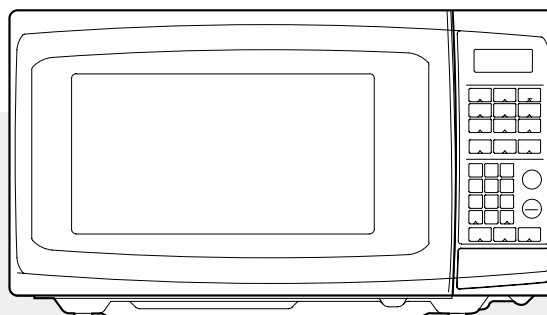


NEC

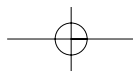
MICROWAVE OVEN

NS330

OPERATING
INSTRUCTIONS



Before operating this oven, please read these instructions completely.

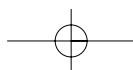


PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do not attempt to operate this oven with the door** open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **Do not place any object** between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **WARNING** : If the door or door seals are damaged, the oven must not be operated until it has been repaired by a trained person : (1) door (bent), (2) hinges and latches(broken or loosened), (3) door seals and sealing surfaces.
- (d) **WARNING** : It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
- (e) **WARNING** : Liquids or other foods must not be heated in sealed containers since they are liable to explode.
- (f) **WARNING** : The appliance is not intended for use by young children or infirm person without supervision. Young children should be supervised to ensure that they do not play with the appliance. It is not recommended for use in an environment where excessive vibration could be experienced.

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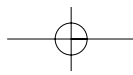
IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:

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

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 1.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "EARTHING INSTRUCTIONS" found on page 3.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers - for example, closed glass jars-may explode and should not be heated in this oven.
6. Do not put foreign material between the oven surface and door. It could result in excessive leakage of microwave energy.
7. As with any appliance, close supervision is necessary when used by children.
8. 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.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorised service facility for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water — for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. Either:
 - a) When cleaning surfaces of door and oven use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth, or
 - b) When separate cleaning instructions are provided, See door surface cleaning instructions on (page 15).
16. To reduce the risk of fire in the oven cavity:
 - a) Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c) If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Do not use this microwave oven to heat corrosive chemicals (for example, sulfides and chlorides). Vapours from such corrosive chemicals may interact with the contact and springs of the safety interlock switches thereby rendering them inoperable.
18. Keep the waveguide cover clean at all times. Wipe the oven interior with a soft damp cloth after each use. If you leave grease or fat anywhere in the cavity it may overheat, causing smoke, or even catch fire when next using the oven.
19. Never heat oil or fat for deep frying as you cannot control the temperature and doing so may lead to overheating and fire.
20. Do not operate the oven when empty or with an empty utensil to avoid damage to the oven and danger of fire.

SAVE THESE INSTRUCTIONS



EARTHING INSTRUCTIONS

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

WARNING : Improper use of the earthing plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the earthing instructions are not completely understood, or if doubt exists as to whether the appliance is properly earthed. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade earthing plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

INSTALLATION

1. Ventilation

Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure. For proper ventilation, allow above 50mm of space between oven sides, rear and the minimum height of free space necessary above the top surface of the oven is 100mm.

2. Steady, flat location

This oven should be set on a steady, flat surface. This oven is designed for counter top use only.

3. Leave space behind and side

All air vents should be kept clear. If all vents are covered during operation, the oven may overheat and, eventually, fail.

4. Away from radio and TV sets

Poor television reception and radio interference may result if the oven is located close to a TV, Radio antenna, feeder and so on. Position the oven as far from them as possible.

5. Away from heating appliance and water taps

Keep the oven away from hot air, steam or Splashing water when choosing a place to position it, or the insulation might be adversely affected and breakdowns occur.

6. Power supply

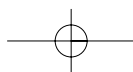
- Check your local power source. This oven requires a current of approximately 10 amperes, 230V~240V, 50Hz.
- Power supply cord is about 1.8 meters long.
- The voltage used must be the same as specified on this oven. Using a higher voltage may result in a fire or other accident causing oven damage. Using low voltage will cause slow cooking. We are not responsible for damage resulting from use of this oven with a voltage or ampere fuse other than those specified.
- If the supply cord is damaged, it must be replaced by the manufacturer or service agent or a similarly qualified person in order to avoid a hazard.

7. Examine the oven after unpacking for any damage such as:

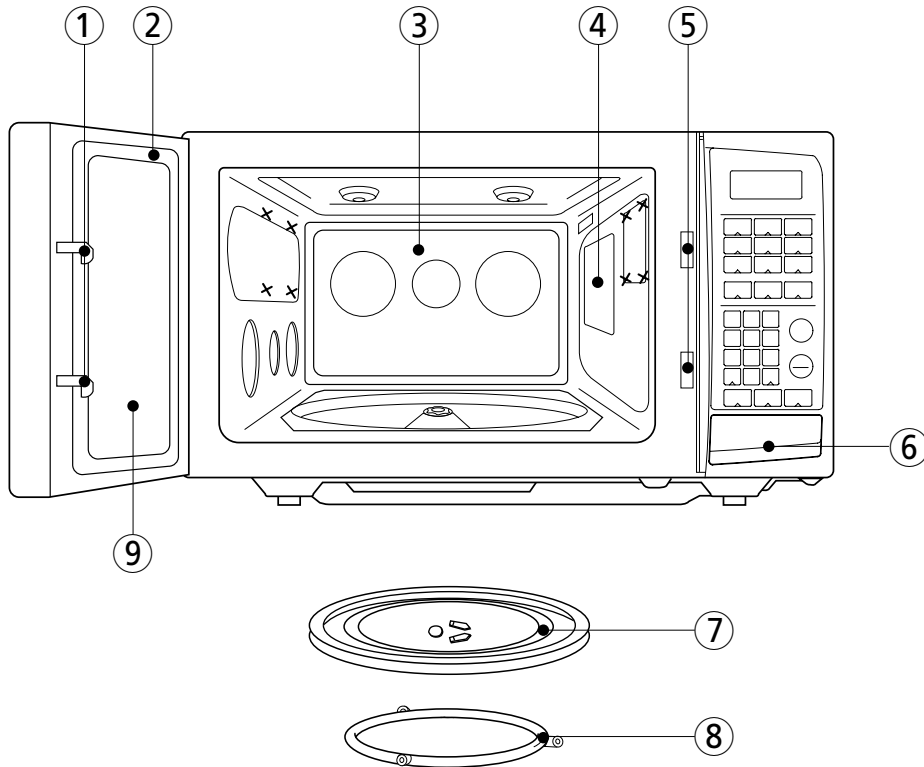
A misaligned door, broken door, a dent in cavity. If any of the above are visible, DO NOT INSTALL, and notify dealer immediately.

8. Do not operate the oven if it is colder than room temperature.

(This may occur during delivery in cold weather.) Allow the oven to become room temperature before operating.

