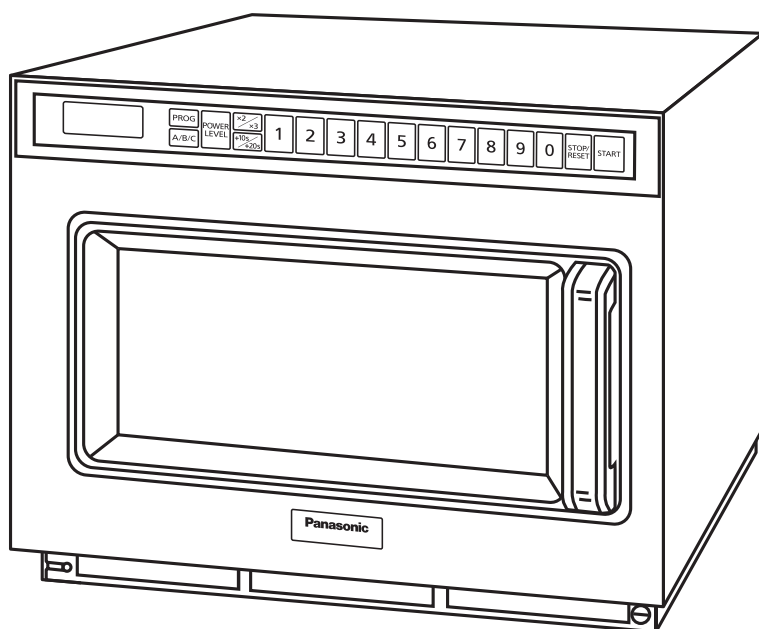


# Panasonic®

## Operating Instructions

For Commercial Use

Models No. **NE-1753/NE-1853**  
Microwave Ovens



Model availability is varied by country.

Please read these instructions completely before operating this oven and keep for future reference.

# Index

	Page
Important Safety Instructions	3
Before Use	6
Definitions and Feature Explanations	7
Outline Diagram	8
How to Operate	9
A. Manual Single Stage Heating	9
B. Manual 2 to 5 Stage Heating	10
C. Programming Memory Pads for Single Stage Heating	11
D. Programming Memory Pads for 2 to 5 Stage Heating	12
E. Memory Pad Heating	12
F. Programming Double/Triple Quantity Pad	13
G. Memory Pad Heating for Double/Triple Quantity Heating	14
H. +10s/+20s Pad Heating	14
I. To Read the Cycle Counter	15
J. To Activate Program Lock	15
K. To Deactivate Program Lock	15
L. To Read Program List	16
M. To Select Beep Tone Options	17
N. Procedure to Program the Air Filter	18
O. Oven Lamp	19
Before Cooking	21
Heating and Defrosting Time Charts	22
Appetizers	23
Baked Goods and Desserts	24
Breakfast	25
Casseroles	26
Fish and Seafood	27
Gravies, Sauces, and Soups	28
Plated Meat and Poultry Entrees	29
Rice and Pasta	30
Sandwiches	31
Vegetables	32
Care of Your Microwave Oven	33
Explanation of Self Diagnostics Failure Code	34
Installation Instructions for Stacking	34
Technical Specifications	35

# Important Safety Instructions

## INSTALLATION

### EARTHING

**IMPORTANT:** FOR PERSONAL SAFETY, THIS APPLIANCE MUST BE PROPERLY EARTHED. When an outlet is not earthed, it is the personal responsibility and obligation of the customer to have it replaced with a properly earthed outlet.

### VOLTAGE AND POWER WARNING

The voltage used must be the same as specified on the microwave oven. Using a higher voltage than that which is specified is dangerous, and may result in a fire or other type of accident causing damage.

### PLACEMENT OF THE OVEN

Locate the oven on a surface which is flat and stable. Do not place the oven in a hot or damp place; e.g. near a gas or electric range. Do not operate the oven when the room temperature is higher than 40°C (104°F) and/or the humidity is more than 85%. Free airflow around the oven is important. There is a possibility of a small amount of interference with weak broadcast signals if the microwave oven is too close to a radio or TV. For safe and efficient operation, the oven must have sufficient air flow to the air vents i.e. 5 cm (2 inches) at the side and rear; 20 cm (8 inches) at the top. Do not install appliances at higher than 1.6 m and also, less than 0.8 m. Oven must be placed for easy access to control panel and door and also, for disconnect power or shut off power by fuse or circuit breaker.



An external equipotential bonding conductor is provided at the back side of the oven and it is marked by this symbol.

## CAUTION

### REMOVAL OF PROTECTIVE FILM

A protective film is used to prevent scratching of the outer case during transportation. Peel this film off before installation or use.

### DO NOT TURN ON THE OVEN WHEN IT IS EMPTY.

In order to maintain the high quality of the magnetron tubes and other components, you are requested not to turn the oven on with no food inside.

### DO NOT OPEN THE CABINET.

High voltages are present inside the cabinet. Repairs and adjustments should be done only by qualified service personnel.

### DO NOT BLOCK THE AIR VENTS.

This microwave oven requires free airflow in the back for maximum cooling efficiency. You should keep the air vents clear while cooking.

### DO NOT DRY CLOTHES IN THE OVEN.

Do not dry clothes in the microwave oven since there is a possibility of the clothes burning if left in the oven for too long of a time.

### ATTACH CAUTION LABEL.

If caution label is enclosed with your oven, a suitable caution label must be attached before using. Please select appropriate label provided and attach to top of appliance.

