers.

## SEPARATION

Food cooks faster or more evenly if it is placed apart from one another. DO NOT stack food.

## INITIAL TEMPERATURE

The colder a food is, the longer it will take to heat up. Food in the fridge takes longer to heat up than food kept at room temperature.

## LIQUIDS

All liquids must be stirred before and while heating. In particular, the water must be stirred before and during heating. Do not heat liquids that have previously been boiled. DO NOT OVERHEAT LIQUIDS.

## TURN OVER AND REMOVE

Some foods must be stirred during cooking. Halfway through the cooking time, meat and poultry should be turned over.

## PROVISION

Portioned foods, such as chicken or pork, should be placed on a plate so that the thickest parts are on the outside.

## AMOUNT

Cooking small quantities is always faster than cooking large quantities. The same thing happens when heating food.

## PUNCH CERTAIN FOODS

The skin or membrane of certain foods causes a buildup of steam during cooking. Therefore, before cooking this type of food, the skin must be pierced or removed to allow steam to escape. Some of those foods are eggs, potatoes, apples, and sausage. DO NOT ATTEMPT TO BOIL EGGS IN THE SHELL.

## COVER FOOD

Cover food with plastic wrap or a lid. Cover fish, vegetables, stews and soups. Do not cover cakes, sauces or boiled potatoes.

# DEFROSTING GUIDE

- ▶ Do not thaw covered meat. Covering food allows it to cook. Remove outer covers and trays. Use microwave-safe containers.
- ▶ Start thawing birds breast side down. Roast meats fat side down.
- ▶ The shape of the package alters the thawing time.
- ▶ The shallower rectangular containers allow defrosting more quickly than the others.
- ▶ After one third of the defrosting time has elapsed, check the condition of the food. It may be necessary to turn or remove melted portions of food.
- ▶ During defrosting you can open the oven and check the state of the food.  
For best defrosting results, follow the instructions below.  
Then close the oven door and press the START button to complete defrosting.
- ▶ When thawed, food should remain cold, but soft in some areas.

If there are still icy parts, put them back in the oven or let them sit for a bit.

After defrosting, allow food to stand for 5 to 60 minutes if there are still light icy areas. Poultry and fish should be placed under running water until thawed.

- **Turn around:** roast beef, ribs, poultry, turkey breasts, milanese and pork ribs.
- **relocate:** separate the milanesas, chops, hamburger meat, chicken or seafood, pieces of meat, etc.
- **Cover:** use small pieces of aluminum foil to shield small areas of irregularly shaped foods, such as chicken wings. To prevent sparks, make sure the aluminum foil is at least 2.5 cm from the sides of the oven interior.
- **Remove:** to prevent overheating, the melted parts should be removed from the oven. This can cause the defrosting time to be shorter for food weighing less than 1,350g.

## TABLE OF DEFROSTING TIMES.

Food and weight	Defrost time	rest time	SPECIAL TECHNIQUES
<b>Steak</b>			
Mince 1lb/450g	9-11 min.	15-20 min.	Break apart and remove melted portions with a fork.
meat stew 1 1/2lbs/675g	14-18 min.	25-30 min.	Separate and reattach once.
empanadas 4(4oz/110g)	8-10 min.	15-20 min.	Turn them over halfway through the defrosting time.
<b>PIG</b>			
Ribs 1lb/450g	8-10 min.	25-30 min.	Separate and reattach once.
chops 4(5oz/125g)	9-11 min.	25-30 min.	Separate and reattach once.
Shredded meat 1lb/450g	9-11 min.	15-20 min.	Break apart and remove melted portions with a fork.
<b>BIRDS</b>			
whole chicken 2 1/2lb/1125g	21-25 min.	45-90 min.	Separate, flip halfway through the defrosting time, and cover where needed.
Chicken breasts 1lb/450g	12-15 min.	15-30 min.	Separate and reattach once.
Fried Chicken (cut) 2lbs/900g	19-22 min.	25-30 min.	Separate and reattach once.
Chicken thighs 1 1/2lbs/675g	14-18 min.	15-30 min.	Separate and reattach once.
<b>FISH AND SEAFOOD</b>			
whole fish 1lb/450g	7-9 min.	15-20 min.	Turn halfway through defrosting time and cover where needed
Fish fillets 1 1/2lbs/675g	10-12 min.	15-20 min.	Separate and reattach once.
Shrimp 1/2lb/225g	3-4 min.	15-20 min.	Separate and reattach once.

