

Panasonic®

Operating Instructions
使用說明書

Microwave Oven
微波爐

Household Use Only
家用

Model No. **NN-SD26KS**



English

中
文

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Thank you for purchasing a Panasonic appliance.

Important Safety Instructions:

Before operating this oven, please read these instructions and precautions carefully and keep for future reference.

Important safety instructions

WARNING

1. The door seals and 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.
2. Liquids and other foods must not be heated in sealed containers since they are liable to explode.
3. **WHEN YOUR OVEN REQUIRES SERVICING**, call your local Panasonic engineer (Customer Support). It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

CAUTION

1. Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be done by a qualified service person.
2. Do not operate this appliance if it has a damaged CORD OR PLUG, if it is not working properly, or if it has been damaged or dropped. It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
3. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

5. The microwave oven is intended for heating food and beverages. Drying of food, newspaper or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
6. Before use, check that utensils/containers are suitable for use in microwave oven.
7. The oven will only operate with the door closed.
8. When the oven is not being used, do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.
9. The appliance shall not be operated **WITHOUT FOOD IN THE OVEN**.
Operation in this manner may damage the appliance.
10. If smoke or a fire occurs in the oven, press Stop/Reset, and leave the door closed in order to stifle any flames.
Disconnect the power cord, or shut off the power at the fuse or the circuit breaker panel.
11. The oven lamp must be replaced by a service technician trained by the manufacturer. Do not attempt to remove the outer casing from the oven.

Installation

Examine your microwave oven

Unpack the oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. If you find any damage, notify your dealer immediately. Do not install a damaged microwave oven.

Earthing instructions

IMPORTANT: THIS UNIT HAS TO BE PROPERLY EARTHED FOR PERSONAL SAFETY.

If your AC outlet is not earthed, it is the personal responsibility of the customer to have it replaced with a properly earthed wall socket.

Operation voltage

The voltage has to be the same as specified on the label on the oven. If a higher voltage than specified is used, it may cause a fire or other damages.

Placement of the oven

This appliance is intended to be used in household and similar applications such as:

- staff kitchen areas in shops, offices and other working environments;
- farm houses;
- by clients in hotels, motels and other residential environments;
- bed and breakfast type environments.

1. Place the oven on a flat and stable surface, more than 85 cm above the floor.

The appliance is freestanding type and shall not be placed in a cabinet.

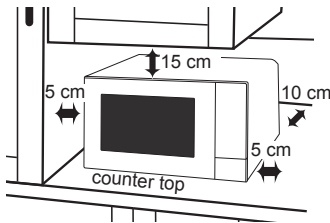
2. When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.

Important safety instructions

3. For proper operation, ensure a sufficient air circulation for the oven.

Counter-top use:

Allow 15 cm of space on the top of the oven, 10 cm at the 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.

4. Do not place this oven near an electric or gas cooker range.
5. The feet should not be removed.
6. This oven is only for household usage. Do not use outdoors.
7. Avoid using the microwave oven in high humidity.
8. The power cord should not touch the outside of the oven. Keep the cord away from hot surfaces. Do not let the cord hang over the edge of a table or work top. Do not immerse the cord, plug or oven in water.
9. Do not block the air vents on the left side and back of the oven. If these openings are blocked during operation the oven may overheat. In this case the oven is protected by a thermal safety device and resumes operation only after cooling down.
10. When it becomes necessary to replace the oven light, please consult your dealer.

Accessories

The oven comes equipped with a variety of accessories. Always follow the directions given for use of the accessories.

Roller ring

- The roller ring and the oven floor should be cleaned frequently to prevent noise and build-up of remaining food.
- The roller ring must always be used for cooking together with the glass tray.

Glass tray

- Always operate the oven with the roller ring and glass tray in place.
- Only use the glass tray specifically designed for this oven. Do not substitute with any other glass tray.
- If the glass tray is hot, let it cool before cleaning or placing in water.
- The glass tray can turn in either direction.
- If the food or cooking vessel on the glass tray touches the oven walls and stops the tray rotating, the tray will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
- Do not cook foods directly on the glass tray unless indicated in recipes. Always place food in a microwave safe dish.
- While cooking, the glass tray may vibrate. This will not affect cooking performance.

Important

If the recommended cooking time is exceeded, the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

Short cooking time

As microwave cooking time is much shorter than other cooking methods, it is essential that recommended cooking time is not exceeded without first checking the food.

Factors that may affect cooking time are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

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 time.

Small quantities of food

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking time and check the food frequently.

Foods low in moisture

Take care when heating foods low in moisture, e.g. bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or bread.

This oven has been developed for food use only.

We do not recommend to use for heating non food items such as wheat bags or hot water bottles.

Reheating

It is essential that reheated food is served "piping hot".

Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and all sauce is bubbling. (You may choose to check the food has reached 72 °C with a food thermometer – but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, e.g. lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

Standing time

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.

Important safety instructions

Lids

Always remove the lids of jars and containers and takeaway food containers before you microwave the food. If the lid remains, then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

Babies bottles and food jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. This should be carried out before consumption to avoid burns. See page 23.

Boiled eggs

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

Foods with skins

Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.

Paper and plastic

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur.

Do not use re-cycled paper products, e.g. kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

Liquids

Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container. To prevent the possibility of sudden boil 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 the heating time.
- d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

Deep fat frying

Do not attempt to deep fat fry in your oven.

Arcing

Arcing may occur accidentally if a metal container has been used or the incorrect weight of food is used. Arcing is flashes of blue light seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

Meat thermometer

Use a meat thermometer to check the degree of cooking of joints and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.

General guidelines

STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to the centre of the food to cook through completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10–15 minutes, jacket potatoes 5 minutes. Other foods such as plated meals, vegetables, fish etc. require 2–5 minutes standing. If food is not cooked after standing time, return to the oven and cook for additional time. After defrosting food, standing time should also be allowed.

QUANTITY



Small quantities cook faster than large quantities, and small meals will reheat more quickly than large portions.

SPACING



Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.

MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. For this reason cooking time may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking time may differ.

PIERCING



The skin or membrane on some foods will cause steam to build up during cooking.

These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**

COVERING



Cover foods with microwave cling film or a lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes or pastry items.

DENSITY

Porous airy foods heat more quickly than dense heavy foods.

General guidelines

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking time. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.

SHAPE



Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.

STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5 and 8 °C before cooking.

LIQUIDS



All liquids must be **STIRRED BEFORE, DURING AND AFTER** heating. Water must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **DO NOT OVERHEAT.**

TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half of the cooking time.

ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are towards the outside.

CHECKING FOOD



It is essential that food is checked during and after a recommended cooking time, even if an **AUTO PROGRAMME** has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.

DISH SIZE



Follow the dish sizes given in the recipes, as these affect the cooking and reheating times.

A quantity of food spread in a bigger dish cooks and reheats faster.

CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a microwave spray cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning.

Containers to use

Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

OVEN GLASS

Glass that is heat resistant e.g. Pyrex®, is ideal, and can be used.

Do not use glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.



CHINA AND CERAMIC

Glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant.

Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short period of time, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.



POTTERY, EARTHENWARE, STONEWARE

Only use if completely glazed. Do not use if partially glazed or unglazed, as they are able to absorb water which will absorb microwave energy, making the container very hot and slowing down the cooking of food.



FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Use wooden kebab sticks instead of metal skewers.



CLING FILM

Use microwave cling film to cover food that is to be reheated, or cooked, ON MICROWAVE ONLY taking care to avoid the film being in direct contact with the food.



Containers to use

PLASTIC

Many plastic containers are designed for microwave use. Only use containers if they are designed for microwave use. Do not use Melamine as it will scorch. Do not use plastic for cooking foods high in sugar or fat or foods that require long cooking time e.g. brown rice. Never cook in margarine containers or yogurt pots, as these will melt with the heat from the food.



PAPER

Plain white kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering **ONLY USE FOR SHORT COOKING TIME. NEVER RE-USE A PIECE OF KITCHEN TOWEL.** Avoid kitchen paper containing manmade fibers. Check that branded re-cycled kitchen towel is recommended for microwave use. Do not use waxed or plastic coated cups as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods. White paper plates can be used for **SHORT REHEATING TIMES, ON MICROWAVE ONLY.**



WICKER, WOOD, STRAW BASKETS

Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite.



ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to **SHIELD** joints of meat during defrosting. As the microwaves cannot pass through the foil this prevents the shielded parts from overcooking or overdefrosting. The foil must not touch the sides or roof of the oven, as this may cause arcing and damage your oven.



ROASTING BAGS

These are useful when slit up one side to tent a joint of meat when roasting by power and time. **DO NOT USE THE METAL TWISTS SUPPLIED.**

Parts of your oven

1. Door Release Button

Press to open the door. Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes after the door is closed and Start is pressed. It is quite safe to open the door at any time during a cooking programme and there is no risk of microwave exposure.

2. Oven window

3. Air vents

4. Microwave feed guide
(Do not remove.)

5. External air vents

6. Control panel

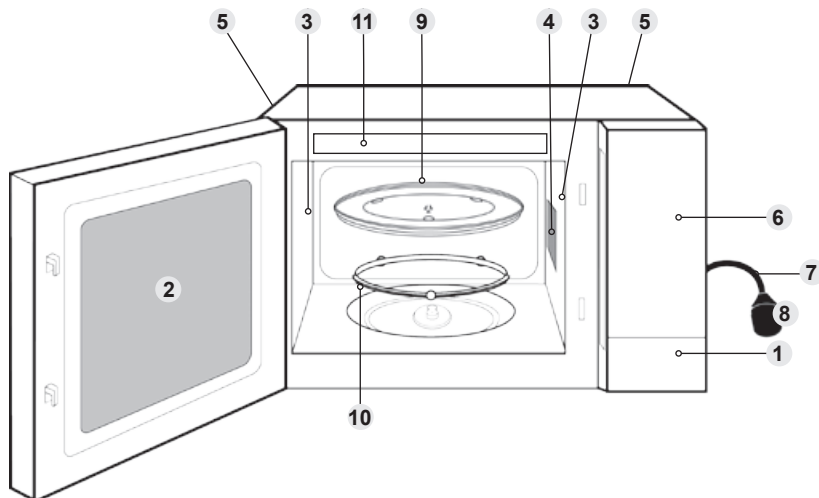
7. Power supply cord

8. Plug

9. Glass tray

10. Roller ring

11. Menu label

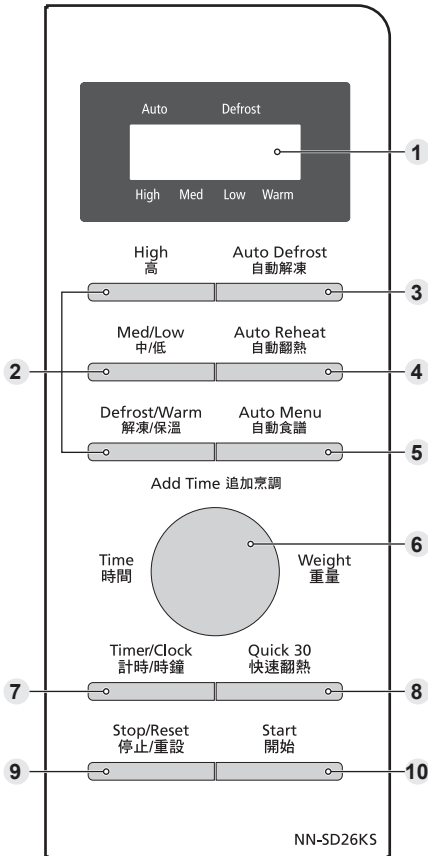


Identification label is attached on the oven.