# Important Safety Instructions

## WARNING

1. **WARNING** — To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:  
Read all instructions before using microwave oven.
2. Use this microwave oven only for its intended use as described in this manual.
3. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
4. Do not use outdoors.
5. Do not immerse cord or plug in water.
6. Keep cord away from heated surfaces.
7. Do not let cord hang over edge of table or counter.
8. To reduce the risk of fire in the oven cavity:
  - a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - b) Remove wire twist-ties from bags before placing bag in oven.
  - c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
9. The appliance should not be operated without food in the oven, operation in this manner being likely to damage the appliance.
10. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
11. Do NOT use this oven to heat chemicals or other non-food products. Do NOT clean this oven with any product that is labelled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
12. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
13. Do not attempt to deep fat fry in your microwave oven.
14. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
15. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.** To check the degree of cooking of roasts and poultry use a **MICROWAVE THERMOMETER**. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
16. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
17. When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.
18. The door seals and door seal areas should be cleaned with a damp cloth.
19. **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
20. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
21. 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.
22. Before use, the user should check that utensils are suitable for use in the microwave ovens.

23. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken:
  - a) Avoid using straight-sided containers with narrow necks.
  - b) Do not overheat.
  - c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
  - d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
24. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
25. **WARNING:** The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
26. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
27. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
28. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
29. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
30. **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
31. The appliance should not be cleaned with a water jet.
32. There is possibility of danger due to electromagnetic fields, and persons with heart pacemakers are advised to move away from areas with electromagnetic fields. In this case, take note of the instructions provided by the manufacturer.
33. If this product is not going to be used, do not keep items inside. Doing so may result in danger to the surroundings if the switch is accidentally turned on. If electronic components become damaged, the plug cannot be removed, or the switch of this product other than isolated devices on the same wiring circuit cannot be turned off.
34. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used, unless packaging states they are specifically designed for microwave use.
35. The appliance shall be disconnected from its power supply during service and whilst replacing parts. Following the removal of the supply plug, the plug should remain visible to the service operator to ensure that inadvertent reconnection is avoided.
36. The oven should be cleaned regularly and any food deposits removed.
37. Do not use metal ware, ceramics trimmed with gold or silver, or any container with a metal content.

# Before Use

## Cookware

1. Heat-proof glassware, such as Pyroceram and Pyrex, is best suited for use in the Microwave Oven.
2. If “arcing” should occur, check the cookware carefully again for metal.
3. You may use ordinary glassware, chinaware, plastic-ware and paper-ware, when cooking food that requires a low temperature. Using this type of cookware for high temperature cooking may cause cracking or warping.
4. You can cook steamed vegetables in special “see-through” wrapping film, such as Saran Wrap, or wax paper.  
Do not cook in a plastic bag.

### CAUTION

Do not use METAL UTENSILS in this oven.

## Defrosting Frozen Food

1. If you try to completely defrost frozen food in the Microwave Oven, uneven defrosting may occur due to the differences in the thickness and shape of the food. Drippings may also result, and sometimes a part of the food cooks although other parts still remain frozen. In actual usage of frozen food, you should not normally defrost them 100%, 70% defrosting in the Microwave Oven is ideal and helpful for the next cooking operation.
2. To defrost evenly, turn the food 180°, or turn it over during defrosting.
3. To defrost fatty meat, heat it in the Microwave Oven for a short time and leave it to stand at room temperature, or heat it intermittently until defrosted.
4. When you defrost a whole chicken, or any frozen food of irregular shape, wrap legs or thin parts with aluminium foil. Otherwise thin parts will be defrosted faster and sometimes cooked before other parts have properly defrosted.  
For big pieces of meat, wrap the sides with aluminium foil so that they will be uniformly thawed by vertical microwaves only.
5. Ice should be removed at times during defrosting.

## Other Helpful Instructions

### For best results

1. When determining time for particular food, always figure minimum time and check occasionally during cooking for progress. The Microwave Oven cooks so quickly, therefore it is easy to overcook your food.
2. Be careful of the cooking time for small quantities of food, or food with low water content. They may burn if cooked too long.
3. Do not use the oven for drying kitchen towels or napkins. They may burn if heated too long.
4. Do not try to boil eggs in the oven.
5. When you cook an egg be sure to pierce the yolk membrane prior to placing into the oven to prevent the egg bursting.

### How to get browned finish

Generally food does not brown when cooked by a Microwave Oven. This is one of the features of the equipment. To brown chicken, brush sauce on the surface before or during cooking. You can also brown meat in a conventional frying pan before cooking in the oven. A browning skillet for the Microwave Oven can obtain the same result.