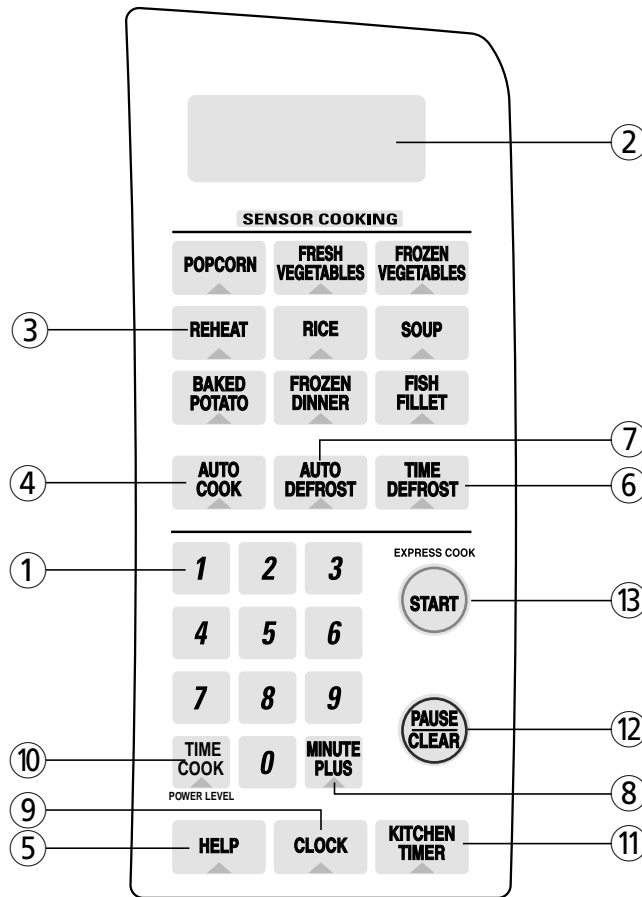


FEATURES DIAGRAM



- ① **Door latch** - If the door is opened while the oven is operating, the magnetron will automatically shut off.
- ② **Door seal** - The door seal maintains the microwave within the oven cavity and prevents microwave leakage.
- ③ **Oven cavity**
- ④ **Spatter shield** - Protects the microwave outlet from splashes of cooking foods.
- ⑤ **Safety interlock system** - Prevents the oven from operating while the door is opened.
- ⑥ **Door release button** - Pushing this button stops oven operation and opens the door.
- ⑦ **Glass cooking tray** - Made of special heat resistant glass. The tray must always be in proper position before operating.
- ⑧ **Roller guide** - Supports the glass cooking tray.
- ⑨ **Door screen** - Allows viewing of food. The screen is designed so that light can pass through, but not the microwaves.

FEATURES DIAGRAM (continued)



- ① **TIME SET PAD** - Used to set the cooking time and the clock.
- ② **DISPLAY** - Cooking time, power level, indicators and clock are displayed.
- ③ **SENSOR COOK** - Used to automatically compute the microwave power and cooking time for foods.
- ④ **AUTO COOK** - Used to cook or reheat.
- ⑤ **HELP** - Used to help you operate the oven easily.
- ⑥ **TIME DEFROST** - Used to defrost food. (for time)
- ⑦ **AUTO DEFROST** - Used to defrost foods.(for weight)
- ⑧ **MINUTE PLUS** - Used to cook at 100% or to increase the cooking time by simply touching the pad.
- ⑨ **CLOCK** - Used to set clock.
- ⑩ **TIME COOK** - Used to set time level.
- ⑪ **KITCHEN TIMER** - Used as a minute timer, to delay the start of cooking, or to set a holding time after cooking.
- ⑫ **PAUSE/CLEAR** - Used to stop the oven operation or to erase all entries.
- ⑬ **START /EXPRESS COOK** - Used to start the oven operation/used to increase the reheat time by 30 seconds.

OPERATION PROCEDURE

This section includes useful information about oven operation.

1. Plug power supply cord into a standard 3- pronged 10 Amp, 240V, AC 50Hz power outlet.
2. After placing the food in a suitable container, open the oven door and put it on the glass tray.
The glass tray and roller guide must always be in place during cooking.
3. Shut the door. Make sure that it is firmly closed.

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> 1 The oven light is on only when the microwave oven is operating. 2 The oven door can be opened at any time during operation by touching the door release button on the control panel. The oven will automatically shut off. 3 Each time a pad is touched, a BEEP will sound to acknowledge the touch. 4 The oven automatically cooks on full power unless set to a lower power level. 5 When the oven is plugged in, the display will show "HAVE A NICE COOKING TIME PRESS CLEAR" and "CLEAR" blinks three times. | <ol style="list-style-type: none"> 6 Time Clock returns to the present time when the cooking time ends. 7 When the PAUSE/CLEAR pad is touched during the oven operation, the oven stops cooking and all information is retained. To erase all information (except the present time), touch the PAUSE/CLEAR pad once more. If the oven door is opened during the oven operation, all information is retained. 8 If the START pad is touched and the oven does not operate, check the area between the door and door seal for obstructions and make sure the door is closed securely. The oven will not start cooking until the door is completely closed or the program has been reset. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Make sure the oven is properly installed and plugged into the electrical outlet.

WATTAGE OUTPUT CHART

- The power-level is set by pressing the TIME COOK pad. The chart shows the power level, display and the percentage of power.

| Touch TIME COOK pad | Power Level (Display) | Approximate Percentage of Power |
|---------------------|-----------------------|---------------------------------|
| once | HIGH | 100% |
| twice | PL-9 | 90% |
| 3 times | PL-8 | 80% |
| 4 times | PL-7 | 70% |
| 5 times | PL-6 | 60% |
| 6 times | PL-5 | 50% |
| 7 times | PL-4 | 40% |
| 8 times | PL-3 | 30% |
| 9 times | PL-2 | 20% |
| 10 times | PL-1 | 10% |
| 11 times | PL-0 | 0% |

HOW TO SET THE OVEN CONTROLS

SENSOR COOK

Sensor is a semi-conductor device that detects the vapour (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking time and power level for various foods and quantities and you don't need to enter the weight or quantity of the food. Follow the steps below for easy sensor cooking.



1. Touch SOUP pad.
(This example shows "Soup" menu and other menus have the same procedures. Please refer to the SENSOR COOK CHART below.)

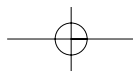
The SENSOR indicator appears and "Soup" is displayed. After 2 seconds, SENSOR indicator blinks and the oven starts cooking. When the sensor detects the vapor emitted from the food, remainder of cooking time appears with a beep and the display counts down the remaining time. When the cooking ends, the SENSOR indicator disappears and you will hear 3 beeps.

* SENSOR COOK CHART

| Menu pad | Display | | Amount | User Guide (When touching Help pad) |
|------------------|--------------------|--------------|--------------|-------------------------------------------------------------------------|
| | before operation | in operation | | |
| Reheat | "REHEAT" | "REHEAT" | 100-1000g | "COVER DISH WITH LID OR VENTED PLASTIC WRAP WEIGHT RANGE 100G TO 1000G" |
| Frozen Dinner | "FROZEN DINNER" | "DINNER" | 200-350g | "COVER DISH WITH LID OR VENTED PLASTIC WRAP WEIGHT RANGE 200G TO 350G" |
| Baked Potato | "BAKED POTATO" | "POTATO" | 2-5 POTATOES | "RANGE 2 TO 5 POTATO" |
| Fish Fillet | "FISH FILLET" | "FILLET" | 100-750g | "COVER DISH WITH LID OR VENTED PLASTIC WRAP WEIGHT RANGE 100G TO 750G" |
| Fresh Vegetable | "FRESH VEGETABLE" | "FS-VEG" | 100-700g | "COVER DISH WITH LID OR VENTED PLASTIC WRAP WEIGHT RANGE 100G TO 700G" |
| Frozen Vegetable | "FROZEN VEGETABLE" | "FZ-VEG" | 1-6 CUPS | "COVER DISH WITH LID OR VENTED PLASTIC WRAP RANGE 1 TO 6 CUPS" |
| Soup | "SOUP" | "SOUP" | 1-6 CUPS | "COVER DISH WITH LID OR VENTED PLASTIC WRAP RANGE 1 TO 6 CUPS" |
| Popcorn | "POPCORN" | "P-CORN" | 50-100g | "WEIGHT RANGE 50G TO 100G" |
| Rice | "RICE" | "RICE" | 0.5-2.0 CUPS | "COVER DISH WITH LID OR VENTED PLASTIC WRAP RANGE 0.5 TO 2.0 CUPS" |