■ Note

This illustration is for reference only.

Control panel



- 1 Display window
- 2 Microwave Power pads
- 3 Auto Defrost pad
- 4 Auto Reheat pad
- 5 Auto Menu pad
- 6 Time/Weight Select dial
- 7 Timer/Clock pad
- 8 Quick 30 pad

9 Stop/Reset pad:

Before Cooking:

One press clears your instructions.

During Cooking:

One press temporarily stops the cooking process. Another press cancels all your instructions and a dot or the time of day will appear in the display.

10 Start pad

One press allows oven to begin functioning. If door is opened or Stop/Reset is pressed once during oven operation, Start must be pressed again to restart oven.

- Your control panel may have differences in appearance, but the words and functionality will be the same.

■ 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 has not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep 5 times and "End" will be displayed.

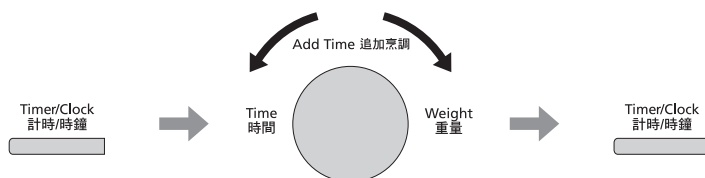
■ Note

If Start is not pressed for 6 minutes after cooking programme setting, the oven will automatically cancel the cooking programme. The display will revert back to clock or dot.

Setting the clock

When the oven is first plugged in, “88.88” appears in display.

Example: To set 11:25 am



Press Timer/Clock twice.
A colon starts to blink.

Turn the dial until 11:25 appears in the display.

Press Timer/Clock.
The colon stops blinking. Time of day is now locked into the display.

■ Notes

1. To reset time of day, repeat step 1 through to step 3, as above.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock.

Child safety lock

This feature will make the oven controls inoperable; however, the door can be opened. Child safety lock can be set when the display shows a dot or the time.

To Set:



Press Start 3 times in 10 seconds.
The time of day will disappear. Actual time will not be lost. ‘Child’ is indicated in the display.

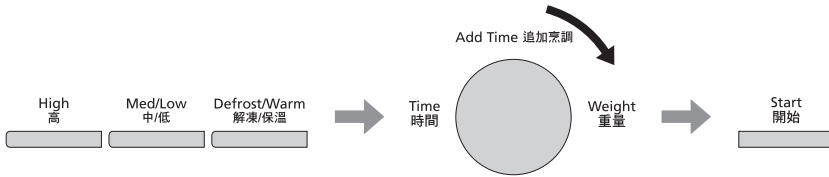
To Cancel:



Press Stop/Reset 3 times in 10 seconds.
The time of day will reappear in the display.

Microwave cooking and defrosting

The glass tray must always be in position when using the oven.



Press MICROWAVE Power pad to select the desired power level.

Turn the dial to set the cooking time.
Your oven can be programmed for up to 90 minutes in Medium, Low, Defrost, Warm power. High power can be programmed for up to 30 minutes.

Press Start.
The time counts down in the display.

Power Level		Example of Use
High	800 W	Boil water. Cook fresh fruit, vegetables, rice, pasta and noodles.
Medium	700 W	Cook poultry, meat, cakes and desserts. Heat milk.
Low	360 W	Cook eggs, cheeses, fish, pot roasts, casseroles and meat loaves. Melt chocolate.
Defrost	270 W	Thaw foods.
Warm	200 W	Keep cooked foods warm, simmer slowly.

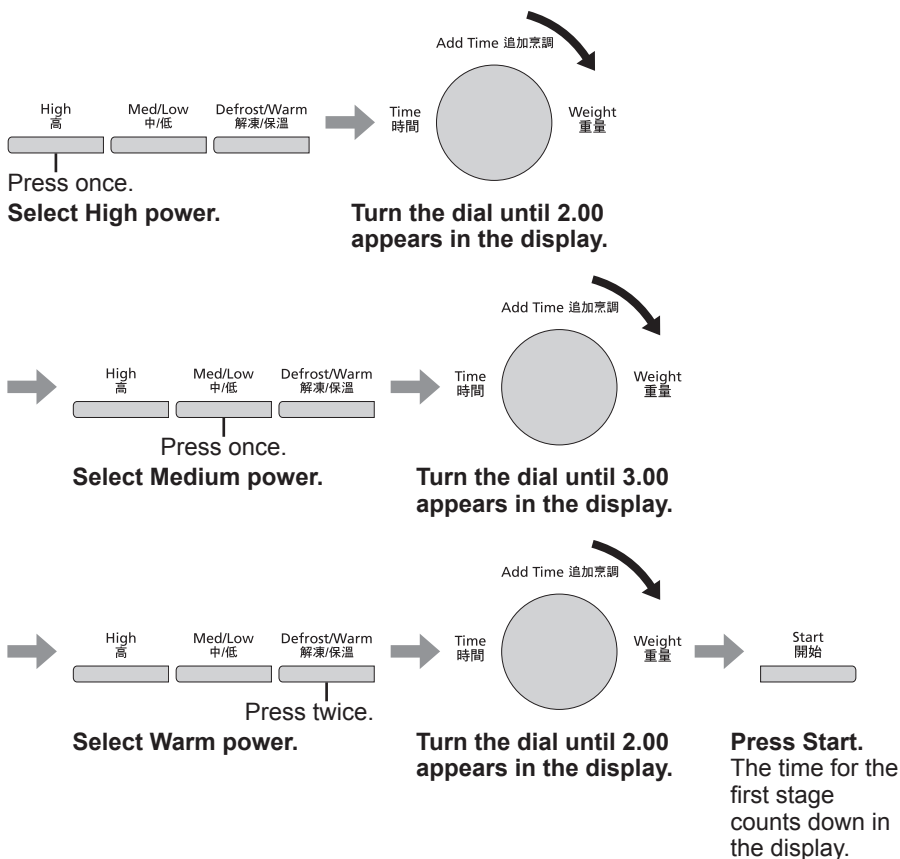
■ Notes

- After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME feature, refer to page 16.
- The oven will automatically work on High power if a cooking time is entered without the power level previously being selected.
- While cooking, the glass tray may vibrate. This will not affect cooking performance.
- For MULTI-STAGE COOKING, refer to page 15.
- STANDING TIME can be programmed after microwave power and time setting. Refer to page 17.
- DO NOT use any metal container in the oven.
- Always check the food during defrosting by opening the door then restarting. It is not necessary to cover food during defrosting. To ensure an even result, stir, turn or separate several times during defrosting. For large joints and poultry, turn halfway through defrosting and protect ends and tips with foil.

Multi-stage cooking

This feature allows you to programme up to 3 stages of cooking continuously.

Example: To continually set High power for 2 minutes, Medium power for 3 minutes and Warm power for 2 minutes.



Notes

1. After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME feature, refer to page 16.
2. AUTO PROGRAMMES cannot be used with MULTI-STAGE COOKING.
3. When operating, 2 beeps will sound between each stage, and 5 beeps will sound after all stages have finished.
4. High power can be set only for a single stage of MULTI-STAGE COOKING.

Quick 30 feature

This feature allows you to set cooking time in 30 seconds increments up to 5 minutes at High power.



Press Quick 30 to set the desired cooking time.
Time appears in the display.

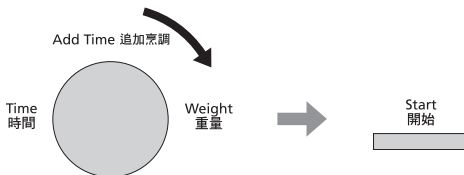
Press Start.
The time counts down in the display.

■ Notes

1. After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME feature, refer to below.
2. If desired, you can use other power levels. Select the desired power level before pressing Quick 30.
3. After setting the time by Quick 30, you cannot use the dial.

Add time feature

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



Turn the dial to set the additional time.
Up to 30 minutes for High power and 90 minutes for other MICROWAVE powers.

Press Start.
The time counts down in the display.

■ Notes

1. After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME feature again.
2. During cooking, turn the dial to set the additional cooking time (10 seconds to 10 minutes).
3. ADD TIME feature will be cancelled, if you don't perform any operation for 1 minute after cooking.
4. ADD TIME feature can be used after MULTI-STAGE COOKING. The power level is the same as the last stage. This function will not operate if the last stage was standing time.
5. ADD TIME feature is not available for AUTO PROGRAMMES.

Using the timer

This feature operates as a **KITCHEN TIMER** or allows you to programme the **STANDING TIME/DELAY START**.