\* Times may vary because freezer temperatures vary from model to model and brand to brand.

# COOKING AND REHEATING TABLE

## cooking table

Food	Power Level	Cooking time per 450g (1lb)	Special instructions
<b>MEAT</b>			
Veal - Rare	P-80	8-10 min	- Meat should be removed from the refrigerator at least 30 minutes before cooking. - Once the cooking is finished, cover the meat and let it rest.
- medium done	P-80	9-11 min	
- Well cooked	P-80	11-13 min	
Pig	P-HI	12-14 min	
Bacon	P-HI	8-10 min	
<b>BIRDS</b>			
whole chicken	P-HI	6-8 min	
chicken portions	P-80	5-7 min	
Breast (bone-in)	P-80	6-8 min	
<b>FISH</b>			
Fish fillets	P-HI	4-6 min	- Put a little oil or melted butter on top of the fish or add 15-30 ml (1-2 teaspoons) of lemon juice, wine, broth, milk or water.
whole mackerel, clean and prepared	P-HI	4-6 min	
whole trout, clean and prepared	P-HI	5-7 min	- Once the cooking is finished, cover the fish and let it rest.
salmon fillets	P-HI	4-6 min	
<p><b>NOTE:</b>the times above are approximate. Please note that there may be differences due to different personal tastes and preferences. Times may vary depending on the size, cut and composition of the food. Frozen meat and fish must be completely thawed before cooking.</p>			



## superheat table

- To avoid burns, be especially careful with baby food.
- When heating pre-cooked packaged food, follow the instructions on the package.
- If you freeze food purchased in the fresh or refrigerated food section, remember that it must be completely defrosted before cooking. It is advisable to put a note above these foods so that other people also take it into account.
- Remember to remove wire mesh and remove food from aluminum containers before heating.
- Cold (refrigerated) food takes longer to heat up than food that is kept at room temperature (for example, food that has just been put in the refrigerator or food that is stored in cupboards).
- All food must be heated using the microwave.

Food	Time of cooking	Special instructions
baby food 128g jar	30s	Pour into a small serving bowl. Stir it well once or twice as it heats up. Before serving, check the temperature.
baby milk 100ml/4floz 225ml/8floz	20-30s 40-50s	Stir or shake well and pour into a sterilized bottle. Before serving, shake it and check the temperature.
Sandwiches or snacks 1 sandwich	20-30s	Wrap them in kitchen paper and place them on a microwave-safe tray. *Note: Do not use recycled kitchen paper.
lasagna 1 serving (101/2oz/300g)	4-6 min	Place the lasagna on a microwave-safe tray. Cover it with plastic film with holes.
Cooked 1 cup 4 cups	1 1/2-3 min 5-7 min	Cook in a covered, microwave-safe casserole dish. Stir once halfway through cooking time.
Mashed potatoes 1 cup 4 cups	2-3 min 6-8 min	Cook in a covered, microwave-safe casserole dish. Stir once halfway through cooking time.
baked beans 1 cup	2-3 min	Cook in a covered, microwave-safe casserole dish. Stir them once when they are halfway through the cooking time.
Ravioli or pasta with sauce 1 cup 4 cups	3-4 min 7-10 min	Cook in a covered, microwave-safe casserole dish. Stir them once when they are halfway through the cooking time.

# VEGETABLE TABLE

Use a suitable pyrex glass bowl with a lid. Add 30-45ml of cold water (2-3 teaspoons) per 250g if no other quantity is recommended (see table below). Cover and apply the minimum cooking time (see table below). Continue cooking until you get the desired result. Stir once during cooking and again after cooking. Add salt, herbs or butter after cooking. Cover it during the 3 minute rest.

Tip: Cut fresh vegetables into pieces of similar dimensions. The smaller they are, the faster they will cook.

All vegetables should be cooked using the maximum microwave power level.