NOTE:

1. Any sensor cooking selection can be programmed with more or less time adjustment. In case of cooking more food than the quantity listed in the chart, touch the More/Less pad once after touching one of the sensor cook menus and before the oven begins to start. In case of cooking less food, touch More/Less pad twice.
2. If you touch More/Less pad during operation, the display shows the present power level and then returns to the chosen menu.
3. Each menu has a cooking hint. Touch the Help pad before the oven starts operating and the display will show the above mentioned user guides.
4. If "SENSOR PREHEAT ERROR1 PRESS CLEAR" is displayed with a beep sound while you choose the sensor menu pad, turn the oven off & on and then try to use the oven again after 2 minutes. If there is still this error, contact NEC Service centre.
5. If "SENSOR PRESET ERROR3 PRESS CLEAR" is displayed with a beep sound during operation, turn the oven off & on the oven and then try to use the oven again after 2 minutes.
6. Please make sure adequate water is provided during the cooking especially with the vegetables.



AUTO COOK

AUTO COOK allows you to cook or reheat many of your favourite foods by touching Auto Cook pad and choosing the desired menu.

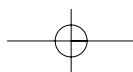
| | | |
|----------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AUTO COOK | 1. Touch AUTO COOK pad. | “AUTO COOK 1-BEVERAGE 2-CHICKEN PIECES 3-BREAD & CAKES 4-FROZEN ENTREE 5-FROZEN PIZZA SELECT NUMBER” is displayed in sequence and “NUMBER” blinks three times. These are repeated until you touch the number pad. |
| | 2. Touch number pad for the food you want. (Please refer to the AUTO COOK CHART below.) | The displays are as shown in the chart below and “NUMBER” blinks three times. |

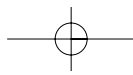
* AUTO COOK CHART

| Auto Cook menu | Display | User Guide (When touching Help pad) |
|-------------------|----------------------------------------------------------------|-------------------------------------------------|
| 1. Beverage | “BEVERAGE 1-0.5 2-1.0 3-2.0 CUPS SELECT NUMBER” | |
| 2. Chicken Pieces | “CHICKEN PIECES 1-200G 2-500G 3-700G SELECT NUMBER” | “COVER DISH WITH LID OR VENTED PLASTIC WRAP” |
| 3. Bread & Cakes | “BREAD CAKES 1-2ROL 2-4ROL 3-6ROL SELECT NUMBER” | |
| 4. Frozen Entree | “FROZEN ENTREE 1-200G TO 250G 2-300G TO 350G SELECT NUMBER” | |
| 5. Frozen Pizza | “FROZEN PIZZA 1-200G 2-400G SELECT NUMBER” | |

- | | |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3. Touch number pad for weight. | “PRESS START” is displayed and “START” blinks three times. |
| 4. Touch Start pad. | The display shows the chosen menu and changes into cooking time. Then it counts down the remaining time. When the time ends, you will hear 3 beeps. |

NOTE: 1. If you want to increase/decrease the auto cooking time, touch More/Less pad once/twice before touching Start pad.
2. The menu of “Chicken Pieces” has a cooking hint. Touch Help pad before the oven starts operating and the display will show the above mentioned user guide.





AUTO DEFROST

AUTO DEFROST lets you easily defrost food by eliminating guess work in determining defrosting time. Follow the steps below for easy defrosting.



1. Touch AUTO DEFROST pad.

The DEFROST indicator appears and "AUTO DEFROST 1-GROUND MEAT 2-ROAST 3-POULTRY 4-FISH SELECT NUMBER" is displayed in sequence. "NUMBER" blinks three times.

2. Touch number pad for the food you want to defrost.

The displays are as follows and "G" blinks three times.

* AUTO DEFROST CHART

| Auto Defrost menu | Display | User Guide (When touching Help pad) |
|-------------------|------------------------------------|-------------------------------------|
| 1. GROUND MEAT | "GROUND MEAT -- ENTER WEIGHT IN G" | "WEIGHT RANGE 200G TO 1300G" |
| 2. ROAST | "ROAST -- ENTER WEIGHT IN G" | "WEIGHT RANGE 900G TO 1500G" |
| 3. POULTRY | "POULTRY -- ENTER WEIGHT IN G" | "WEIGHT RANGE 500G TO 1300G" |
| 4. FISH | "FISH -- ENTER WEIGHT IN G" | "WEIGHT RANGE 200G TO 700G" |

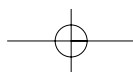
3. Touch number pads for weight within the proper range. (Please refer to the above "User Guide")

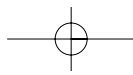
The selected weight appears and "PRESS START" is displayed. "START" blinks three times.

NOTE: If you enter an incorrect weight out of range, "RANGE ERROR PRESS CLEAR" is displayed with a beep sound.

4. Touch Start pad.

The chosen menu is displayed and the DEFROST indicator starts blinking to show the oven is in the defrost mode. Then the display is changed into cooking time and counts down the remaining time. When the defrosting time ends, you will hear 3 beeps.





TIME DEFROST

If you enter an incorrect weight out of range, "RANGE ERROR PRESS CLEAR" is displayed with a beep sound.

TIME DEFROST

1. Touch TIME DEFROST pad.

The DEFROST indicator appears and "TIME DEFROST--ENTER DEFROST TIME" is displayed. "TIME" blinks three times.

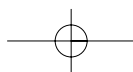
2. Touch number pads for the desired defrosting time.

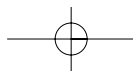
The selected time appears and "PRESS START" is displayed. "START" blinks three times.

NOTE: Your oven can be programmed for 59 minutes 99 seconds. (59:99)
If you try to set an incorrect time over 59 minutes 99 seconds, "RANGE ERROR PRESS CLEAR" is displayed with a beep sound.

3. Touch Start pad.

"TIME DEFROST" is displayed and the DEFROST indicator starts blinking to show the oven is in the defrost mode. Then the display is changed into cooking time and counts down the remaining time. When the defrosting time ends, you will hear 3 beeps.





TIME COOK

TIME COOK

1. Touch TIME COOK pad.
program the desired power level.
(Please refer to the wattage output chart in the page 8.)
2. Touch number pads for the cooking time.

“SELECT POWER LEVEL OR COOKING TIME DEFAULT POWER LEVEL HIGH” is displayed. “HIGH” blinks three times.

The selected time appears and “PRESS START” is displayed. “START” blinks three times.

NOTE: Your oven can be programmed for 59 minutes 99 seconds. (59:99)
If you try to set an incorrect time over 59 minutes 99 seconds, “RANGE ERROR PRESS CLEAR” is displayed with a beep sound.

3. Touch Start pad.

The display is changed into cooking time and counts down the remaining time. When the cooking time ends, you will hear 3 beeps.

NOTE: 1. Using lower power level increases the cooking time which is recommended for foods such as cheese, milk and slow cooking of meats.
2. Repeat the above procedures twice for time cook in two stages.
3. If the Time Cook pad is touched during operation, the present power level will appear in the display window.

KITCHEN TIMER

HOW TO USE AS A MINUTE TIMER

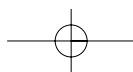
KITCHEN TIMER

1. Touch KITCHEN TIMER pad.
2. Touch number pads for the time you want to count down.
3. Touch Start pad.

The TIMER indicator appears and “ENTER TIME” is displayed. “TIME” blinks three times.

The selected time appears and “PRESS START” is displayed. “START” blinks three times.