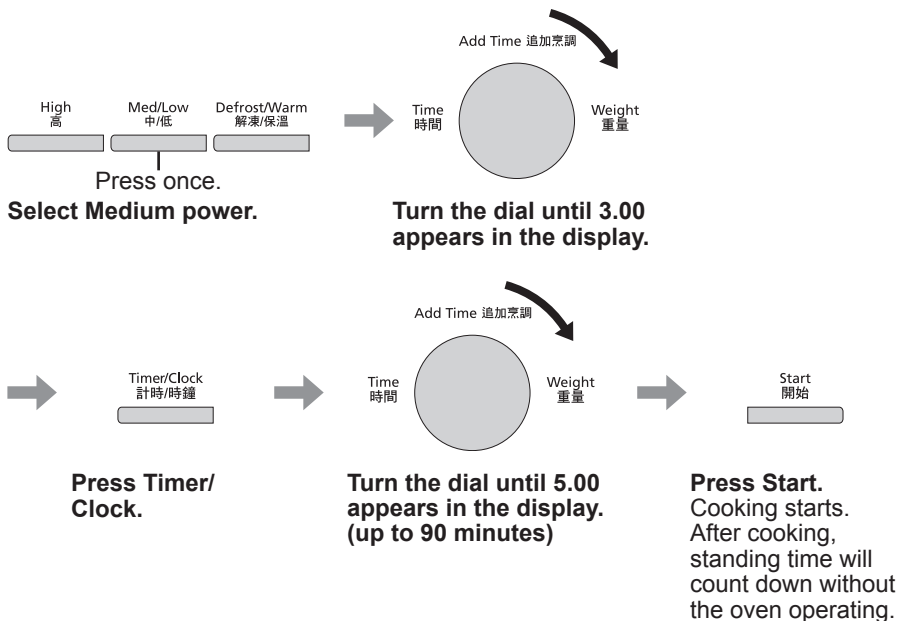
Kitchen timer

Example: To count 5 minutes.



Standing time

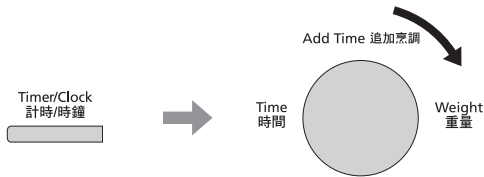
Example: To stand for 5 minutes after cooking at Medium power for 3 minutes.



Using the timer

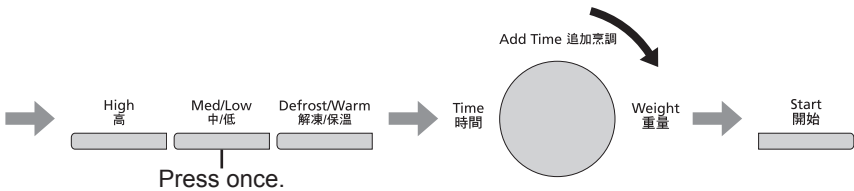
Delay start

Example: To start cooking at Medium power for 3 minutes after 5 minutes of standing time.



**Press Timer/
Clock.**

**Turn the dial until 5.00
appears in the display.
(up to 90 minutes)**



Select Medium power.

**Turn the dial until 3.00
appears in the display.**

Press Start.
Delayed time
counts down,
then start
cooking.

■ Notes

1. After DELAY START is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME feature, refer to page 16.
2. MULTI-STAGE COOKING can be programmed including STANDING TIME or DELAY START.
3. Even if the oven door is opened during KITCHEN TIMER, STANDING TIME or DELAY START, the time in the display window will continue to count down.
4. STANDING TIME/DELAY START cannot be programmed before/after any AUTO PROGRAMME.

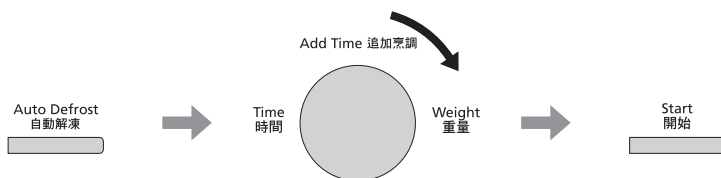
Auto programmes

With this feature you can defrost/reheat/cook food according to the weight. Select the category and set the weight of the food. The weight is programmed in grams. The oven determines MICROWAVE power level, and cooking time automatically. For quick selection, the weight starts from the most commonly used weight for each category. Do not include the weight of any added water or the container weight.

■ Notes

1. Always operate the oven with the roller ring and glass tray in place.
2. The AUTO PROGRAMMES must ONLY be used for foods described.
3. Only defrost/cook foods within the weight ranges described.
4. Always weigh the food rather than relying on the package information.
5. Most foods benefit from a STANDING TIME. After cooking with an AUTO PROGRAMME, allow heat to continue conducting to the centre.

Auto defrost



Select the desired Auto Defrost programme.
The AUTO PROGRAMME number appears in the display.

Turn the dial to set the weight of the frozen food.
The weight counts up/down in 10 g increments.

Press Start.
Remember to stir or turn the food during defrosting.

■ Note

The shape and size of the food will determine the maximum weight the oven can accommodate.

Programme	Instructions
1. Small Pieces Auto Defrost 自動解凍 1 press	Weight: 200 g - 1000 g For defrosting small pieces of meat, escallop, sausages, minced meat, steak, chops, fish fillets (each 100 g to 400 g). Press Auto Defrost once. Set the weight of the food and press Start. Allow to stand for 15 to 30 minutes.

Auto programmes

Programme	Instructions
<p>2. Big Pieces</p> <p>Auto Defrost 自動解凍</p> <p>2 presses</p>	<p>Weight: 600 g - 1600 g</p> <p>For defrosting big pieces of meat, whole chickens, meat joints. Press Auto Defrost twice. Set the weight of the food and press Start. Whole chickens and meat joints will require shielding during defrosting. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Standing time of 1 to 2 hours should be allowed before cooking.</p>
<p>3. Bread/Cake</p> <p>Auto Defrost 自動解凍</p> <p>3 presses</p>	<p>Weight: 100 g - 600 g</p> <p>For defrosting bread (whole, slices, rolls) and cakes. Cream cakes and iced cakes are unsuitable for this programme. Place the bread or cake on a large plate or shallow dish. Press Auto Defrost 3 times. Set the weight of the food and press Start. Allow bread to stand for 10 (white light bread) to 30 minutes (dense rye bread). Cut large loaves in half during standing time.</p>

Defrosting guidelines

For Best Results:

- Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer.
- Check food during defrosting, as foods vary in their defrosting speed.
- It is not necessary to cover the whole food (see point 6).
- Always turn or stir the food halfway. Shield if necessary (see point 6).
- Minced meat, chops and other small items should be broken up or separated and placed in a single layer.
- Shielding prevents food from cooking. It is essential when defrosting chickens and joints of meat.
The outside thaws out first, so protect wings/breast/fat/bones with smooth pieces of aluminium foil secured with cocktail sticks.
- Allow standing time so that the centre of the food thaws out (minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.

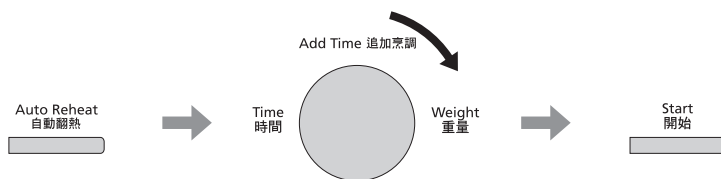


Turn or break up food as soon as possible.



Shield chickens and joints of meat.

Auto reheat



Select the desired Auto Reheat programme.
The AUTO PROGRAMME number appears in the display.

Turn the dial to set the weight of the food.
The weight counts up/down in 10 g increments.

Press Start.
The time counts down in the display.

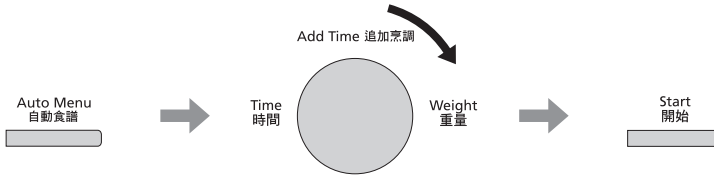
■ Note

As some variations may occur in food, check that food is thoroughly cooked and piping hot before serving.

Programme	Instructions
<p>1. Meal</p> <p>Auto Reheat 自動翻熱</p> <p>1 press</p>	<p>Weight: 200 g - 800 g</p> <p>Precooked foods are reheated automatically by setting the food's weight. The foods should be at refrigerator temperature (5-8 °C). Use suitable size microwave safe casserole, add 1-4 tbsp of water if desired, and cover with lid. Place the casserole on glass tray. Press Auto Reheat once. Set the weight of the food and press Start. Stir at beeps.</p> <p>Note: When reheating items such as soups, stews, and casseroles, it is recommended that they are stirred at half of reheating time and at completion of reheating.</p>
<p>2. Beverage (1 Cup)</p> <p>Auto Reheat 自動翻熱</p> <p>2 presses</p>	<p>Serving: 1 cup/150 ml</p> <p>This programme is for reheating a cup of drink (e.g. tea, coffee, milk, and soup). Press Auto Reheat twice, turn the dial, and press Start. At the completion of heating, stir carefully.</p>
<p>3. Beverage (2 Cups)</p> <p>Auto Reheat 自動翻熱</p> <p>3 presses</p>	<p>Serving: 2 cups/300 ml</p> <p>This programme is for reheating two cups of drink (e.g. tea, coffee, milk, and soup). Press Auto Reheat 3 times, turn the dial, and press Start. Stir at beeps. At the completion of heating, stir carefully.</p>

Auto programmes

Auto menu



Select the desired Auto Menu programme.

The AUTO PROGRAMME number appears in the display.

Turn the dial to set the weight of the food.

The weight counts up/down in 10 g increments.

Press Start.

The time counts down in the display.

Note

As some variations may occur in food, check that food is thoroughly cooked and piping hot before serving.

Programme	Instructions
<p>1. Vegetables</p> <p>Auto Menu 自動食譜</p> <p>1 press</p>	<p>Weight: 200 g - 800 g</p> <p>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 vegetables in a suitable size microwave safe casserole. Add 2-4 tbsp of water if desired. Cover with lid. Place the casserole on glass tray. Press Auto Menu once. Set the weight of the food and press Start.</p>
<p>2. Fish</p> <p>Auto Menu 自動食譜</p> <p>2 presses</p>	<p>Weight: 200 g - 700 g</p> <p>For cooking whole fish and fish fillets. Put the prepared fish in a microwave safe dish. Add 15 - 45 ml (1 - 3 tbsp) of water. Cover dish securely with plastic wrap. Place the dish on glass tray. Press Auto Menu twice. Set the weight of the food and press Start. Turn over at beeps.</p>
<p>3. Potatoes</p> <p>Auto Menu 自動食譜</p> <p>3 presses</p>	<p>Weight: 200 g - 1000 g</p> <p>To cook jacket potatoes, choose medium sized potatoes 200 - 250 g. Wash and dry, and prick with a fork several times. Arrange around the edge of glass tray. Press Auto Menu 3 times. Set the weight of the food and press Start. DO NOT COVER.</p>

Cooking and reheating guidelines

Most foods reheat very quickly in your oven by High power. Meals can be brought back to serving temperature in just minutes.

Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls, etc.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

MINCE PIES - CAUTION

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

PUDDINGS AND LIQUIDS - CAUTION

Puddings and other foods high in fats or sugar, e.g. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite. Take great care when reheating these items.

Do not leave unattended.

Do not add extra alcohol.

BABIES BOTTLES - CAUTION

Milk or formula **MUST** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

For 7-8 fl. oz. of milk from fridge temperature, remove top and teat. Heat on High power for 30-50 sec.

CHECK CAREFULLY BEFORE FEED.

For 3 fl. oz. of milk from fridge temperature, remove top and teat. Heat on High power for 15-20 sec.

CHECK CAREFULLY BEFORE FEED.

N.B. Liquid at top of bottle will be much hotter than at bottom.

The bottle must be shaken thoroughly and tested before use.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES.

If you have a special microwave steriliser, we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well.

If a lot of gravy is added, extra time may be required.

Place denser items to the outside of the plate. Between 2-4 min. on High power will reheat an average portion. Do not stack meals.

CANNED FOODS

Remove foods from can and place in a suitable dish before heating.

SOUPS

Use a bowl and stir before heating and at least once through reheat time and again at the end.

CASSEROLES

Stir halfway through and again at the end of heating.

Questions and answers

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:

1. Is the oven plugged in securely?
Remove the plug from the outlet, wait 10 seconds and reinsert.
2. Check the circuit breaker and the fuse.
Reset the circuit breaker or replace the fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.
If it seems that there is a problem with the oven, contact an authorised Service Centre.

Q: My oven causes interference with my TV. Is this normal?

A: Some radio and TV interference might occur when you cook with the oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Q: Sometimes warm air comes from the oven vents. Why?

A: The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: Can I use a conventional oven thermometer in the oven?

A: The metal in some thermometers may cause arcing in your oven and should not be used in a microwave oven.

Q: The oven won't accept my programme. Why?

A: The oven is designed not to accept an incorrect programme. For example, the oven will not accept a 4th stage.

Care of your oven

1. The oven should be unplugged before cleaning.
2. Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended. Avoid cleaning the microwave feed guide area situated on the right hand side of the cavity wall.
DO NOT USE COMMERCIAL OVEN CLEANERS.
3. Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering the glass.
4. The outside oven surface 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.
5. If the Control Panel becomes dirty, clean it with a soft cloth. Do not use harsh detergents or abrasives on the Control Panel. When cleaning the Control Panel leave the oven door open to prevent the oven from accidentally turning on. After cleaning press Stop/Reset to clear display window.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm soapy water or in a dishwasher.
8. 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 and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or roller ring wheels. After removing the roller ring from the cavity floor for cleaning, be sure to replace it in the proper position.
9. A steam cleaner is not to be used for cleaning.
10. This oven should only be serviced by qualified personnel. For maintenance and repair of the oven contact the nearest authorised dealer.
11. Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.
12. Keep air vents clean at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

Specifications

Power Source	220 V ~ 50 Hz
Power Consumption	5.9 A 1250 W
Output	800 W (IEC-60705)
Outside Dimensions	443 (W) × 328 (D) × 258 (H) mm
Oven Cavity Dimensions	306 (W) × 308 (D) × 214 (H) mm
Overall Cavity Volume	20 L
Glass Tray Diameter	255 mm
Operating Frequency	2450 MHz
Net Weight	11.5 kg

- Weight and Dimensions shown are approximate.
- Specifications subject to change without notice.
- As for the voltage requirement, the production month, country and serial number, please refer to the identification label on the microwave oven.

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多謝選購 Panasonic 產品。

重要安全措施：

操作本微波爐前，請完整閱讀本操作指南和注意事項並保留以便日後參閱。

重要安全措施

警告

1. 微波爐密封條和密封區域應用濕布清潔。
應檢微波爐的爐門密封條和爐門密封區域是否受損，如果這些區域受損，不應操作該電器，直至經製造商培訓的服務技術人員維修後方可使用。
2. 切勿在封閉的容器內加熱液體和其他食品，否則可導致爆炸。
3. 當您的微波爐需要維修時，請致電當地 **Panasonic** 工程師（客戶服務部）。由不符合資格的人士進行涉及拆開外蓋（保護避免接觸微波能量）的服務或維修操作會有危險。

小心

1. 請勿嘗試修改、調整或維修爐門、控制面板外殼、安全聯鎖開關或微波爐的其他部位。請勿拆下起到保護作用，避免接觸微波能量的微波爐外面板。
維修僅可由符合資格的維修人員進行。
2. 若電線或插頭受損、無法正常運行、或受損或跌落，請勿操作該電器。除了受過製造商培訓的維修技術人員外，由其他人士提供維修服務非常危險。
3. 若電源線受損，必須由製造商、其維修代理或具備資格的類似人員更換，以避免危險。
4. 該電器不適合體力、知覺或心智能力較低，或缺乏經驗和知識的人士（包括兒童）使用，除非使用該電器時由負責其安全的人員監督。
應對兒童進行監督，不要將微波爐當作玩具。
5. 微波爐適於加熱食品和飲品。乾燥食品、報紙或布以及加熱暖墊、拖鞋、海綿、濕布以及類似物品存在受傷、點燃或起火的風險。
6. 在使用前，檢查餐具 / 容器是否適用於微波爐。
7. 爐門關閉情況下方可操作微波爐。
8. 微波爐不使用時，請勿在爐體內儲存配件外的其他物品，以防微波爐意外啟動。

9. 爐內無食物時，不應操作該電器。這種操作方式可能損傷該電器。
10. 若爐腔內出現煙或火，按下停止 / 重設鍵並讓爐門保持關閉以遏制火焰。
斷開電源線，或在保險絲或斷路器面板處切斷電源。
11. 爐燈必須由經過製造商訓練的維修技術人員更換。請勿嘗試拆下微波爐的外殼。

安裝

檢查微波爐

打開微波爐包裝，取下所有包裝材料，檢查微波爐是否有所損傷，如凹陷、爐門鎖破損或爐門裂縫。若您發現任何損壞，立即通知您的經銷商。請勿安裝受損的微波爐。

接地操作指南

重要資訊：為了您的安全，請確保微波爐正確接地。

若您的交流電插座未接地，則由客戶負責更換為正確接地的壁式插座。

工作電壓

電壓必須與微波爐標籤上規定的一致。若使用了高出規定的電壓，可能導致火災或其他損壞。

微波爐的放置

該電器適合室內使用，類似應用包括：

- 商店、辦公室以及其他工作環境中的員工廚房區；
- 農舍；
- 在酒店、汽車旅館以及其他居住環境中供客人使用；
- 在提供住宿及早餐的酒店中使用。

1. 將微波爐放在平穩的表面上，高出地面 85 cm。

該電器為獨立式，不應放置在櫥櫃內。

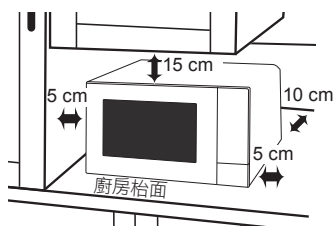
2. 微波爐安裝好後，應保證可通過拔下插頭或操作斷路器輕鬆將該電器斷開供電。

重要安全措施

- 為了正常操作，確保微波爐空氣流通充足。

廚房枱面使用：

在微波爐頂部留有 15 cm 的空間，10 cm 後部及 5 cm 兩側留有的空間。



若微波爐的一側放置於和牆平齊，則另一側或頂部必須確保無遮擋。

- 請勿將微波爐放置在用電或用氣的廚具範圍內。
- 不可拆下爐腳。
- 該款微波爐僅供室內使用。請勿在室外使用。
- 請勿在濕度大的地方使用該微波爐。
- 電源線不應接觸爐身外側。保持電線遠離熾熱表面。請勿讓電線掛在桌子或工作枱面的邊緣處。請勿將電線、插頭或爐身浸入水中。
- 請勿堵塞機身頂部和背部的氣孔。若這些氣孔在操作過程中堵塞，則微波爐可能出現過熱的情況。在這種情況下，熱安全裝置會提供保護，只有在冷卻後方可恢復操作。
- 當必須更換爐燈時，請諮詢經銷商。

配件

本微波爐配有多種配件。請務必遵守配件提供的說明指示。

轉盤圈

- 轉盤圈和爐腔底層應經常清潔，以防止產生噪音和剩餘食物堆積。
- 烹調時轉盤圈必須與玻璃轉盤一起操作。

玻璃轉盤

- 操作微波爐時通常應保持轉盤圈和玻璃轉盤在適當位置。
- 僅使用專門適用於本微波爐的玻璃轉盤。請勿用其他玻璃轉盤代替。
- 若玻璃轉盤變熱，在清潔或放入水中前，先讓其冷卻。
- 玻璃轉盤可沿任何方向旋轉。
- 當玻璃轉盤上的食物或烹調容器碰觸到爐壁而使轉盤停止旋轉時，玻璃轉盤會自動逆向旋轉。這是正常情況。打開微波爐門，重新放置食物並且重啟。
- 除非菜譜中有註明，請勿直接在玻璃轉盤上烹調食物。請確保一直將食物放置在微波安全餐具中。
- 烹調時，玻璃轉盤可能震動。這不會影響烹調性能。

重要提示

若超出建議的烹調時間，則食物會受損，在極端條件下，可能起火並且可能損壞微波爐的內部。

烹調時間短

因為微波烹調時間比其他烹調方法短很多，未首先查看食物情況前，我們建議不要延長烹調時間。

可能影響烹調時間的因素包括：個人喜愛的生熟度、起始溫度、海拔、體積、食品的大小和形狀以及所用的餐具。隨著您熟悉微波爐，您可隨之調整這些參數。

食品沒煮熟比煮得過熟要好。若食物沒煮熟，通常來說可回爐進一步烹煮。若食物煮得過熟，則無計可施。一般來說，開始時選擇最短烹調時間。

份量小的食物

加熱少量食物時應謹慎，這些食物若烹調時間過長則極易燒糊、變乾或著火。一般來說應設定較短烹調時間並頻繁查看食物。

低水分食物

加熱低水分食物時應謹慎，這類食物包括：麵包類、朱古力、爆谷、餅乾和西餅。若烹調時間過長，則這些食物極易燒糊、變乾或著火。我們建議不要加熱低水分食物，如爆谷或麵包。微波爐僅開發用於食物。我們建議不要用於加熱非食物物品，如麻布袋或熱水瓶。