### For even finished cooking

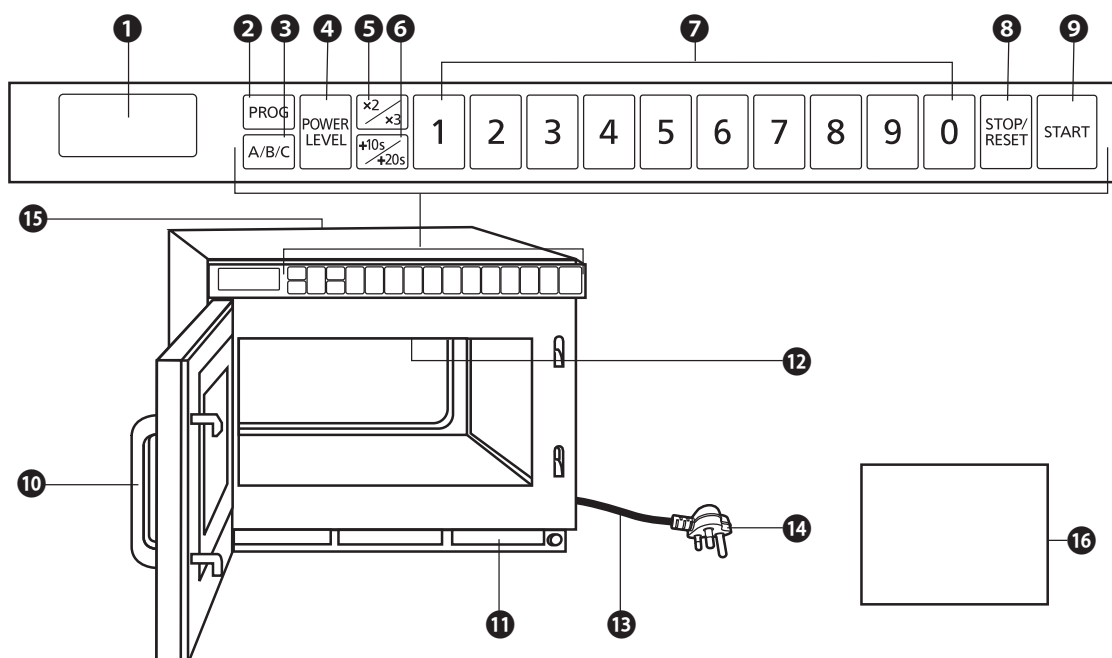
Open the door and give the dish a half turn, or turn the food over during cooking. This helps to achieve more even cooking. When you cook chicken the legs cook faster than other parts. Wrap the legs with aluminium foil during cooking to reflect the microwave energy in order to create even cooking.

# Definitions and Feature Explanations

This oven has many features not typically found on other commercial Microwave Ovens.

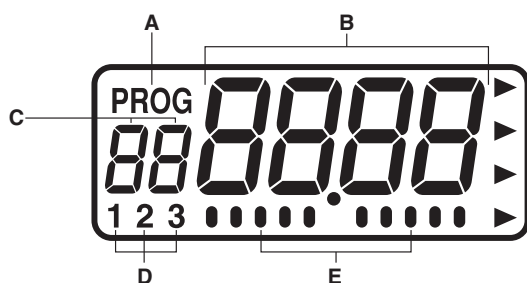
FEATURE	EXPLANATION
Manual Heating	Gives the user maximum flexibility to set the oven to desired heating time and power level. Ideal for menus that require variations in heating.
Single Stage Heating	Allows the oven to run at the selected power level for the selected heating time.
2 to 5 Stage Heating	Allows the oven to be set to begin heating at one power level then shift automatically to a different power level after designated amount of heating time (i.e. HIGH to MED or DEF to HIGH).
Interrupt Function	Allows opening of the oven door to check on the food in the cavity. Closing the door and touching Start Pad resumes heating. Cooking time does not countdown while you check on your food. <b>Note:</b> Interrupt Feature is deactivated in "Program Lock".
Repeat Function (For Manual Heating Only)	After you remove your food from the oven, the timer is automatically preset to repeat the last heating time and power level. This is especially convenient for daily specials that you do not want to program into Memory Pads.
Two Step Operation (In "Program Unlock" Only)	Gives you time to confirm and or revise the selected heating program before starting the heat cycle. (Select heating program either manually or by Pad number, and then touch Start Pad.)
One Touch Start (In "Program Lock" Only)	One touch of the desired programmed number pads starts heating. Great for Fast Food, Convenience store and Vending applications.
Cycle Counter	The oven can display the total number of times the oven has been operated by pad number, by manual operation and cumulatively. Great for analysing usage of the oven and traffic flow at the location.
Program Lock	<ol style="list-style-type: none"> <li>1. "Locks" the control panel number pads into their programmed heating times and power levels.</li> <li>2. Converts the oven to "One Touch Start" operation.</li> <li>3. Deactivates Program, Power Level Selector and Start Pad.</li> <li>4. Deactivates manual operation.</li> </ol> Prevents unwanted erasing of Memory Pads. Simplifies operation—Great for Fast Food, Convenience Store and Vending applications.
Program Unlock	Deactivates "Program Lock" and activates all other features.
Self Diagnostics	The oven constantly monitors its operation. When an operational problem develops, the Digital Display Window displays a Failure code. By checking the code number against the list in this manual you will know the nature of the problem, whether you can solve the problem yourself, or need to call a service agent or need to call an electrician. If a service agent is required the Failure code number will let him know which parts to bring on the Service call.
Tone Loudness Control	Allows you to set the loudness of the beep tone to one of 4 different levels.
Tone Length Control	Allows you to set the length of the end of heating cycle beep tone to one of 3 different lengths.
Tone Pitch Control	Allows you to set the pitch of the end of heating cycle beep tone to one of 3 different pitches.
Program List	Allows you to review all currently programmed Pad numbers, heating times and Power levels for each stage.
Filter Clean Function	The word "FILT" will appear in the display after 500 hours of use, to remind you to remove and clean the Air Filter. This time can be reprogrammed to your own needs.
Double/Triple Quantity Pad	This Pad has a preset magnification of 1.6 times the original cooking time for double quantity and 2.2 times for the triple quantity, to cook two or three portions at once.
+10s/+20s Pad	This Pad has preset heating times of 10 seconds and 20 seconds. The heating at HIGH power for 10 seconds will start by touching this Pad once, and the heating at HIGH power for 20 seconds will start by touching this Pad twice.