## Cooking guide for fresh vegetables

Vegetable	Weight	Time	Comments
Broccoli	1/2lb./250g 1 lb./500g	3-4 min 5-7 min	Prepare buds of the same size. Arrange them with the stem pointing towards the center.
Brussels sprouts	1/2lb./250g	4-5 min	Add 60-75 ml (5-6 teaspoons) of water.
carrots	1/2lb./250g	3-4 min	Cut the carrots into equal slices.
Cauliflower	1/2lb./250g 1 lb./500g	3-4 min 5-7 min	Prepare buds of the same size. Cut large buds in two. Arrange them with the stem pointing towards the center.
Zucchini	1/2lb./250g	3-4 min	Cut the zucchini into slices. Add 30 ml (2 teaspoons) of water or a knob of butter. Put them to cook until they are tender.
Eggplant	1/2lb./250g	3-4 min	Cut the eggplants into slices and sprinkle them with 1 tablespoon of the lemon juice.
leeks	1/2lb./250g	3-4 min	Cut the leeks into thick slices.
mushrooms	0.3lb/125g 1/2 lb./250g	2-3 min 3-5 min	Prepare small mushrooms whole or sliced. Do not add water. Sprinkle them with lemon juice. salt and pepper Let them drain before serving.
Onion	1/2lb./250g	3-4 min	Cut the onions into slices or halves. Add only 15 ml (1 teaspoon) of water.
Pepper	1/2lb./250g	3-5 min	Cut the bell pepper into small slices.
Potatoes	1/2lb./250g 1 lb./500g	3-5 min 8-10 min	Weigh the peeled potatoes and cut them into equal halves or quarters.
turnips	1/2lb./250g	5-7 min	Cut the turnips into small cubes.

## Cooking guide for frozen vegetables

Vegetables	Weight	Time	Instructions
Spinach	0.3lb/125g	2-3 min	Add 15ml (1 teaspoon) of cold water.
Broccoli	1/2lb/250g	3-4 min	Add 30ml (2 teaspoons) of cold water.
Peas	1/2lb/250g	3-4 min	Add 15ml (1 teaspoon) of cold water.
Green beans	1/2lb/250g	3-5 min	Add 30ml (1 teaspoon) of cold water.
menestra (carrots/peas/corn)	1/2lb/250g	3-4 min	Add 15ml (1 teaspoon) of cold water.
menestra (Chinese style)	1/2lb/250g	4-6 min	Add 15ml (1 teaspoon) of cold water.

# RECIPES

## TOMATO AND ORANGE SOUP

1 oz (25g) butter 1  
medium onion, chopped  
1 large carrot and 1 large potato, diced 800g  
(13/4lb) canned diced tomato, juice and zest of 1  
small orange  
900 ml (11/2 pints) vegetable broth, salt and  
pepper to taste

1. Melt the butter in a large bowl on P-HI for 1 minute.
2. Add the onion, carrot and potato. Adjust the power level P-HI for 6 minutes. Stir halfway through cooking time.
3. Add the tomatoes, orange juice, grated orange peel, and broth. Mix it all well. Salt and pepper to taste. Cover bowl and set cook on P-HI for 15 minutes. Stir 2-3 times during cooking until vegetables are tender.
4. Pass the mixture through the blender and serve immediately.

## FRENCH ONION SOUP

1 large onion, sliced  
1 tablespoon (15ml) corn oil 50g  
(56.70g) flour  
1.2 liters (2 pints) hot meat or vegetable  
broth  
Salt and pepper to taste  
2 tablespoons (30ml) chopped parsley  
4 thick slices of French bread 50g  
(2oz) grated cheese

1. Put the onion in an oiled bowl, mix well and adjust the power level to P-HI for 2 minutes.
2. Stir in the flour to make a dough and gradually add the broth. Season with salt and pepper and add the parsley.
3. Cover bowl and set power level P-80 for 16 minutes.
4. Pour soup into bowls, dip bread in, and sprinkle liberally with cheese.
5. Set power level P-80 for 2 minutes, until cheese is melted.

## JUMBLE OF FRIED VEGETABLES

1 tablespoon (15ml) sunflower oil 2  
tablespoons (30ml) soy sauce 1  
tablespoon (15ml) sherry  
2.5cm (1") ginger root, peeled and grated 2  
medium carrots, cut into thin strips 100g  
(4oz) mushrooms, chopped 50g (2oz)  
soybeans  
100g (4oz) snow peas  
1 red bell pepper, seeded and cut into thin strips  
4 spring onions, chopped  
4 oz (100g) canned water chestnuts, sliced

1/4 bok choy, sliced

1. Put the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl and mix well.
2. Cover and adjust to a P-HI power level for 4-5 minutes.
3. Add mushrooms, soybeans, snow peas, red bell pepper, spring onions, water chestnuts, and bok choy. Mix it all well.
4. Set to P-HI power level for 4-5 minutes until vegetables are tender. Stir 2-3 times during cooking.