翻熱

最重要的是翻熱食物上菜時是「滾燙」的。

將食物從微波爐中取出並查看其是否是「滾燙」的，即所有部位均冒熱氣和醬汁均冒泡。（可以選擇用食物溫度計查看食物是否達到了72°C – 請謹記切勿在微波爐內使用溫度計。）

對於無法攪拌的食物，例如：意大利千層麵、牧羊人派，應將中間部分用刀切開，檢驗其是否徹底熱透。即使按照製造商所提供的操作指南，通常也要在上桌前檢查食物是否滾燙，如果不能肯定，將食物放回微波爐中進一步加熱。

放置時間

放置時間指的是烹調或翻熱結束後，食物取出食用前的時間，即讓食物中的熱量繼續作用至中心的靜止時間，這樣可減少冷點。

重要安全措施

蓋子

在對罐子、容器和外賣食品容器進行微波加熱前，要取下其蓋子。其內部會產生蒸氣和壓力，可能會在微波烹調中或停止後導致爆炸。

嬰兒奶瓶和食物罐

嬰兒奶瓶翻熱時，要取下瓶蓋和奶嘴部分。奶瓶上部的液體會比底部的熱很多，在檢查溫度前必須徹底搖勻。請在飲用前檢查清楚，以避免燙傷。請參閱第 23 頁。

水煮蛋

帶殼的雞蛋以及完全煮熟的雞蛋不應放在微波爐中加熱，即使微波加熱至中途或已經結束仍不可以，這也可能導致爆炸。

帶皮食物

薯仔、蘋果、蛋黃、原棵蔬菜和香腸均為不帶有多孔外皮的食物。這些食物在烹調前必須用叉子刺穿以防止爆開。

紙和塑膠

當在塑膠或紙質容器內加熱食物時，請注意及看管微波爐。請勿在燒烤袋上使用金屬帶，以免產生電弧。

請勿使用再生紙產品（例如廚房紙），除非產品說明專門用於微波爐中。這些產品含有雜質，在使用時可能產生火花和/或起火。

液體

以微波爐加熱飲品有可能會出現液體延遲性噴濺沸騰，因此，處理內含液體的容器時必須小心。

為了防止噴濺式沸騰，應採取以下步驟：

- 避免使用窄頸的樽形容器。
- 不要過熱。
- 將容器放入微波爐前，攪拌容器中的液體，加熱中途再攪拌一次。
- 加熱後，使其在爐中靜置片刻，在從容器中小心倒出前再次攪拌。

油炸

請勿嘗試在微波爐內進行油炸。

電弧

若使用金屬容器或所用食物重量不當，則可能意外出現電弧。電弧是在微波爐中看到的藍色閃光。若電弧出現，立即關閉機器。若放置不管，電弧繼續出現，會損壞機器。

肉類溫度計

僅在肉類從微波爐中取出時，使用肉類溫度計來查看帶肉件連骨部分和禽類的生熟度。若還未完全熟透，需要放回爐內，在建議的火力下再烹調幾分鐘。肉類放入微波爐再加熱時，請記得先取出溫度計。

操作指南

放置時間

密度大的食物(如肉類、帶皮薯仔和蛋糕)在烹調完成後(在微波爐內或外)需要靜置一段時間,以便讓熱量到達食物的中心,讓食物熟透。靜置時,用鋁箔包裹帶骨肉和帶皮薯仔。帶骨肉塊需要約10–15分鐘,帶皮薯仔需要5分鐘。其他食物,如碟頭食物、蔬菜、魚類等,需要靜置2–5分鐘。若食物在靜置後仍未煮熟,請放回微波爐內再烹調一段時間。解凍後的食物,也應進行靜置。

份量



少量烹調比大量烹調更快,翻熱小份量食物比大份量更快。

空間距離



若食物之間有足夠的空間,食物會烹調得更快且更均勻,請勿將食物堆疊。

食材水份

很多新鮮食物(例如:蔬菜和水果)的含水量隨季節變化。由於這一原因,烹調時間可能需要調整。乾燥的配料(例如:米、意大利麵)可能在儲存過程中變乾,烹調時間可能有所不同。

穿刺



一些食物上的外皮和膜可能導致蒸氣在烹調過程中聚集。

這些食物在烹調前必須刺破或剝下一部分外皮,以便讓蒸氣溢出。蛋類、薯仔、蘋果、香腸等均需要在烹調前刺破外皮。請勿嘗試用微波爐烹調帶殼雞蛋。

遮蓋



用微波保鮮紙或蓋子遮蓋食物。可遮蓋魚類、蔬菜、砂鍋菜、湯類。請勿遮蓋蛋糕、調味醬、帶皮薯仔或西餅。

密度

多孔透氣食物比密實的食物加熱更快。

操作指南

保鮮紙

保鮮紙幫助保持食物滋潤並阻擋蒸氣，幫助縮短烹調時間。烹調前刺破可讓多餘的蒸氣溢出。移除保鮮紙時應小心謹慎，因當積聚的蒸氣一下子湧出會非常熱。

形狀



當食材形狀相若時烹調效果則更理想勻。食物在圓形容器中比在方形容器中烹調會更好。

起始溫度

食物溫度越低，加熱時間會越長。翻熱從冰箱取出的食物比室溫下的食物需要更長時間。在烹調前，食物溫度應介於5至8°C之間。

液體



在加熱前後和加熱中所有液體均需攪拌。水要在加熱前和加熱中進行攪拌，以免溢出。請勿加熱剛煮過的液體。不要過熱。

翻轉和攪拌

一些食物在烹調過程中需要攪拌。肉類和禽類在烹調時間過半後需要翻轉。

擺位

單件食物（例如：雞肉塊或扒類）應放置在盤子上，較厚的部位朝外。

檢查食物



在使用建議時間烹調中和烹調後，必須查看食物，即使選擇「自動程式」也應如此（就像您會查看焗爐中烹調的食物一樣）。如有需要，則把食物放回微波爐中進一步加熱。

容器大小



請按照菜譜中提供的容器尺寸準備，這些都會影響烹調和翻熱的所需時間。一定量的食物鋪平在更大的餐具可更有效地進行烹調和翻熱。

清潔

微波會對食物顆粒產生作用，應時刻保持爐內清潔。將微波爐噴霧式清潔劑噴灑在軟布上，即可清除爐內殘留的食物頑固污漬。清潔後要將微波爐擦乾。

微波烹飪用具

選擇適當的容器對於烹調的成果至為重要。

微波爐用玻璃器皿

最好選擇耐熱玻璃（例如：Pyrex®），可以使用。
請勿使用可能因食物熱度而破裂的玻璃。請勿使用可能破裂或產生電弧的含鉛玻璃。



卅
ㄨ

瓷器和陶瓷

可使用具有耐熱性的上釉磁盤、茶碟、碗、馬克杯和杯子。
最好使用瓷器和陶瓷。優質骨瓷僅可用於短時間翻熱，否則溫度的變化可能導致餐具爆裂或表面開裂。請勿使用帶有金屬邊緣或圖案的餐具。請勿使用帶有黏合手柄的壺或馬克杯，膠會在微波爐加熱過程中融化。



陶器、瓦器和石器

完全上釉的可使用。部分上釉或未上釉的不可使用，因為這些可能在吸收食物水份後從而吸收微波能量，使容器非常熱並影響食物烹調速度。



箔片/金屬容器

切勿在箔式或金屬容器中烹調，微波無法穿過且食物無法加熱均勻，還可能損壞您的微波爐。使用木製烤肉棒而不能用金屬烤肉叉。



保鮮紙

使用微波保鮮紙覆蓋將要翻熱的食物，僅在「微波」模式下進行烹調時，小心避免保鮮紙直接接觸食物。



微波烹飪用具

塑膠

很多塑膠容器可供微波爐使用。請只使用可供微波爐使用的容器。請勿使用蜜胺樹脂塑膠，該材質可能燒焦。請勿使用塑料容器承載富含糖及脂肪成份高的食物或需要較長烹調時間的食物，例如：糙米。請勿在蜜胺樹脂塑膠容器或酸奶膠盒中烹調，這些容器可能因食物的熱量融化。



紙製品

普通的白色廚房紙（廚房紙巾）可用於遮蓋西餅盒或香腸，防止汁液飛濺（僅可用於較短烹調時間時）。請勿重複使用廚房紙巾。

避免使用含有人造纖維的廚房紙。建議使用可回收品牌的微波爐廚房紙巾。請勿使用鍍有蠟或塑膠的杯子，其表層在微波爐運作中可能會融化。可用防油紙放在餐具底部並覆蓋油膩的食物。白色紙盤可用於較短的翻熱時間，僅可用於「微波」模式下。



柳、木、草

請勿在微波爐中使用這些作材料的物品。它們在持續使用或持續暴露情況下可能爆裂和燃燒。



錫紙

少量平滑鋁箔可用於在解凍時遮蓋帶骨肉。因為微波無法穿過箔片，可防止被遮蓋部分過度烹調或解凍。

箔片不應接觸微波爐的側面或頂部，這可能導致產生電弧或損壞微波爐。



燒烤袋

可在設定火力和時間烤製時，可用於遮蓋肉類。請勿使用隨附的金屬扭紋叉。

微波爐部件

1. 拉門按鈕

按一下以開門。烹調過程中打開爐門會使烹調過程停止，但不會取消程式。關閉爐門並按下開始鍵後，烹調才會恢復。烹調程式運行中任何時候開門均是安全的，沒有微波輻射的風險。

2. 爐門窗

3. 排氣孔

4. 波導口

(請勿拆下。)