# Outline Diagram



- ① Digital Display Window (see below)
- ② Prog (Program) Pad
- ③ Shift (A/B/C) Pad
- ④ Power Level Selector Pad
- ⑤ Double/Triple Quantity Pad
- ⑥ +10s/+20s Pad
- ⑦ •Number/Memory Pads
- Time Input
- ⑧ Stop/Reset Pad

- ⑨ Start Pad
- ⑩ Door Handle
- ⑪ Air Filter
- ⑫ Splatter Shield (top of inner cavity)
- ⑬ Power Cord
- ⑭ Power Plug
- ⑮ Caution Label (Not shown)
- ⑯ OPERATING GUIDE



- A—Program Display
- B—Heating Time Display  
("min. sec." or "hour min.")
- C—•Memory Pad Number Display
- Heating Stage Indicator
- D—Pattern of Buzzer Sound Setting
- E—•Calling Programmed Heating:  
Stage Number Indicator
- Programmed Heating in Progress:  
Operation Indicator
- Beep Tone Setting: Scale Indicator

## This oven is preset at the factory for the following:

1. Manual operation
2. Number Pads preset to HIGH power at the indicated heating times for single stage heating.  
A1=10 sec.    A2=20 sec.    A3=30 sec.    A4=40 sec.    A5=50 sec.  
A6=1 min.    A7=1 min. 15 sec.    A8=1 min. 30 sec.    A9=1 min. 45 sec.    A0=2 min.
3. Program unlock
4. Double Quantity=1.6 times      Triple Quantity=2.2 times
5. Cycle counter set to "0" on all pads.
6. Oven Lamp    When the door is open = ON      Blinking at the end of heating cycle = OFF  
Decrease brightness during cooking = OFF
7. The default filter cleaning time is set to "500".

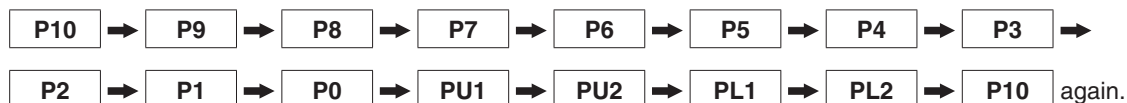
If you wish to change these times, please consult the operating instructions to find how to program them.



# How to Operate

## POWER LEVEL SELECTOR PAD

Each time the pad is touched, the Power Level switches as the illustration below.



<b>HIGH</b>	P10: 1700 W* (NE-1753) 1800 W* (NE-1853)	<b>LOW</b>	P3: 30% P2: 25%
<b>MEDIUM HIGH</b>	P9: 90% P8: 80% P7: 70% P6: 60%	<b>DEFROST</b>	P1: 340 W
		<b>OFF</b>	P0: 0%
		<b>HEAT FROM TOP DOWN</b>	PU1: 50% PU2: 25%
<b>MEDIUM</b>	P5: 50% P4: 40%	<b>HEAT FROM BOTTOM UP</b>	PL1: 50% PL2: 25%

\*IEC Test Procedure

## A. Manual Single Stage Heating



1. Make sure the oven is plugged into a properly earthed electrical outlet.



2. Open the door.  
The oven lamp will turn on. "0" will appear in the Digital Display Window.
3. Put the food into a suitable container, place it in the centre of the oven and then close the door securely.  
The oven lamp will turn off.  
**Note:** While "0" appears, operation is available. 1 minute after the door is closed, "0" will disappear.



4. Select the desired Power Level by touching Power Level Selector Pad.  
The selected Power Level will be displayed in the Digital Display Window and the single stage heating indicator "1" will start to blink.  
[Example]: Touch Power Level Selector Pad once for HIGH power.  
**Note:** Each time Power Level Selector Pad is touched, the Power Level switches as the above Power Level Selector illustrates.



5. Set the desired heating time by touching the appropriate Number Pads.  
**Note:** The maximum set time for "DEFROST" and "P0" is 30 minutes, and 15 minutes for all others.  
[Example]: Touch Number Pads "2", "0" and "0" for 2 minutes.



6. Touch Start Pad.  
A. The oven lamp will turn on.  
B. Heating will start.  
C. During operation, the indicator appears from the left.  
D. The heating time on digital display will count down.

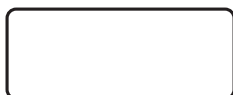


7. When all time expires, the end of cycle beep tone will sound and all heating will stop. The oven lamp will turn off. The display will blink "0000" until the door is opened. 1 minute later cooling fan will stop.

(Continued on next page.)



8. Open the door and take the food out.  
The oven lamp will turn on. The digital display will show the originally selected time and heating stage number.



9. Close the door.  
The oven lamp will turn off and 1 minute later the Digital Display Window will go blank.

**SPECIAL NOTE: For both single and 4 stage heating.**

1. While heating, one touch on Stop/Reset Pad stops the oven. You can restart it by touching Start Pad or a second touch on Stop/Reset Pad will cancel the selected program.
2. While not in a heating cycle, one touch on Stop/Reset Pad cancels the selected program.

**REPEAT FEATURE**

1. You can repeat exactly the same manually selected heating time by touching only Start Pad, if you use the oven again within 1 minute.
2. After 1 minute of non-use with the door closed, the repeat feature will be cancelled.