The TIMER indicator starts blinking. The display is changed into the time in kitchen timer mode and counts down the remaining time. When kitchen timer mode ends, you will hear 3 beeps.



KITCHEN TIMER (continued)

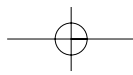
HOW TO USE TO DELAY THE START OF COOKING

| | | |
|--------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| KITCHEN TIMER | 1. Touch KITCHEN TIMER pad. | The TIMER indicator appears and "ENTER TIME" is displayed. "TIME" blinks three times. |
| | 2. Touch number pads for the time you want to delay. | The selected time appears and "PRESS START" is displayed. "START" blinks three times. |
| | 3. Touch POWER LEVEL pad and program the desired power level. | "SELECT POWER LEVEL OR COOKING TIME DEFAULT POWER LEVEL HIGH" is displayed. "HIGH" blinks three times. |
| | 4. Touch number pads for the time to be cooked. | The selected time appears and "PRESS START" is displayed. "START" blinks three times. |
| | 5. Touch Start pad. | The Timer indicator starts blinking. The display is changed into the time in kitchen timer mode and counts down the remaining time. When kitchen timer mode ends, the display counts down the time in cooking mode. When the cooking mode ends, you will hear 3 beeps. |

HOW TO USE TO SET A HOLDING TIME

| | | |
|--------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| KITCHEN TIMER | 1. Program the desired defrost or time cook. | The TIMER indicator appears and "ENTER STANDING TIME" is displayed. "TIME" blinks three times. |
| | 2. Touch KITCHEN TIMER pad. | The selected time appears and "PRESS START" is displayed. "START" blinks three times. |
| | 3. Touch number pads for the time you want to hold. | The oven is in the defrosting or time cooking mode and the display is changed into the time in respective mode. (In defrost mode, DEFROST indicator blinks.) |
| | 4. Touch Start pad. | When the defrost or time cook mode ends, TIMER indicator starts blinking and the display counts down the remaining time in kitchen timer mode. When the mode ends, you will hear 3 beeps. |

NOTE: 1. Your oven can be programmed for 59 minutes 99 seconds. (59:99) If you try to set an incorrect time over 59 minutes 99 seconds, "RANGE ERROR PRESS CLEAR" is displayed with a beep sound.
 2. The KITCHEN TIMER function has no relation to the clock setting.
 3. If the Power Level pad is touched during operation, the present power level will appear in the display window.



EXPRESS COOK

EXPRESS COOK allows you to cook at 100% (full power) by simply touching EXPRESS COOK pad. By repeatedly touching EXPRESS COOK pad, you can also extend the cooking time to 5 minutes in 30 increments.

| | | |
|-----------------|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EXPRESS COOK | 1. Touch EXPRESS COOK pad. | If you touch EXPRESS COOK pad once, “:30” appears and the oven starts cooking. The display counts down the cooking time. When the time ends, you will hear 3 beeps. |
|-----------------|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|

MINUTE PLUS

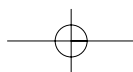
MINUTE PLUS allows you to cook at 100% or to increase the cooking time during time cooking by simply touching the Minute Plus pad. Each time Minute Plus pad is touched, the cooking time is extended by 1 minute to a maximum of 59 minutes.

| | | |
|----------------|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MINUTE PLUS | 1. Touch MINUTE PLUS pad. | If you touch Minute Plus pad once, “1:00” appears and the oven starts cooking. The display counts down the cooking time. When the time ends, you will hear 3 beeps. |
|----------------|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|

CLOCK

| | | |
|-------|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| CLOCK | 1. Touch CLOCK pad. | This is a 12 hour clock system. “12 HOUR MODE--ENTER TIME” is displayed and “TIME” blinks three times. |
| | 2. Enter the correct time of day by touching the time set pads. | The selected time appears and “PRESS CLOCK” is displayed. “CLOCK” blinks three times. |
| | 3. Touch CLOCK pad. | The colon starts blinking and the display shows the present time. |

NOTE: 1. If you selected 12 hour clock system, this digital clock allows you to set from 1:00 to 12:59. If you selected 24 hour clock system, this digital clock allows you to set from 0:00 to 23:59.
2. If you attempt to enter an incorrect time, the time will not be set and an error signal tone will sound. Touch Clock pad and re-enter the correct time.



HELP

HELP provides 6 features which enable you to use the oven easily.

- CHILD LOCK** This function prevents unwanted oven operation such as by small children.
- LB, G** This allows you to choose the weight unit between LB and G.
- BEEP** If "OFF" mode is set, you can operate the oven with no audible signal.
- CLOCK MODE** This allows you to choose the clock mode between 12 and 24 hour clock system.
- ENERGY SAVE** If "ON" mode is set, the display turns off except during operation.
- 3 LANGUAGE** This oven can be set for three languages - ENGLISH, FRENCH, SPANISH.

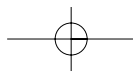
1. Touch HELP pad. The HELP indicator appears and "HELP FUNCTION 1-CHILD LOCK 2-LB, G 3-BEEP 4-CLOCK MODE 5-ENERGY SAVE 6-3 LANGUAGE SELECT NUMBER" is displayed in sequence. "NUMBER" blinks three times.
2. Touch number pad for the necessary function. (Please refer to the HELP FUNCTION CHART below.) The display shows the chosen mode and returns to the present time.

* HELP FUNCTION CHART

| Help Function | Display | Default |
|----------------|---------------------------------------------------------|---------|
| 1. CHILD LOCK | "CHILD LOCK 1-ON 2-OFF SELECT NUMBER" | OFF |
| 2. LB, G | "WEIGHT UNIT 1-LB 2-G SELECT NUMBER" | G |
| 3. BEEP | "BEEP 1-ON 2-OFF SELECT NUMBER" | ON |
| 4. CLOCK MODE | "CLOCK MODE 1-12 HR 2-24 HR SELECT NUMBER" | 12 HOUR |
| 5. ENERGY SAVE | "ENERGY SAVE 1-ON 2-OFF SELECT NUMBER" | OFF |
| 6. 3 LANGUAGE | "3 LANGUAGE 1-ENGLISH 2-FRENCH 3-SPANISH SELECT NUMBER" | ENGLISH |

3. Enter the number for the desired mode. The displays are as shown in the chart below and "NUMBER" blinks three times.

NOTE: If you touch Help pad after choosing Sensor (or Auto) Cook, the display will show the user guides of respective foods. If you want to select the above help functions, first of all, touch Help pad and choose the desired mode.



TO STOP THE OVEN WHILE THE OVEN IS OPERATING

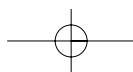
1. Press PAUSE/CLEAR pad.
 - You can restart the oven by touching START pad.
 - Touch PAUSE/CLEAR once more to erase all instructions.
 - You must enter in new instructions.
2. Open the door.
 - You can restart the oven by closing the door and touching START.

NOTE: Oven stops operating when door is opened.

CARE AND CLEANING

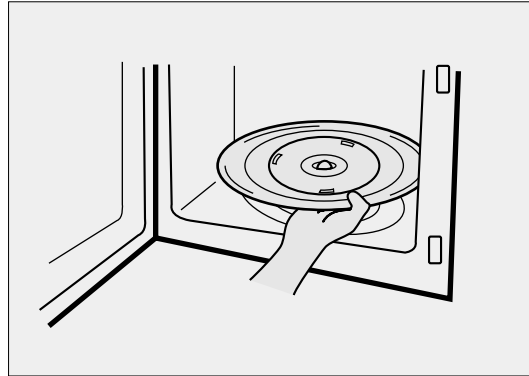
Although your oven is provided with safety features, it is important to observe the following:

1. It is important not to defeat or tamper with safety interlocks.
2. Do not place any object between the oven front face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and dry. Never use abrasive powders or pads.
3. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damage to the door. Do not operate the oven if it is damaged, until it has been repaired by a trained service technician. It is particularly important that the oven closes properly and that there is no damage to the:
 - i) Door(bent)
 - ii) Hinges and Catches(broken or loosened)
 - iii) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except a properly trained service technician.