5. 外部氣孔

6. 控制面板

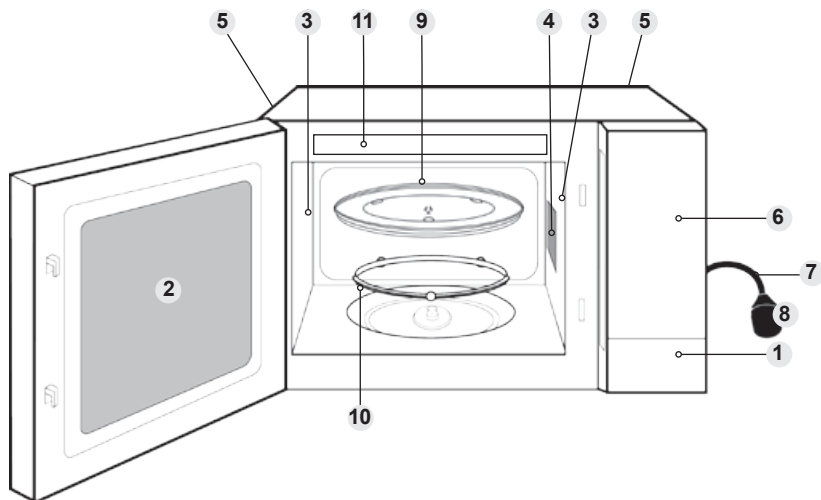
7. 電源線

8. 插頭

9. 玻璃轉盤

10. 轉盤圈

11. 食譜標籤

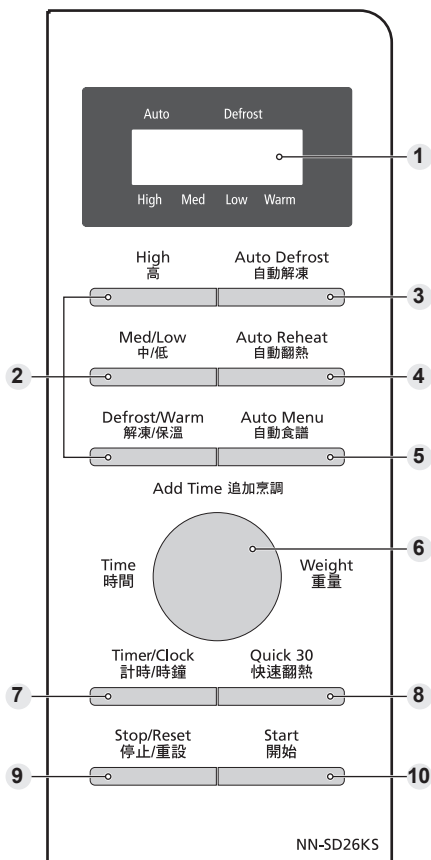


微波爐上貼有識別標籤。

■ 註

插圖僅供參考。

控制面板



- 控制面板的外觀可能會有所不同，但文字與功能則相同。

■「嗶」一聲

當正確按下鍵時，會聽到「嗶」一聲。若按下鍵沒有聽到「嗶」一聲，表示微波爐並未或無法接受指令。在不同程式之間，微波爐會「嗶」兩次。在完整程式結束後，微波爐「嗶」5次，並顯示「End」。

- 1 螢幕
- 2 微波火力鍵
- 3 自動解凍鍵
- 4 自動翻熱鍵
- 5 自動食譜鍵
- 6 時間/重量選擇旋鈕
- 7 計時/時鐘鍵
- 8 快速翻熱鍵
- 9 停止/重設鍵：

烹調前：
按一下清除您的指示。

烹調中：
按一下暫時停止烹調過程。再按一下可取消您按下的所有指令和冒號及時間設定。

10 開始鍵

按一下讓微波爐開始運行。在微波爐運行過程中，一旦門打開或按下停止/重設鍵，必須重新按下開始鍵才能重啟微波爐。

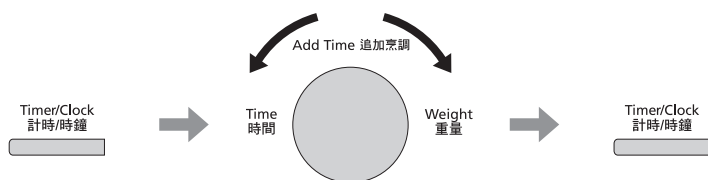
■ 註

若在烹調程式設定後6分鐘內未能按下開始鍵，微波爐會自動取消該程式。螢幕會回復成時鐘或圓點。

設定時鐘

微波爐首次接通電源，螢幕上顯示「88.88」。

例如：設定 11:25 am



按下計時/時鐘兩次。
冒號開始閃爍。

轉動旋鈕直到螢幕上
顯示 11:25。

按下計時/時鐘鍵。
冒號停止閃爍。時刻
現在鎖定於螢幕中。

■ 註

1. 如需重設當天時間，重複上述的步驟 1 至步驟 3。
2. 只要插上插座持續供電，則會一直顯示時間。
3. 此為 12 小時制的時鐘。

兒童安全鎖

本功能會使微波爐無法操作，不過爐門可以打開。兒童鎖可在顯示圓點或時間時進行設定。

設定：



在 10 秒內按下開始鍵 3 次。
當天時間會消失。實際時間不會失去。
「Child (兒童)」顯示在螢幕上。

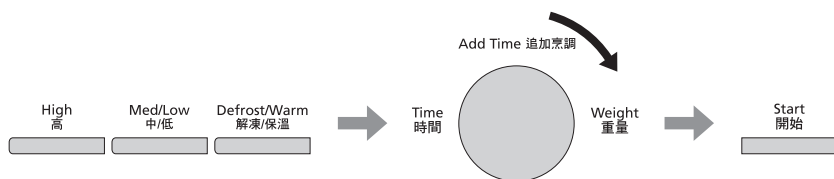
取消：



在 10 秒內按下停止/重設鍵 3 次。
螢幕會重新出現當天時間。

微波烹調和解凍

使用微波爐時玻璃轉盤必須安裝在適當位置上。



按一下微波火力鍵，選擇所需的火力。

轉動旋鈕，設定烹調時間。
您的微波爐可在中火、低火、解凍和保溫下運作最長90分鐘。高火力可設定最長運作時間長達30分鐘。

按下開始鍵。
時間在螢幕上倒計時。

火力級		用途
高火	800 W	沸煮清水，烹煮鮮果、蔬菜、米飯、各種麵食及點心。
中火	700 W	烹煮雞鴨、肉類、糕餅及點心。加熱牛奶。
低火	360 W	烹煮蛋、芝士、魚類、燜牛肉、砂鍋菜及肉餅。融化巧克力。
解凍	270 W	解凍食品。
保溫	200 W	食物保溫及燉煮。

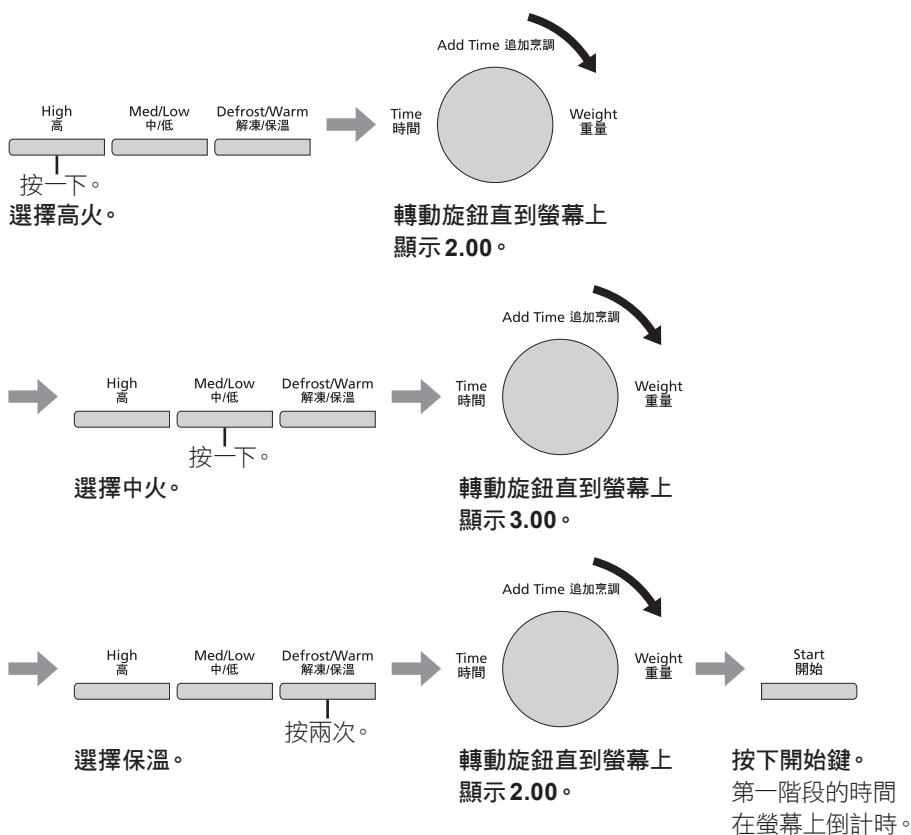
■ 註

1. 操作完成後，螢幕上會顯示「Add」大約1分鐘。顯示時，您可以使用「追加烹調」功能，請參考第16頁。
2. 若輸入了烹調時間，但之前未選擇火力，則微波爐會自動採用高火烹調。
3. 烹調時，玻璃轉盤有可能震動。這不會影響烹調效果。
4. 若要瞭解「多段運動烹調」，請參閱第15頁。
5. 「放置時間」可在設定微波火力和時間後進行設定。請參閱第17頁。
6. 請勿在微波爐內使用任何金屬容器。
7. 進行解凍時請務必要定時打開爐門查看食物，然後再繼續解凍程序。解凍時不需要將食物蓋住。在解凍時，可攪拌、翻轉或分數次解凍以確保達到均勻的效果。解凍大塊凡肉類關節和雞肉時，在解凍到一半時翻轉食物，並以鋁箔紙保護尾端及細尖部位。

多段連動烹調

此設定可連續運行三個烹調程序

例如：若要連續設定高火2分鐘、中火3分鐘及保溫2分鐘。



■ 註

1. 操作完成後，螢幕上會顯示「Add」大約1分鐘。顯示時，您可以使用「追加烹調」功能，請參考第16頁。
2. 自動程式無法用於多段連動烹調。
3. 操作時，每一階段間會有2聲「嗶」提示，所有階段完成後會「嗶」5次。
4. 高火僅可設定「多段連動烹調」的單一段。