## B. Manual 2 to 5 Stage Heating



1. Follow Steps 1–5 on page 9.
2. Select the desired Power Level for the second stage heating by touching Power Level Selector Pad the appropriate number of times.  
The Power Level will be displayed in the Digital Display Window and the second stage indicator "2" will start to blink.  
[Example]: Touch Power Level Selector Pad 8 times for LOW power.



3. Set the desired heating time for the second stage by touching the appropriate Number Pads.  
**Note:** The maximum set time for "DEFROST" and "P0" is 30 minutes, and 15 minutes for all others.  
However, the TOTAL TIME can be set up to 25 minutes for continuous heating (1 to 5 stage heating) that excludes "DEFROST" and "P0".  
[Example]: Touch Number Pads "1", "0" and "0" for 1 minute.



4. Touch Start Pad.
  - A. The total time for both stages will be displayed.
  - B. The oven lamp will turn on.
  - C. During operation, the indicator appears in order from the left.
  - D. The heating time for the first stage will count down.



5. After the first stage heating time expires, a single beep tone will sound, the second stage heating indicator "2" will start to blink, and the heating time will continue to count down.

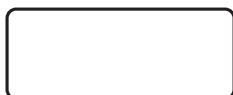


6. When all time expires, the end of cycle beep tone will sound. All heating will stop. The oven lamp will turn off. The time display will blink "0000" until the door is opened. 1 minute later cooling fan will stop.

(Continued on next page.)



7. Open the door and take the food out.  
The oven lamp will turn on. The digital display will show the originally selected time and heating stage number.



8. Close the door.  
The oven lamp will turn off and 1 minute later the Digital Display Window will go blank.

**Note:** For the heating cycle of the third and later stages, select Power Level once again after Step 3 on page 10 and set a heating time.

See Special Note of “Manual Single Stage Heating” on page 10.

## C. Programming Memory Pads for Single Stage Heating

The oven can not be programmed until the program lock feature is deactivated.

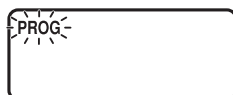
(See page 15, J. To Activate Program Lock.)



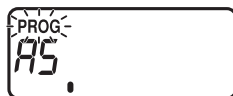
1. Make sure the oven is plugged into a properly earthed electrical outlet.



2. Open the door and leave it open.



3. Touch Prog Pad.  
“PROG” sign will start to blink in the Digital Display Window.



4. Touch Memory Pad you desire to program.  
The pad number and the previously programmed information will appear in the Digital Display Window.  
[Example]: Touch Memory Pad “5”.



5. Select the desired Power Level by touching Power Level Selector Pad.  
The selected power level will be displayed in the window and the single stage heating indicator “1” will start to blink.  
[Example]: Touch Power Level Selector Pad 10 times for DEFROST power.



6. Set the desired heating time by touching the appropriate Number Pad.  
**Note:** The maximum set time for “DEFROST” and “P0” is 30 minutes, and 15 minutes for all others.  
[Example]: Touch Number Pads “1”, “0” and “0” for 1 minute.



7. Touch Prog Pad again.  
The “PROG” sign and the single stage heating indicator “1” will stop blinking. This means that you have completed programming the selected Memory Pad for the single stage heating.



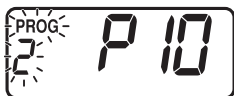
8. 3 seconds after programming is completed, “0” will appear.
9. Program the remaining Memory Pads as desired by repeating Steps 3–7 above.

**Note:** ●When the “PROG” Display is blinking, the program can be cancelled and/or one touch on Stop/Reset Pad erased the programmed Number/Memory Pad number.  
●When you want to program B or C side, touch Shift (A/B/C) Pad before touching Program Number Pad.

## D. Programming Memory Pads for 2 to 5 Stage Heating



1. Complete Steps 1–6 above.



2. Select Power Level for the second stage by touching Power Level Selector Pad. The selected Power Level will be displayed in the window and the second stage heating indicator “2” will start to blink.

[Example]: Touch Power Level Selector Pad once for HIGH power.



3. Set the desired heating time by touching appropriate Number Pads.

**Note:** The maximum set time for “DEFROST” and “P0” is 30 minutes, and 15 minutes for all others.

However, the TOTAL TIME can be set up to 25 minutes, and 15 minutes for continuous heating (1 to 5 stage heating) that excludes “DEFROST” and “P0”.

[Example]: Touch Number Pads “2”, “0” and “0” for 2 minutes.



4. Touch Prog Pad again and the “PROG” sign and the second stage heating indicator “2” will stop blinking. The total time for both stages will be displayed. This means that you have completed programming the desired Memory Pad for the second stage heating.



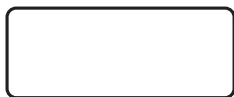
5. 3 seconds after programming is completed, “0” will appear.

6. Program the remaining pads as desired by repeating the Steps above.

**Note:** ●When you want to program B or C side, touch Shift (A/B/C) Pad before touching Program Number Pad.

●Repeat the above procedure to set Heating for the third stage and later stages.

## E. Memory Pad Heating



1. Make sure the oven is plugged into a properly earthed electrical outlet.



2. Open the door.

The oven lamp will turn on. “0” will appear in the Digital Display Window.

**Note:** While “0” will appear, operation is available. 1 minute after the door is closed, “0” will disappear.

3. Put the food into a suitable container, place it in the centre of the oven and then close the door securely.

The oven lamp will turn off.



4. Touch the desired Memory Pad.

A. The currently programmed information will be indicated.

[Example]: Memory Pad “5” (Program No. A-5)

The heating program (at DEFROST power for 1 minute, at HIGH power for 2 minutes) as programmed on pages 11–12 is set.