CARE OF YOUR MICROWAVE OVEN

- 1 Turn the oven off before cleaning.
- 2 Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
- 3 The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
- 4 If the Control Panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.
- 5 If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
- 6 It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
- 7 The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild sudsy water.

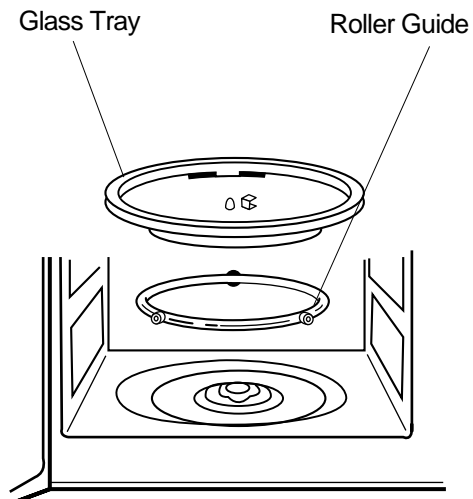


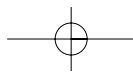
ROLLER GUIDE

- 1 The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
- 2 The ROLLER GUIDE MUST ALWAYS be used 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 Glass Tray is hot, ALLOW TO COOL before cleaning or placing it in water.
- 4 DO NOT cook directly on the Glass Tray.





BEFORE YOU CALL FOR SERVICE

Refer to following checklist, you may prevent an unnecessary service call.

* The oven doesn't work :

1. Check that the power cord is securely plugged in.
2. Check that the door is firmly closed.
3. Check that the cooking time is set.
4. Check for a blown circuit fuse or tripped main circuit breaker in your house.

* Sparking in the cavity;

1. Check utensils. Metal containers or dishes with metal trim should not be used.
2. Check that metal skewers or foil does not touch the interior walls.

If there is still a problem, contact NEC Service Centre.

DO NOT ATTEMPT TO SERVICE THE OVEN YOURSELF !

QUESTIONS AND ANSWERS

* **Q: I accidentally ran my microwave oven without any food in it. Is it damaged?**

A: Running the oven empty for a short time will not damage the oven. However, it is not recommended.

* **Q: Can the oven be used with the glass tray or roller guide removed?**

A: No. Both the glass tray and roller guide must always be used in the oven before cooking.

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

A: The door can be opened anytime during the cooking operation. Then microwave energy will be instantly switched off and the time setting will maintain until the door is closed.

* **Q: Why do I have moisture in my microwave oven after cooking?**

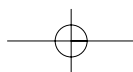
A: The moisture on the side of your microwave oven is normal. It is caused by steam from cooking food hitting the cool oven surface.

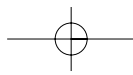
* **Q: Does microwave energy pass through the viewing screen in the door?**

A: No. The metal screen bounces back the energy to the oven cavity. The holes are made to allow light to pass through. They do not let microwave energy pass through.

* **Q : Why do eggs sometimes pop?**

A : When baking or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking. Never cook eggs without piercing their shells.





QUESTIONS AND ANSWERS (continued)

*** Q : Why is standing time recommended after cooking operation has been completed?**

A : Standing time is very important.

With microwave cooking, the heat is in the food, not in the oven. Many foods build up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.

*** Q : What does “standing time” mean?**

A : “Standing time” means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking.

*** Q : Why does my oven not always cook as fast as the microwave cooking guide says?**

A : Check your cooking guide again, to make sure you’ve followed directions exactly ; and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, to help prevent over-cooking... the most common problem in getting used to a microwave oven.

Variations in the size, shape and weights and dimensions could require longer cooking time. Use your own judgement along with the cooking guide suggestions to check whether the food has been properly cooked just as you would do with a conventional cooker.

*** Q : Will the microwave oven be damaged if it operates while empty?**

A : Yes. Never run it empty.

*** Q : Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish?**

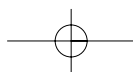
A : No. If you remove or turn the turntable over, you will get poor cooking results. Dishes used in your oven must fit on the turntable.

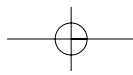
*** Q : Is it normal for the turntable to turn in either direction?**

A : Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins.

*** Q : Can I pop popcorn in my microwave oven? How do I get the best results?**

A : Yes. Pop packaged microwave popcorn following manufacture’s guidelines. Do not use regular paper bags. Use the “listening test” by stopping the oven as soon as the popping slows to a “pop” every 1 or 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.

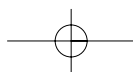
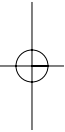
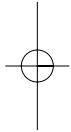


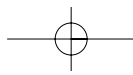


SPECIFICATIONS

| | | |
|--------------------------------|-------------------|------------------------------------------------|
| POWER SUPPLY | | 230V~240V AC 50 Hz SINGLE PHASE WITH GROUNDING |
| MICROWAVE | POWER CONSUMPTION | 1400 W |
| | OUTPUT POWER | 1000 W |
| | FREQUENCY | 2450 MHz |
| OUTSIDE DIMENSIONS (W X H X D) | | 539 x 300 x 406 mm |
| CAVITY DIMENSIONS (W X H X D) | | 354 x 228 x 373 mm |
| NET WEIGHT | | APPROX. 15.5KG |
| TIMER | | 59 min. 99 sec. |
| POWER LEVELS | | 10 LEVELS |

* Specifications are subject to change without notice.





COOKING INSTRUCTIONS

Utensils should be checked to ensure that they are suitable for use in microwave ovens.

UTENSILS TEST

Place the utensil in question next to a glass measure filled with water, in the microwave oven. Microwave at high power for 1-2 minutes. If the water heats up, but the utensil remains cool, the utensil is microwave-safe. However if the utensil becomes warm, microwaves are being absorbed by the utensil and it should not be in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Read through the following checklist.

COOKING UTENSILS

Recommended Use

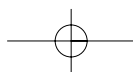
- **Glass and glass-ceramic bowls and Dishes** - Use for heating or cooking.
- **Microwave browning dish** - Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with you browning dish.
- **Microwaveable plastic wrap** - Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.
- **Wax paper** - Use as a cover to prevent spattering.
- **Paper towels, and napkins and cups** - Use for short term heating and covering; they absorb excess moisture when warming food. Pay special attention as over-heating may cause a fire in your oven. 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.
- **Thermometres** - Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used once the food has been removed from the oven.
- **Microwave cling film, microwave roasting bags** - Microwave cling film and bags must be vented for steam to escape, pierce in 4~5 places. Do not use plastic or metal ties as they may melt or catch fire due to electrical 'arcing'.

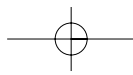
Limited Use

- **Aluminium foil** - Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful.
- **Ceramic, porcelain, and stoneware** - Use these if they are labeled "Microwave Safe." If they are not labeled, test them to make sure they can be used safely. Never use dishes with metallic trim.
- **Plastic** - Use only if labeled "Microwave Safe." Other plastics can melt.
- **Thin plastic, paper, straw and wooden containers** - Always attend the oven closely. Look at the oven from time to time when cooking or reheating food in disposable containers of plastic, paper or other combustible material. Only use for warming food. Pay special attention as over-heating may cause a fire in your oven.