快速 30 秒功能

此功能可讓您以高火每 30 秒為單位設定烹調時間，最長可達 5 分鐘。



按一下快速翻熱，設定所需的烹調時間。
螢幕上顯示時間。

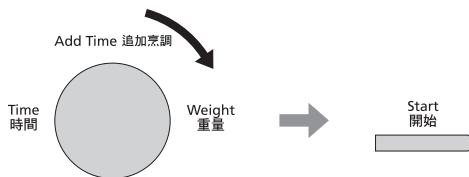
按下開始鍵。
時間在螢幕上倒計時。

■ 註

1. 操作完成後，螢幕上會顯示「Add」大約 1 分鐘。顯示時，您可以使用「追加烹調」功能，請參考以下。
2. 如有需要，您可選擇其他火力。在按下快速翻熱之前先選擇所需火力。
3. 透過快速翻熱設定時間後，您將無法使用旋鈕。

追加烹調功能

此功能可讓您在第一個烹調結束時追加烹調時間。



轉動旋鈕，設定追加時間。
高火可至 30 分鐘，而其他「微波」
火力可至 90 分鐘。

按下開始鍵。
時間在螢幕上倒計時。

■ 註

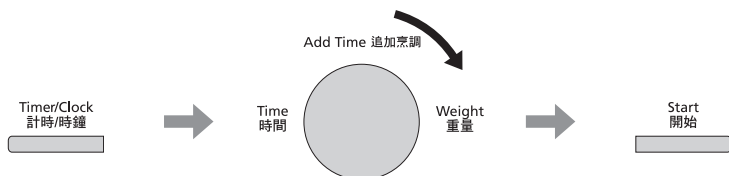
1. 操作完成後，螢幕上會顯示「Add」大約 1 分鐘。顯示時，您可以再次使用「追加烹調」功能。
2. 在烹調時轉動旋鈕，設定追加烹調時間（10 秒至 10 分鐘）。
3. 如果烹調後 1 分鐘內未執行任何操作，「追加烹調」功能將被取消。
4. 「追加烹調」功能可用在「多段連動烹調」後。火力級同上個階段。如果上個階段是放置時間則此功能不會運作。
5. 「追加烹調」功能不可用於「自動程式」。

使用計時器

該功能可用作廚房定時器，或讓您可設定放置時間/延遲開始。

廚房定時器

例如：5分鐘計時



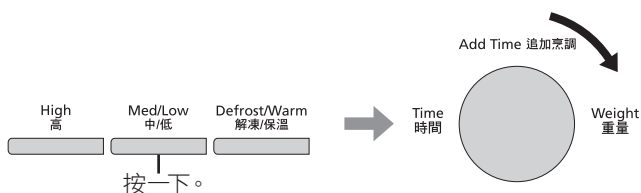
按下計時/時鐘鍵。

轉動旋鈕直到螢幕上顯示**5.00**。
(最多可長達**90**分鐘)

按下開始鍵。
時間在螢幕上倒數，這時微波爐不會運作。

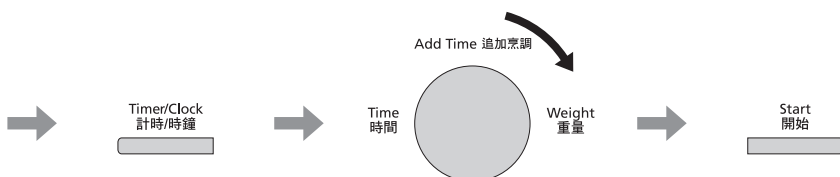
放置時間

例如：若要以中火烹調3分鐘後靜置5分鐘。



選擇中火。

轉動旋鈕直到螢幕上顯示**3.00**。



按下計時/時鐘鍵。

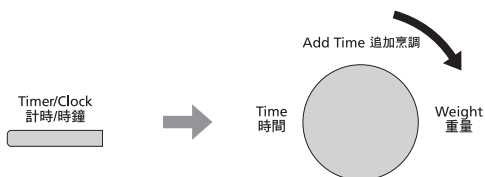
轉動旋鈕直到螢幕上顯示**5.00**。
(最多可長達**90**分鐘)

按下開始鍵。
烹調開始。
烹調後，無需操作微波爐，放置時間會開始倒數。

使用計時器

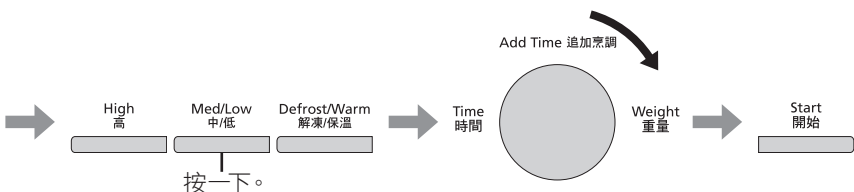
延遲開始

例如：若要在放置時間開始5分鐘後以中火開始烹調3分鐘。



按下計時/時鐘鍵。

轉動旋鈕直到螢幕上顯示**5.00**。
(最多可長達**90**分鐘)



選擇中火。

轉動旋鈕直到螢幕上顯示**3.00**。

按下開始鍵。
延遲時間倒計時，然後烹調開始。

■ 註

1. 「延遲開始」結束後，螢幕上會顯示「Add」大約1分鐘。顯示時，您可以使用「追加烹調」功能，請參考第16頁。
2. 「多段連動烹調」仍可設定「放置時間」或「延遲開始」。
3. 即使爐門在廚房定時器、放置時間或延遲開始程式運行過程中打開，螢幕上的時間仍會繼續倒計時。
4. 在任何「自動程式」之前或之後均不能程式設定「放置時間」/「延遲開始」。

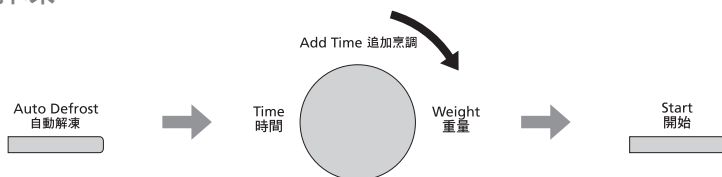
自動程式

利用該功能，您可按照重量解凍 / 翻熱 / 烹調食品。選擇類別並設定食物重量。重量單位為公克。微波爐會自動設定「微波」火力級及烹調時間。為方便用家，各食物種類的預計重量為最常用的選擇。不包括任何額外加水的重量或容器重量。

■ 註

1. 操作微波爐時應確定轉盤圈和玻璃轉盤在適當位置。
2. 「自動程式」僅限用於所述的食物。
3. 僅限所述重量範圍內的解凍 / 烹調食物。
4. 務必要自行磅重食物而不是倚賴包裝上的資訊。
5. 「放置時間」對解凍大部分食物都有幫助。在「自動程式」烹調後，能繼續讓熱度傳導至食物的中心。

自動解凍



選擇所需的自動解凍程序。螢幕上顯示「自動程式」號碼。

轉動旋鈕，設定冷凍食品重量。
重量以10克為單位向上 / 向下計算。



按下開始鍵。
記得在解凍期間攪拌或翻轉食物。

■ 註

食物的形狀和大小將決定微波爐所能容納的最大重量。

程式	操作指南
1. 小塊 Auto Defrost 自動解凍 按1次	重量：200克 - 1000克 為了解凍小塊肉、扇貝、香腸、肉碎、肉排、扒類及魚柳片（每100克至400克）。按一下自動解凍。設定好食物的重量，然後按下開始鍵。使其靜置15至30分鐘。

自動程式

程式	操作指南
<p>2. 大塊</p> <p>Auto Defrost 自動解凍</p>  <p>按2次</p>	<p>重量：600克 - 1600克</p> <p>為了解凍大塊肉、全雞及帶骨肉。按兩下自動解凍。設定好食物的重量，然後按下開始鍵。全雞和帶骨肉在解凍期間需遮蓋。用牙籤固定平滑的鋁箔來保護翅膀、胸骨和脂肪。不要使鋁箔紙接觸到微波爐。烹調前應使其靜置1至2小時。</p>
<p>3. 麵包/蛋糕</p> <p>Auto Defrost 自動解凍</p>  <p>按3次</p>	<p>重量：100克 - 600克</p> <p>為了解凍麵包（整塊、切片、麵包卷）及糕點。奶油蛋糕及糖衣蛋糕不適用此程式。將麵包或糕點放置於大盤子或淺盤上。按三下自動解凍。設定好食物的重量，然後按下開始鍵。使麵包靜置10（白麵包）至30分鐘（黑麥麵包）。靜置期間將大條麵包切成兩半。</p>

解凍指南

為達致最佳效果：

1. 將食物放置在適當的容器內。帶骨肉塊和雞肉應朝上擺放在淺碟內。
2. 在解凍過程中查看食物，因各種食物的解凍速度不同。
3. 無需遮蓋整件食物（請參閱第6點）。
4. 一般解凍到一半時需要翻轉或攪拌食物。如有需要可遮蓋（請參閱第6點）。
5. 肉碎、扒類和其他小型食物應分開或隔開排放並只能放一層。
6. 遮蓋食物有助避免邊緣過度煮熟烹調。在解凍雞肉和帶骨肉塊時必須遮蓋適當部位。
外部會首先融化，用牙籤固定平滑的鋁箔來保護翅膀/胸骨/脂肪/骨頭。
7. 靜置一段時間後，食物中心也會融化（帶骨塊肉和全雞最少為1小時）。