5. Touch Start Pad.

A. The oven lamp will turn on.

B. During operation, the indicator appears in order from the left.

C. The heating time will count down.

(Continued on next page.)



6. When all the time expires, the end of the cycle beep tone will sound. All heating will stop. The oven lamp will turn off. The time display will blink "0000" until the door is opened. 1 minute later, cooling fan will stop.



7. Open the door and take the food out.  
The oven lamp will turn on.
8. Close the door.  
The oven lamp will turn off and 1 minute later the Digital Display Window will go blank.

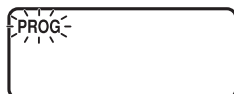
**Note:** To use B or C side Program, touch Shift (A/B/C) Pad before touching Program Number Pad.

## F. Programming Double/Triple Quantity Pad

(The oven can not be programmed until the program lock feature is deactivated.)



1. Open the door and leave it open.  
The oven lamp will turn on, and "0" will appear.



2. Touch Prog Pad.  
"PROG" will blink in the Digital Display Window.



3. Touch Memory Pad for the desired program.  
The pad number and the previously programmed information will appear in the display. "PROG" will start to blink.



4. Touch Double/Triple Quantity Pad once.  
The previously selected magnification number will appear in the display.  
[Example]: 1.6 times is 16. (Double quantity) 2.2 times is 22. (Triple quantity)



5. Set the desired magnification by touching the appropriate Number Pad.  
[Example]: 1.5 times; Touch Number Pads "1" and "5".



6. Touch Prog Pad again.  
The "PROG" will stop blinking. This means that you have completed programming the selected Memory Pad for appropriate double quantity.



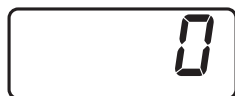
7. After 3 seconds later, "0" will appear.

**Note:** If you want to change appropriate time for triple quantity, you touch Double/Triple Quantity Pad twice as in Step 4 above. The magnification is preset. Each magnification must be programmed separately for alterations.

**N.B.** Please test for correct times when setting the program to achieve correct temperatures.

## G. Memory Pad Heating for Double/Triple Quantity Heating

[Make sure the unit is properly programmed. (See page 13.)]



1. Follow Steps 1–3 in “E. Memory Pad Heating”.



2. Touch Double/Triple Quantity Pad once.

**Note:** When you want triple quantity heating, touch Double/Triple Quantity Pad twice.



3. Touch the desired Memory Pad.

[Example]: Memory Pad 5 (Program No. A-5)



4. Touch Start Pad.

A. The oven lamp will turn on.

B. During operation, the indicator appears in order from the left.

C. The heating time will count down.

**Note:** If program lock is activated, the heating program starts immediately, i.e. there is no need to touch Start Pad. (See page 15.)



5. When all time has expired, the end of the cycle beep tone will sound. All heating will stop. The oven lamp will turn off. The time display will blink “0000” until the door is opened.

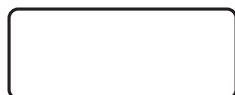


6. Open the door and remove the food. Close the door.

1 minute later the Digital Display Window will go blank.

**Note:** To use B or C side Program, touch Shift (A/B/C) Pad before touching Program Number Pad.

## H. +10s/+20s Pad Heating



1. Make sure the oven is plugged into a properly earthed electrical outlet.



2. Open the door.

The oven lamp will turn on. “0” will appear in the Digital Display Window.

**Note:** While “0” will appear, operation is available. 1 minute after the door is closed, “0” will disappear.

3. Put the food into a suitable container, place it in the centre of the oven and then close the door securely.

The oven lamp will turn off.



4. Touch +10s/+20s Pad once.

A. The oven lamp will turn on.

B. During operation, the indicator appears in order from the left.

C. Heating will start on HIGH power for 10 seconds.

[Example]: Touch +10s/+20s Pad once for 10 seconds.

Touch +10s/+20s Pad twice for 20 seconds.



5. When all the time expires, the end of cycle beep tone will sound. All heating will stop. The oven lamp will turn off. The time display will blink “0000” until the door is opened. 1 minute later, cooling fan will stop.

(Continued on next page.)



6. Open the door and take the food out.  
The oven lamp will turn on.
7. Close the door.  
The oven lamp will turn off and 1 minute later the Digital Display Window will go blank.

**Note:** While heating, one touch on Stop/Reset Pad or opening the door will cancel the heating program.

## I. To Read the Cycle Counter

### •To display all cooking times ever used



1. Open the door and leave it open.  
The oven lamp will turn on. "0" will appear in the display.



2. While touching Start Pad, touch Number Pad "3".  
All the cooking times that were ever used will appear.

### •To display the cumulative number of times the oven was used

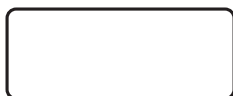


1. Open the door and leave it open.  
The oven lamp will turn on. "0" will appear in the display.

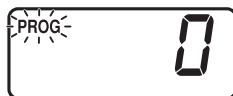


2. While touching Start Pad, touch Power Level Selector Pad.  
The Number of cycles that the oven has been used will appear.  
**Note:** The last two digits are dropped from the cumulative number of times the oven was used, which is displayed in units of 100 when used over 100 times.

## J. To Activate Program Lock



1. Make sure the oven is plugged into a properly earthed electrical outlet.



2. Open the door and leave it open.  
The oven lamp will turn on. "0" will appear in the display. While touching Start Pad, touch Prog Pad until the display show "PROG", "P" and "L" (for more than 2 seconds).