***The fried vegetable jumble is ideal to serve as an accompaniment to meat or fish.***

## CHICKEN WITH HONEY

4 boneless chicken breasts 2  
tablespoons (30ml) honey 1  
tablespoon (15ml) mustard  
1/2 teaspoon (2.5ml) dried tarragon 1  
tablespoon (15ml) tomato paste 150ml  
(1/4 pint) chicken broth

1. Place the chicken breasts in a casserole dish.
2. Mix the rest of the ingredients and pour them into the casserole. Salt and pepper to taste.
3. Set a power level P-HI for 11-12 minutes. Stir and baste the chicken with the sauce twice during cooking.

## BLUE CHEESE WITH ROASTED SPRING ONIONS

2 roasting potatoes (approx 250g/9oz each)  
50g (56.70g) butter  
100g (4oz) chopped blue cheese  
1 tablespoon (15ml) chopped fresh chives  
50g (2oz) sliced mushrooms, salt and pepper to taste

1. Prick each potato in several places. Set a P-HI power level for 10-11 minutes. Cut the potatoes in halves, empty into a bowl, add the butter, cheese, spring onions, mushrooms, salt and pepper and mix well.
2. Fill the potato skins with the mixture and place them in a dish on the baking tray.
3. Set a power level P-80 for 10 minutes.

## WHITE SAUCE

1 oz (25g) butter  
1 oz (25g) flour  
300ml (1/2 pint) milk  
Salt and pepper to taste

1. Put butter in a bowl and set to P-HI power level for 1 minute until melted.
2. Stir it into the flour and beat the mixture into the milk. Set to a P-HI power level for 3-4 minutes and stir the mixture every 2 minutes until thick and smooth. Salt and pepper to taste.

## STRAWBERRY JAM

11/2 lbs. (675g) strawberries, cleaned  
3 tablespoons (45ml) lemon juice  
675g (11/2lb) powdered sugar

1. Put strawberries and lemon juice in a large bowl, set to P-HI power level for 5 minutes or until fruit is tender. Add sugar and mix well.
2. Adjust to a P-80 power level for 25-30 minutes until reaching the point of consistency\*. Stir every 4-5 minutes.
3. Pour the jam into clean, hot jars. Cover them tightly and label them.

**\* Set point: To determine the set point, put 1 tablespoon (5 ml) of jam on a cold saucer. Let the jam rest for 1 minute. Move the surface of the jam with your finger. the point of consistency is obtained when the jam is wrinkled.**

## MICROWAVE CAKE

100g (4 oz) margarine  
100g (4 oz) sugar  
1 eggs  
100g (4oz) sifted pastry flour  
2-3 tablespoons (30-45ml) milk

1. Line the bottom of the 20 cm (8") pan with non-stick baking paper.
2. Knead margarine and sugar until light and fluffy. Beat the eggs and pour the dough and milk into the sifted flour.
3. Pour the batter into the prepared container. Set a P-HI power level for 3-4 minutes until one skewer comes out dry.
4. Let the tart rest for 5 minutes before serving.

## TORTILLAS

15g (1/2 oz) butter 4  
eggs  
6 tablespoons of milk salt and pepper

1. Beat the eggs and milk together. salt and pepper
2. Put the butter in a dish about 26 cm (10"). Set a power level P-HI for 1 minute until the butter is melted. Grease the dish with the melted butter.
3. Pour the milk and egg mixture into the pan. Set a power level P-HI for 2 minutes. Beat the mixture and adjust to a P-HI level for an additional 1 minute.

## SCRAMBLED EGGS

15g (1/2 oz) butter 2  
eggs  
2 tablespoons (30ml) milk salt and pepper

1. Melt butter in a bowl on P-HI power level for 1 minute.
2. Add the eggs, milk, salt and pepper and mix well.
3. Set a power level P-HI for 2 minutes. Stir every 30 seconds.

## SEASONED MINCED MEAT

1 small onion cut into cubes 1  
minced garlic  
1 teaspoon (5ml) oil 200g  
canned diced tomato  
1 tablespoon (15ml) tomato paste 1  
teaspoon (5ml) herbs 225g (8oz)  
minced meat salt and pepper

1. Put the onion, garlic and oil in a saucepan and set to P-HI power level for 2 minutes or until the onion is tender.
2. Add the rest of the ingredients to the casserole. Stir well.
3. Cover and set to P-HI power level for 4 minutes then P-80 for 8-12 minutes or until food is done.