將食物擺放為一層。

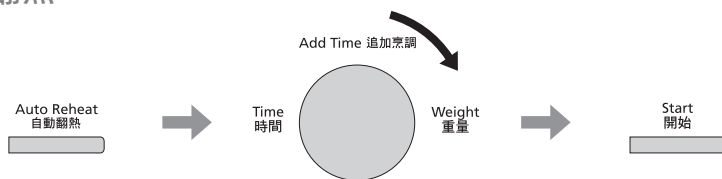


盡快將食物翻轉或分開。



遮蓋雞肉和帶骨肉塊。

自動翻熱



選擇所需的自動翻熱程序。
螢幕上顯示「自動程式」號碼。

轉動旋鈕，設定食物重量。
重量以10克為單位向上/
向下計算。

按下開始鍵。
時間在螢幕上倒
計時。

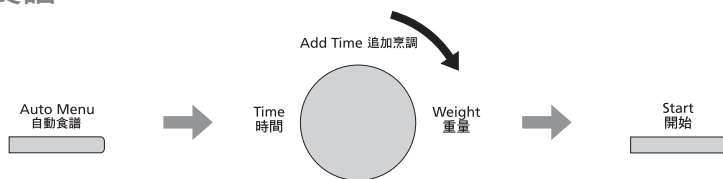
■ 註

由於食物可能發生變化，進食前，請確認食物已充分烹調並滾熱。

程式	操作指南
<p>1. 飯菜</p> <p>Auto Reheat 自動翻熱</p> <p>按1次</p>	<p>重量：200克 - 800克</p> <p>可設定食物的重量來將預先烹調好的食物自動翻熱。食物必須處於冷藏的狀態（5-8°C）。使用合適的微波安全容器，根據需要加入1-4湯匙的水並加蓋。將容器放置在玻璃轉盤上。按一下自動翻熱。設定好食物的重量，然後按下開始鍵。聽到嗶聲時攪拌。</p> <p>註：當翻熱食物，例如炊煮類或湯類。請在煮至一半時間及翻熱完畢後，將食物拌勻。</p>
<p>2. 飲料 (1 杯)</p> <p>Auto Reheat 自動翻熱</p> <p>按2次</p>	<p>份：1杯/150毫升</p> <p>此程式用於翻熱一杯飲料（例如：茶、咖啡、牛奶及湯類）。按兩下自動翻熱，轉動旋鈕，然後按下開始鍵。加熱完畢後，小心拌勻。</p>
<p>3. 飲料 (2 杯)</p> <p>Auto Reheat 自動翻熱</p> <p>按3次</p>	<p>份：2杯/300毫升</p> <p>此程式用於翻熱兩杯飲料（例如：茶、咖啡、牛奶及湯類）。按三下自動翻熱，轉動旋鈕，然後按下開始鍵。聽到嗶聲時攪拌。加熱完畢後，小心拌勻。</p>

自動程式

自動食譜



選擇所需的自動食譜程序。
螢幕上顯示「自動程式」號碼。

轉動旋鈕，設定食物重量。
重量以10克為單位向上/
向下計算。

按下開始鍵。
時間在螢幕上倒
計時。

■ 註

由於食物內可能發生變化，進食前，請確認食物已充分烹調並滾熱。

程式	操作指南
1. 蔬菜 Auto Menu 自動食譜 按1次	重量：200克 - 800克 適用於所有葉菜、綠色及軟身的菜類，包括青花菜、南瓜、花椰菜、捲心菜、蘆筍、豆類、芹菜、西葫蘆、菠菜、青椒或這些蔬菜的組合。將所有的蔬菜切成相同大小。將蔬菜放入適當大小的微波安全容器中。如果需要，加入2-4湯匙水。煮時請加蓋。將容器放置在玻璃轉盤上。按一下自動食譜。設定好食物的重量，然後按下開始鍵。
2. 魚 Auto Menu 自動食譜 按2次	重量：200克 - 700克 適用於烹調全魚和魚柳。 把準備好的魚放入合適的微波安全餐具中。加入15 - 45毫升(1 - 3湯匙)的水。煮時請蓋上微波保鮮紙。將整盤食物放在玻璃轉盤上。按兩下自動食譜。設定好食物的重量，然後按下開始鍵。聽到嗶一聲時翻面。
3. 馬鈴薯 Auto Menu 自動食譜 按3次	重量：200克 - 1000克 若要煮帶皮馬鈴薯，選擇中等大小200 - 250克的馬鈴薯，清洗並擦乾，然後用叉子戳刺幾下。沿著玻璃轉盤的邊緣排列。按三下自動食譜。設定好食物的重量，然後按下開始鍵。請勿遮蓋。

烹調和翻熱指南

大多數食物在微波爐高火下可很快完成。數分鐘內食物就可達到上菜溫度。

時刻留意食物是否滾燙，如有必要將其放回微波爐內翻熱。

一般而言，要遮蓋含水的食物，例如：湯類、有汁的餸菜。

請勿遮蓋乾燥食物，例如：法式麵包、肉餡餅、肉腸酥等。

請謹記烹調或翻熱任何食物時應適時攪拌或轉動。這可確保食物外部和中心都能受到均衡烹調及翻熱。

肉餡餅 - 小心

請謹記，即使西餅冷卻到可接觸，餡料可能還是滾燙的。小心不要過熱，否則由於餡料富含脂肪或糖，可能導致燒糊。食用前檢查餡料的溫度，避免燙傷。

布甸和液體 - 小心

布甸和其他成份含有大量脂肪或糖份的食物（例如：果醬、肉餡餅）切勿過熱。這些食物不可在無人時烹調，加熱過度可能會燃燒。翻熱這些食物時要小心謹慎。

請勿在無人時烹調。

請勿另外加酒。

嬰兒奶瓶 - 小心

牛奶和嬰兒食物必須在加熱前和完成後搖動混勻，餵給嬰兒前應仔細查看。

冷藏溫度下7至8安士的牛奶，請取下瓶蓋和奶嘴。在高火下加熱30至50秒即可。

餵食前請仔細查看。

冷藏溫度下3安士的牛奶，請取下瓶蓋和奶嘴。在高火下加熱15至20秒即可。

餵食前請仔細查看。

註：瓶中上部的液體會比底部的更熱。

必須將瓶子搖勻，且在食用前仔細查看。

我們不建議您使用微波爐來為嬰兒奶瓶消毒。

如果您擁有特殊的微波消毒器，我們強烈建議您小心使用，因為產品可會包含少量水份。務必嚴格遵守製造商的操作指南。

碟頭食物

每個人的口味不同，翻熱時間依食物而定。密度大的食物（例如：薯仔泥）應均勻鋪開。

若加入了大量肉汁，則需要更長時間。

將密度較大的食物放在盤子的外側。

高火下運行2至4分鐘可翻熱一般的份量。請勿堆疊食物。

罐裝食品

加熱前，將食品從罐中取出並放置於適當的容器中進行加熱。

湯類

用碗盛裝並在加熱前攪拌，且在翻熱時和完成後分別至少再攪拌一次。

砂鍋菜

加熱中途和完成後各攪拌一次。

要求維修之前

問：為什麼微波爐無法啟動？

答：微波爐無法啟動時，請檢查以下情況：

1. 是否已牢固插好微波爐的插頭？
從插座上拔下插頭，等待 10 秒後重新插上。
2. 檢查斷路器和保險絲。
如果斷路器跳開或保險絲熔斷，請重設斷路器或更換保險絲。
3. 如果斷路器或保險絲正常，請將其他電器插上電源，如果其他電器可以運作，則可能是微波爐存在問題；如果其他電器也無法正常運作，則插座可能存在問題。
若微波爐似乎有故障，請聯絡授權服務中心。

問：微波爐干擾我的電視。這是正常的嗎？

答：當您用微波爐烹調時，可能會干擾廣播和電視。這種干擾與小家電（例如：攪拌機、真空吸塵機、吹風機等）造成的干擾類似。這並不表示您的微波爐存在問題。

問：有時熱氣從微波爐氣孔溢出。為什麼？

答：烹調食物所產生的高溫使得爐腔內部的空氣升溫，這股熱氣藉由微波爐內的氣體流動型式傳出爐外，空氣中沒有微波，因此烹調時不得堵住微波爐排氣孔。

問：我可以將傳統烤爐溫度計放入微波爐內使用嗎？

答：部分溫度計的金屬材質可能導致微波爐內產生電弧，因此不得放入微波爐中使用。

問：微波爐不接受我的程式設定，為什麼？

答：微波爐的設計是不接受錯誤的程式設定，例如微波爐無法接受第 4 段烹調設定。

微波爐的保養

1. 先拔下插頭再清潔微波爐。
2. 請定期清潔微波爐內部、爐門密封條和爐門密封區域。如有食物噴濺或溢出湯汁，沾附在爐壁、爐門密封條和爐門密封區域，請以濕布擦拭。可使用溫和的清潔劑清潔微波爐骯髒部位。不建議使用腐蝕劑或粗粒狀洗潔劑。避免清潔爐腔內部右側的微波導波區域。
請勿使用商用微波爐清潔劑。
3. 請勿使用腐蝕劑、粗粒狀洗潔劑，或以鋒利的金屬刮刀清潔微波爐玻璃門，因為這樣可能會刮傷表面，造成玻璃碎裂。
4. 微波爐外表面應用濕布清潔。為了防止損壞微波爐內的操作區域，不應讓水流入氣孔。
5. 如果控制面板有髒污，請用軟布清潔，請勿在控制面板使用腐蝕劑或粗粒狀洗潔劑。清潔控制面板時，請打開微波爐門，以免意外啟動微波爐。清潔完之後按「停止/重設」鍵以消除顯示窗上的顯示。
6. 若蒸氣累積在內部或圍繞在爐門外部，用軟布擦拭。微波爐在濕度高的環境下運行時會出現這種情況，並不代表微波爐發生故障。
7. 有時必須取下玻璃轉盤進行清潔。在已混和清潔劑的溫水或洗碗機中清潔轉盤。
8. 轉盤圈和爐腔底部應經常清潔，以防止噪音過大。只需用中性清潔劑和熱水簡單擦拭微波爐底面並以乾淨的布擦乾即可。轉盤圈可在已混和清潔劑的水中進行清洗。烹調蒸氣收集可重複使用，但不會影響底面或轉盤圈。當從爐腔底部取下轉盤圈進行清潔時，確保放回適當位置。
9. 不可用蒸氣清潔劑進行清潔。
10. 只能請合格人員維修微波爐。有關微波爐的維修問題，請聯絡鄰近的授權經銷商。
11. 無法保持微波爐的清潔可能導致表面變質，從而導致電器使用壽命縮短，還可能導致危險情況的出現。
12. 請維持排氣孔的清潔。
請檢查有沒有灰塵或其他物品堵住微波爐頂部、底部或背面的任何排氣孔。如果排氣孔堵塞，可能導致過熱，影響微波爐的運行，還可能造成危險情況。

規格

電源	220 V ~ 50 Hz
消耗功率	5.9 A 1250 W
輸出	800 W (IEC-60705)
爐身體積	443 (寬) × 328 (深) × 258 (高) mm
爐內體積	306 (寬) × 308 (深) × 214 (高) mm
爐腔總容積	20 L
轉盤直徑	255 mm
操作頻率	2450 MHz
淨重	11.5 公斤

- 顯示重量和尺寸為近似值。
- 技術規格如有變更，恕不另行通知。
- 壓力要求、生產日期、國家和序列號等資訊請參閱微波爐上的識別標籤。

Panasonic Corporation

Website: <http://www.panasonic.com>

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