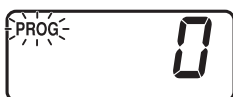
3. Program Lock feature is now activated.  
**Note:** In "Program Lock"
  - a. The oven is started by touching the desired Memory Pad. There is no need to touch Start Pad.
  - b. The Interrupt feature is deactivated—opening the door cancels the remaining time on the program.
  - c. The oven can not be programmed or run manually until the Program Lock feature is deactivated.

## K. To Deactivate Program Lock



1. Make sure the oven is plugged into a properly earthed electrical outlet.

(Continued on next page.)



2. Open the door and leave it open.  
The oven lamp will turn on. "0" will appear in the display. While touching Start Pad, touch Prog Pad until the Digital Display Window show "PROG" and "P" (for more than 2 seconds).



3. Program Lock feature is now deactivated.

**Note:** In "Program Unlock"

- a. Oven reverts to a two-touch operating mode (Number/Memory Pad + Start Pad).
- b. Repeat and interrupt features are operational.
- c. Memory Pads can be programmed.
- d. Manual heating is operational.
- e. Tone loudness control, length control and pitch control (beep tone at the end of heating cycle/filter cleaning alarm) are operational.

## L. To Read Program List

1. Open the door and leave it open.



2. While touching Start Pad, touch Number Pad "1".  
All currently programmed information (the program set into each Number/Memory Pad (A0 to C9), Beep Tone, Program Lock, Oven Lamp settings when the door is open, Oven Lamp blink settings at the end of heating cycle and Oven Lamp reduction settings during cooking information) will continuously appear.

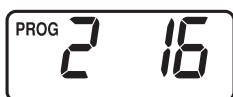


**Note:** When the filter cleaning alarm counter is set, this appears after Program Lock.



### How to erase memory content

1. Open the door (keep it open) and touch Prog Pad.
2. Select the memory number you want to erase, and touch Power Level Selector Pad.
3. Touch Stop/Reset Pad, and "0" is displayed to indicate that memory is erased.  
\*Memory content is automatically erased if overwritten.





## M. To Select Beep Tone Options

(The oven can not be programmed until the program lock feature is deactivated.)

The beep tone can be set for loudness—(4 Levels), length of tone—(3 Options), pitch of tone—(3 Options) and pitch of filter cleaning alarm—(3 Options). You can select the combination of loudness, length and pitch that best suits your needs.

The beep tone is set at the factory to the loudest level (#3), to 3 beeps and to normal pitch.

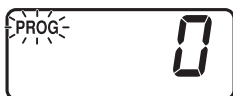
### To Select Loudness Level

1. Make sure the oven is plugged into a properly earthed electrical outlet.



2. Open the door and leave it open.

The oven lamp will turn on. "0" will appear in the display.



3. Touch Prog Pad first and then touch Start Pad.

"3 bEEP" and pattern of buzzer sound settings indicator "1" will appear in the Digital Display Window and "PROG" will blink.



4. Select the desired sound loudness level by touching Start Pad.

Repeated touching of Start Pad will lower the loudness of the tone all the way to silent. The tone will sound at its loudness level and the Digital Display Window will display loudness level in digits (3 to 0—loud to silent) followed by the word "bEEP".

[Example]: 3 bEEP—Loudest (Factory Setting)

1 bEEP—Low

2 bEEP—Mid

0 bEEP—Silent



5. Touch Prog Pad again, and "PROG" will stop blinking, and the set loudness of beep tone will appear for 3 seconds. Then "0" will appear.

To proceed to set length of beep tone, touch Start Pad before "0" is displayed after Step 5.



### To Select Length of Tone

There are 3 options for the length of beep tone at the end of heating cycle.

- 1st. 3 beeps (Factory Setting)

- 2nd. Short beeps for 60 seconds

- 3rd. "Beep" sounds for 5 seconds, and then 3 beeps sound 30 seconds later and again 60 seconds later. (Buzzer reminder functions to prevent food from being forgotten in the oven.)



6. Within 3 seconds after touching Prog Pad at Step 5, touch Start Pad.

A. "PROG" will blink.

B. Current length of beep tone will be displayed.

C. The display changes to 1st, 2nd, and 3rd each time Start Pad is touched and the settings change.



7. When the desired length of tone has been selected, touch Prog Pad again.

"PROG" will stop blinking, and the set length of tone at the end of heating cycle will appear for 3 seconds, then "0" will appear.



To proceed to set pitch of beep tone, touch Start Pad before "0" is displayed after Step 7.

(Continued on next page.)

### To Select Pitch of Tone

There are 3 options for the pitch of tone at the end of the heating cycle.

•: Low, ••: Normal (Factory Setting), •••: High



8. Within 3 seconds after touching Prog Pad at Step 7, touch Start Pad.
  - A. "PROG" will start to blink.
  - B. Current pitch of tone will be displayed.
  - C. The display changes to "•", "••", and "•••" each time Start Pad is touched and the settings change (Under the "bE" in "bEEP").



9. When the desired pitch of tone has been selected, touch Prog Pad again. "PROG" will stop blinking, and the set pitch of tone at the end of heating cycle will appear for 3 seconds. Then "0" will appear.



To proceed to set pitch of filter cleaning alarm, touch Start Pad before "0" is displayed after Step 9.

### To Select Pitch of Filter Cleaning Alarm

There are 3 options for the pitch of the filter cleaning alarm.