Not Recommended

- **Glass jars and bottles** - Regular glass is too thin to be used in a microwave, and can shatter.
- **Paper bags** - These are a fire hazard, except for popcorn bags that are designed for microwave use.
- **Styrofoam plates and cups** - These can melt and leave an unhealthy residue on food.
- **Plastic storage and food containers** - Containers such as margarine tubs can melt in the microwave.
- **Metal utensils** - These can damage your oven. Remove all metal before cooking.





USE YOUR MICROWAVE OVEN SAFELY

General Use

Do not attempt to defeat or tamper with safety interlocks.

Do not place any object between the oven front frame and the door or allow residue to build up on sealing surfaces. Wipe with a mild detergent, rinse and dry. Never use abrasive powders or pads.

Do not subject the oven door to strain or weight such as a child hanging on an open door.

This could cause the oven to fall forward resulting in injury to you and damage to the oven.

Do not operate the oven if door seals or sealing surfaces are damaged; or if door is bent; or if hinges are loose or broken.

Do not operate the oven empty. This will damage the oven.

Do not attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.

Do not use recycled paper products as they may contain impurities which may cause sparks or fires.

Do not hit or strike the control panel with hard objects. This can damage the oven.

Food

Never use your microwave oven for home canning. The oven is not designed for proper home canning. Improperly canned food may spoil and be dangerous to consume.

Always use the minimum recipe cooking time. It is better to undercook rather than overcook foods.

Undercooked foods can be returned to the oven for more cooking. If food is overcooked, nothing can be done.

Heat small quantities of food or foods with low moisture carefully. These can quickly dry out, burn or catch on fire.

Do not heat eggs in the shell. Pressure may build up and eggs can explode.

Potatoes, apples, egg yolks and sausages are examples of food with non-porous skins.

These must be pierced before cooking to prevent bursting.

Do not attempt to deep fat fry in your microwave oven.

Always stir liquids before heating. Heated liquids can erupt, if not mixed with air.

Do not leave the oven unattended while popping corn.

Do not pop corn in a paper bag unless it is the commercially prepared Microwave Popcorn product.

The kernels can overheat and ignite a brown paper bag.

Do not put packaged Microwave Popcorn bags directly on the oven tray. Place the package on a microwave safe glass or ceramic plate to avoid overheating and cracking the oven tray.

Do not exceed the Microwave Popcorn manufacturers suggested popping time.

Longer popping does not yield more popcorn but it can result in scorch, burn or fire. Remember, the Popcorn bag and tray can be too hot to handle. Remove with caution and use pot holders.

ARCING

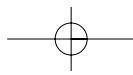
*If you see arcing, press **PAUSE/CLEAR** button and correct the problem.*

Arcing is the microwave term for sparks in the oven.

Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

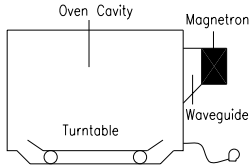




MICROWAVING PRINCIPLES

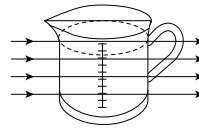
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and manmade sources. Manmade sources include radar, radio, television, telecommunication links and car phones.

HOW MICROWAVES COOK FOOD



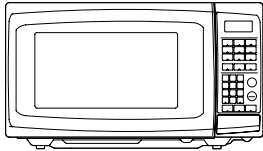
In a microwave oven, electricity is converted into microwave energy by the **MAGNETRON**.

► TRANSMISSION



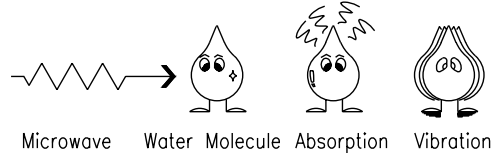
Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a extent.

► REFLECTION



The microwaves bounce off the metal walls and the metal door screen.

► ABSORPTION

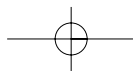


The microwaves cause the water molecules to vibrate which causes **FRICION**, i.e. **HEAT**. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1 1/2 - 2 inches(4-5cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

CONVERSION CHARTS

| WEIGHT MEASURES | | VOLUME MEASURES | | SPOON MEASURES | |
|-----------------|---------|-----------------|--------------------|----------------|---------|
| 15 g | 1/2 oz. | 30 ml | 1 fl.oz. | 1.25 ml | 1/4 tsp |
| 25 g | 1 oz. | 100 ml | 3 fl.oz. | 2.5 ml | 1/2 tsp |
| 50 g | 2 oz. | 150 ml | 5 fl.oz. (1/4 pt) | 5 ml | 1 tsp |
| 100 g | 4 oz. | 300 ml | 10 fl.oz. (1/2 pt) | 15 ml | 1 tbsp |
| 175 g | 6 oz. | 600 ml | 20 fl.oz. (1pt) | | |
| 225 g | 8 oz. | | | | |
| 450 g | 1 lb. | | | | |

| FLUID MEASUREMENTS | | |
|--------------------|------------------------------|------------------------|
| 1 Cup | = 8 fl.oz. | = 240 ml |
| 1 Pint | = 16 fl.oz. (UK 20 fl.oz.) | = 480 ml (UK 560 ml) |
| 1 Quart | = 32 fl.oz. (UK 40 fl.oz.) | = 960 ml (UK 1120 ml) |
| 1 Gallon | = 128 fl.oz. (UK 160 fl.oz.) | = 3840 ml (UK 4500 ml) |



COOKING TECHNIQUES

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 cook the center 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 meal, vegetables, fish etc require 2-5 minutes standing. After defrosting food, standing time should also be allowed. If food is not cooked after standing time, return to the oven and cook for additional time.

MOISTURE CONTENT

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

DENSITY

Porous airy foods heat more quickly than dense heavy foods.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. 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.

SPACING

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

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.

LIQUIDS

All liquids must be stirred before and during heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. DO NOT OVERHEAT.

TURNING & STIRRING

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

QUANTITY

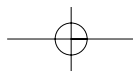
Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.

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.

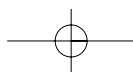
COVERING

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



GENERAL DEFROSTING GUIDE

- Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Use only containers that are microwave-safe.
 - Begin defrosting whole poultry breast-side- down. Begin defrosting roasts fat-side-down.
 - The shape of the package alters the defrosting time. Shallow rectangular shapes defrost more quickly than a deep block.
 - After $\frac{1}{3}$ of the defrost time has elapsed, check the food. You may wish to turn over, break apart, rearrange or remove thawed portions of the food.
 - During defrost, the oven will prompt you to turn the food over. At this point, open oven door and check the food. Follow the techniques listed below for optimum defrost results. Then, close oven door, touch the START pad to complete defrosting.
 - When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes. After defrosting, allow food to stand 5-60 minutes if there are any icy areas.
Poultry and fish may be placed under running cool water until defrosted
- ⇒ **Turn over** : Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
- ⇒ **Rearrange** : Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
- ⇒ **Shield** : Use small strips of aluminum foil to protect thin areas or edges of unevenly shaped foods such as chicken wings. To prevent arching, do not allow foil to come within 1-inch of oven walls or door.
- ⇒ **Remove** : To prevent cooking, thawed portions should be removed from the oven at this point. This may shorten defrost time for food weighing less than 1350g.(3 lbs).



DEFROSTING CHART

| Item and Weight | Defrosting Time | Standing Time | Special Techniques |
|------------------------------------------------------------------------------|-----------------|---------------|-------------------------------------------------------------------|
| BEEF Minced beef 454g/1 lb. | 7-9 min. | 15-20 min. | Break apart and remove thawed portions with fork. |
| Stew Meat 675g/1 ¹ / ₂ lbs. | 7-12 min. | 25-30 min. | Separate and rearrange once. |
| Loin Roast 2 900g/lbs. | 12-15 min. | 45-60 min. | Turn over after half the time. Shield as needed. |
| Patties 4 (110g 4 oz..) | 5-7 min. | 15-20 min. | Turn over after half the time. |
| PORK Loin Roast 900g/2 lbs. | 10-13 min. | 45-60 min. | Turn over after half the time. Shield as needed. |
| Spare ribs 450g/1 lb. | 5-6 min. | 25-30 min. | Separate and rearrange once. |
| Chops 4 (125g/5 oz.) | 5-6 min. | 25-30 min. | Separate and turn over once. |
| Minced 450g/1lb. | 7-9 min. | 15-20 min. | Break apart and remove thawed portions with fork. |
| POULTRY Whole Chicken 1125g/ 2 ¹ / ₂ lbs. | 13-17 min. | 45-90 min. | Break side down. Turn over after half the time. Shield as needed. |
| Chicken Breasts 450g/1lb. | 7-9 min. | 15-30 min. | Separate and rearrange once. |
| Fried Chicken(cut up) 900g/2lbs. | 8-10 min. | 25-30 min. | Separate and rearrange once. |
| Chicken Thighs 675g/1 ¹ / ₂ lbs. | 10-12 min. | 15-30 min. | Separate and rearrange once. |
| FISH & SEAFOOD Whole Fish 450g/1lb. | 4-5 min. | 15-20 min. | Turn over after half the time. Shield as needed. |
| Fish Fillets 675g/1 ¹ / ₂ lb. | 5-6 min. | 15-20 min. | Separate and turn over once. |
| Shrimp 225g/1/2 lb. | 2-3 min. | 10-15 min. | Separate and rearrange once. |

* The times are approximate because freezer temperatures vary.

COOKING & REHEATING CHART

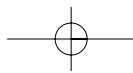
| Item | Power Level | Cooking Time Per lb./450g | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------------------------|-------------------------------------------------------------------------------------|---------------|
| MEAT | | | | |
| Beef | | | | |
| Standing / rolled Rib - Rare | PL-8 | 6-9 min. | | |
| - Medium | PL-8 | 8-10 min. | | |
| - well done | PL-8 | 10-12 min. | | |
| Ground Beef (to brown for casserole) | HIGH | 4-6 min. | | |
| Hamburgers, Fresh or defrosted | | | | |
| (4oz. Each/100g) 2 patties | HIGH | 2-4 min. | | |
| 4 patties | HIGH | 3-5 min. | | |
| Pork | | | | |
| Loin, Leg | PL-8 | 11-14 min. | | |
| Bacon 4 slices | HIGH | 2-3 min. | | |
| 6 slices | HIGH | 3-4 min. | | |
| NOTE: The above times should be regarded only as a guide, Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the meat. | | | | |
| POULTRY | | | | |
| Chicken | | | | |
| Whole | HIGH | 6-8 min. | | |
| Breast(boned) | PL-8 | 4-6 min. | | |
| portions | PL-8 | 5-7 min. | | |
| Turkey | | | | |
| Whole | HIGH | 10-12 min. | | |
| NOTE : The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the food. | | | | |
| FRESH FISH | | | | |
| Item | Power Level | Cooking Time Per lb./450g | Method | Standing Time |
| Fish Fillets | HIGH | 3-5 min. | Add 15-30 ml(1-2 Tbsp) | 2-3 min. |
| Whole Mackerel, Cleaned and Prepared | HIGH | 3-5 min. | - | 3-4 min. |
| Whole Trout, Cleaned and Prepared | HIGH | 4-6 min. | - | 3-4 min. |
| Salmon Steaks | HIGH | 4-6 min. | Add 15-30 ml(1-2 Tbsp) | 3-4 min. |
| ITEM | POWER LEVEL | Cooking Time | Standing Time | |
| Lasagna 1 serving(10 1/2 oz./300g) | HIGH | 5-7 min. | Place lasagna on microwaveable plate. Cover with plastic wrap and vent. | |
| Casserole 1 cup 4 cups | HIGH HIGH | 1 1/2 -3 min. 5-7 min. | Cook covered in microwaveable casserole dish. Stir once halfway through cooking. | |
| Mashed potatoes 1 cup 4 cups | HIGH HIGH | 2-3 min. 6-8 min. | Cook covered in microwaveable casserole dish. Stir once halfway through cooking. | |
| Baked beans 1 cup | HIGH | 2-3 min. | Cook covered in microwaveable casserole dish. Stir once halfway through cooking. | |

| ITEM | POWER LEVEL | Cooking Time | Standing Time |
|----------------------------------------------|--------------|----------------------|----------------------------------------------------------------------------------------------------------------|
| Ravioli or pasta in sauce 1 cup 4 cups | HIGH HIGH | 3-4 min. 6-9 min. | Cook covered in microwaveable casserole. Stir once halfway through cooking. |
| Sandwich roll or bun 1 roll | HIGH | 20-30 sec. | Wrap in paper towel and place on glass microwaveable rack * Note : Do not use recycled paper towels. |

VEGETABLE CHART

* Note : Use power level HIGH unless otherwise noted.

| VEGETABLES | AMOUNT | TIME | SPECIAL INSTRUCTIONS |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Asparagus Fresh spears Frozen spears | 1 lb./450g 10-oz./280g package | 4-7 min. 3-6 min. | In medium casserole, place 1/4 cup water. In medium casserole. |
| Beans Fresh green Frozen green Frozen lima | 1 lb./450g cut in half 10-oz./280g package 10-oz./280g package | 7-12 min. 4-6 min. 3-5 min. | In medium casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water. In medium casserole, place 1/4 cup. Water. |
| Beets Fresh, whole | 1 bunch(1 1/4 -1 1/2 lbs.) /560-680g | 12-18 min. | In medium casserole, place 1/2 cup water. |
| Broccoli Fresh cut Fresh spears Frozen, chopped Frozen spears | 1 bunch(1 1/4 -1 1/2 lbs.) /560-680g 1 bunch(1 1/4 -1 1/2 lbs.) /560-680g 10-oz./280g package 10-oz./280g package | 3-7 min. 5-9 min. 3-6 min. 3-6 min. | In large casserole, place 1/2 cup water. In large casserole, place 1/2 cup water. In medium casserole. In medium casserole, place 3 tbsp water. |
| Cabbage Fresh Wedges | 1 medium head (about 2 lbs./900g) | 5-9 min. 3-7 min. | In large casserole, place 1/4 cup water. In large casserole, place 1/4 cup water. |
| Carrots fresh, sliced frozen | 1 lb./450g 10-oz./280g package | 3-7 min. 3-6 min. | In large casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water. |
| Cauliflower flowerets fresh, whole frozen | 1 medium head (about 2 lbs./900g) 1 medium head (about 2 lbs./900g) 10-oz./280g package | 5-9 min. 5-12 min. 3-7 min. | In large casserole, place 1/2 cup water. In large casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water. |
| Corn frozen kernel | 10-oz./280g package | 2-6 min. | In medium casserole, place 2 tbsp water. |
| Corn on the cob fresh frozen | 1-5 ears 1 ear 2-6 ears | (per ear) 1 1/4 -4min. 1-2 min. 3-6 min. | In large glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time. Place in large oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time. |



| VEGETABLES | AMOUNT | TIME | SPECIAL INSTRUCTIONS |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mixed vegetable frozen | 10-oz./280g package | 2-6 min. | In medium casserole, place 3 tbsp water. |
| Peas fresh, shelled frozen | 2 lbs.(450g) unshelled 10-oz.(280g) package | 7-10 min. 2-6 min. | In medium casserole, place 1/4 cup water. In medium casserole, place 2 tbsp water. |
| Potatoes fresh, cubed, white fresh, whole, sweet or white | 4 potatoes (6-8 oz. /160-220g each) 1 (6-8 oz./160-220g) | 9-12 min. 2-4 min. | Peel and cut into 1-inch cubes. Place in large casserole with 1/2 cup water. Stir after half of time. Pierce with cooking fork. Place in the oven, 1-inch apart, in circular arrangement. Let stand 5 minutes. |
| Spinach fresh frozen, chopped, and leaf | 10-16 oz./280-450g 10-oz./280g package | 3-6 min. 3-6 min. | In large casserole, place washed spinach. In medium casserole, place 3 tbsp water. |
| Squash fresh, summer, and yellow winter, acorn, or butternut | 1 lb./450g sliced. 1-2 squash (about 1 lb./450g each) | 3-5 min. 5-9 min. | In large casserole, place 1/4 cup water. Cut in half and remove fibrous membranes. In large glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes. |



RECIPES

TOMATO & ORANGE SOUP

1 oz.(25g) butter
 1 medium onion, chopped
 1 large carrot & 1 large potato, chopped
 1³/₄lb(800g) canned, chopped tomatoes
 juice and grated rind of 1 small orange
 1¹/₂pints(900ml) hot vegetable stock
 salt and pepper to taste

1. Melt the in a large bowl on HIGH for 1 minute.
2. Add the onion, carrot and potato and cook on HIGH for 6 minutes. stir halfway through cooking.
3. Add the tomatoes, orange juice, orange rind and stock. Mix thoroughly. Season with salt and pepper to taste. Cover the bowl and cook on HIGH for 13 minutes. stir 2-3 times during cooking, until the vegetables are tender.
4. Blend and serve immediately.

FRENCH ONION SOUP

1 large onions, sliced
 1 tbsp (15ml) corn oil
 2 oz.(50g) plain flour
 2 pints(1.2 liters) hot meat
 or vegetable stock
 salt and pepper to taste
 2 tbsp (30ml) parsley, chopped
 4 thick slices French bread
 2 oz.(50g) cheese, grated

1. Place the onion and oil a bowl, mix well and cook on HIGH for 2 minutes.
2. Stir in the flour to make a paste and gradually add stock. Season and add the parsley.
3. Cover the bowl and cook on PL-7 for 15 minutes.
4. Pour the soup into serving bowls, submerge bread and sprinkle generously with cheese.
5. Cook on PL-7 for 2 minutes, until the cheese has melted.

STIR FRIED VEGETABLES

1 tbsp(15ml) sunflower oil
 2 tbsp (30ml) soy sauce
 1 tbsp (15ml) sherry
 1"(2.5cm) root ginger,
 peeled and finely grated
 2 medium carrots, cut into fine strips
 4 oz.(100g) button mushrooms,
 chopped
 2 oz.(50g) beansprouts
 4 oz.(100g) mange-tout
 1 red pepper, seeded and thinly sliced
 4 spring onions, chopped
 4 oz.(100g) canned water chestnuts,
 sliced
 1/4 head of chinese leaves, thinly sliced

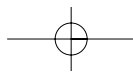
1. Place the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl, mix thoroughly
2. Cover and cook on HIGH for 3-4 minutes, stirring once.
3. Add the button mushrooms, beansprouts, mange-tout, red pepper, spring onions, water chestnuts and chinese leaves. Mix thoroughly.
4. Cook on HIGH for 5-6 minutes, until the vegetables are tender. Stir 2-3 times during cooking.

Stir fried vegetables are ideally served with meat or fish.

HONEYED CHICKEN

4 boneless chicken breasts
 2 tbsp(30ml) clear honey
 1 tbsp(15ml) whole grain mustard
 1/2 tsp(2.5ml) dried tarragon
 1 tbsp(15ml) tomato puree
 1/4 pint(150ml) chicken stock

1. Place the chicken breasts in a casserole dish.
2. Mix all remaining ingredients together and pour over the chicken. Salt and pepper to taste.
3. Cook on HIGH for 13-14 minutes. Rearrange and coat the chicken with the sauce twice during cooking.



BLUE CHEESE & CHIVE JACKETS

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

1. Pierce each potato in several places. Cook on HIGH for 10-12 minutes. Halve and scoop the flesh into a bowl, add the butter, cheese, chives, mushrooms, salt and pepper, mix thoroughly.
2. Pile mixture into the potato skins and place in a flan dish, on the rack.
3. Cook on PL-5 for 8 minutes.

WHITE SAUCE

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

1. Place the butter in a bowl and cook on HIGH for 1 minute, until melted.
2. Stir in the flour and whisk in the milk. Cook on HIGH for 3-4 minutes, stirring every 2 minutes until thick and smooth. Season with salt and pepper to taste.

STRAWBERRY JAM

1 1/2 lb.(675g) strawberries, hulled
3 tbsp(45ml) lemon juice
1 1/2 lb.(675g) caster sugar

1. Place strawberries and lemon juice in a very large bowl, heat on HIGH for 5 minutes, or until the fruit has softened. Add sugar, mix well.
2. Cook on PL-7 for 20-25 minutes, until setting point* is reached, stir every 4-5 minutes.
3. Pour into hot, clean jars. Cover, seal and label.

** setting point : To determine setting point, place 1 tsp(5ml) jam onto chilled saucer. Allow to stand for 1 minute. Move surface of jam gently with your finger, if the surface wrinkles setting point has been reached.*

PLAIN MICROWAVE CAKE

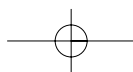
4 oz.(100g) margarine
4 oz.(100g) sugar
1 eggs
4 oz.(100g) self raising flour, sifted
2-3 tbsp(30-45ml) milk

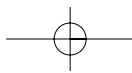
1. line the base of 8" (20.4cm) cake dish with grease-proof paper.
2. Cream the margarine and sugar together until light and fluffy. Beat in the eggs and fold in the sifted flour alternately with the milk.
3. Pour into prepared container. Cook on HIGH for 4-5 minutes, until a skewer comes out cleanly.
4. Leave the cake to stand for 5 minutes before turning out.

OMELETTES

1/2 oz.(15g) butter
4 eggs
6 tbsp(90ml) milk
salt & pepper

1. Whisk together eggs and milk. Season.
2. Place butter in 10"(26cm) flan dish. Cook on HIGH for 1 minute, until melted. Coat the dish with the melted butter.
3. Pour omelette mixture into flan dish. Cook on HIGH for 2 minutes. whisk mixture and cook again on HIGH for 1 minutes.





SCRAMBLED EGG

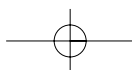
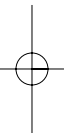
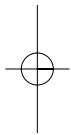
1/2 oz.(15g) butter
2 eggs
2 tbsp(30ml) milk
salt & pepper

1. Melt the butter in a bowl on HIGH for 1 minute.
2. Add the eggs, milk and seasoning and mix well.
3. Cook on HIGH for 3 minutes, stirring every 30 seconds.

SAVOURY MINCE

1 small onion, diced
1 clove garlic, crushed
1 tsp(5ml) oil
7 oz.(200g) can chopped tomatoes
1 tbsp(15ml) tomato puree
1 tsp(5ml) mixed herbs
8 oz.(225g) minced beef
salt and pepper

1. Place onion, garlic and oil in casserole, and cook on HIGH for 2 minutes or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH for 3 minutes then PL-5 for 10-15 minutes or until the meat is cooked.





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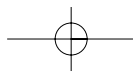
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Home Electronics Group
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