•: Low, ••: Normal (Factory Setting), •••: High



10. Within 3 seconds after touching Prog Pad at Step 9, touch Start Pad.
  - A. "PROG" will start to blink.
  - B. Current pitch of filter cleaning alarm will be displayed.
  - C. The display changes to "•", "••", and "•••" each time Start Pad is touched and the settings change (Under the "EP" in "bEEP").



11. When the desired pitch of filter cleaning alarm has been selected, touch Prog Pad again. "PROG" will stop blinking, and the set pitch of filter cleaning alarm will appear for 3 seconds. Then "0" will appear.



**Note:** When the programmed hour of cleaning Air Filter is "0", the pitch of filter cleaning alarm can not be selected.

## N. Procedure to Program the Air Filter



1. Open the door and leave it open.  
The oven lamp will turn on. "0" will appear in the Digital Display Window.



2. While touching Start Pad, touch Number Pad "7".



3. The display will show the length of time (in hours) between cleaning the Air Filter you have programmed in or the original time preset by the manufacturer.



4. Set the desired time between cleaning by touching the appropriate Number Pads. (Up to 9999 hours)  
[Example]: Touch Number Pads "6", "0" and "0" for 600 hours.

(Continued on next page.)



5. Touch Prog Pad.  
This completes the procedure to program time between cleaning of the Air Filter.



6. After 3 seconds, "0" will appear in the Digital Display Window. The oven is now ready for use.



- Note:** When "FILT" sign appears in Digital Display Window, remove the Air Filter and clean it.  
Touch Stop/Reset Pad for 2 seconds to clear the display.



#### To display the filter cleaning alarm counter

1. Open the door and leave it open.
2. While touching Start Pad, touch Number Pad "5".
3. The cumulative total cooking time starts over and is displayed after it is cleared.



After 3 seconds, "0" will appear in the Digital Display Window.

**N.B.** If the oven cuts out after short operation, check the Air Filter is clean before calling an engineer.

## O. Oven Lamp

(The oven can not be programmed until the program lock feature is deactivated.)

### •Oven Lamp settings when the door is open

#### To turn Oven Lamp settings OFF



1. Open the door and leave it open.  
The oven lamp will turn on, and "0" will appear.



2. While touching Start Pad, touch Number Pad "9".  
"PROG" will start to blink. The previously set Oven Lamp settings are displayed.

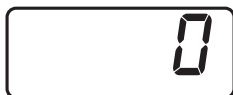


3. Touch Start Pad.  
**Note:** "on" → "oFF" → "on" is repeated each time the Pad is touched.



4. Touch Prog Pad.  
"PROG" will stop blinking, and the Oven Lamp settings will appear for 3 seconds.  
Then "0" will appear.

To proceed to Step 5, touch Start Pad before "0" is displayed after Step 4.



(Continued on next page.)

●Oven Lamp blinks at the end of heating cycle

**To turn the blinking Oven Lamp ON at the end of heating cycle**



5. Within 3 seconds after touching Prog Pad at Step 4, touch Start Pad.  
“PROG” will start to blink. The previously set Oven Lamp blink settings are displayed.



6. Touch Start Pad.  
**Note:** “oFF” → “on” → “oFF” is repeated each time the Pad is touched.



7. Touch Prog Pad.  
“PROG” will stop blinking, and the Oven Lamp blink settings will appear for 3 seconds. Then “0” will appear.

To proceed to Step 8, touch Start Pad before “0” is displayed after Step 7.



●Adjusting Oven Lamp brightness during cooking

**To decrease brightness of the inner cavity during cooking**



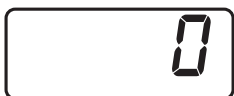
8. Within 3 seconds after touching Prog Pad at Step 7, touch Start Pad.  
“PROG” will start to blink. The previously set Oven Lamp reduction settings are displayed.



9. Touch Start Pad.  
**Note:** “oFF” → “on” → “oFF” is repeated each time the Pad is touched.



10. Touch Prog Pad.  
“PROG” will stop blinking, and the Oven Lamp reduction settings will appear for 3 seconds. Then “0” will appear.



# Before Cooking

## Microwave Basics

Fundamental principles determine the success of microwave food preparation.

They include:

1. **Temperature of Foods**—Frozen or refrigerated food items will require longer heating times to reach a desired serving temperature than foods at room temperature.
2. **Food Components**—Foods high in sugar, salt, fats and moisture content heat faster because these properties attract microwave energy. Denser foods high in protein and fibre, absorb microwave energy slower which means a lengthier heating time.
3. **Bulk/Volume**—The greater the mass of food, the longer it takes to heat.
4. **Containers**—Ceramic, paper, china, styrofoam, glass and plastic are suitable for use in microwave ovens with the following caution:

Heating foods with either high sugar or high fat content should be done **ONLY** in high temperature-resistant containers since these foods get very hot. Using styrofoam containers for these foods will cause the styrofoam to warp. Other low temperature restaurant glass or plastic platters may crack or warp under similar conditions.

**DO NOT HEAT** foods in a **SEALED** container or bag. Foods expand when heated and can break the container or bag.

5. **AVOID METAL** because it “bounces” the microwaves, causing uneven heating and sometimes even flashes, which may pit or mar the interior of the oven, the metal container or plate trim.
6. Heated liquids can erupt if not mixed with air. Do not heat liquids in your microwave oven without first stirring.

## General Guidelines for Heating in a Microwave Oven

For specific time, see each food category for appropriate heating techniques, plus necessary pre-preparation of foods.

### Heating Foods from Refrigerated Temperature

Foods stored in the refrigerator (5°C) should be covered before reheating with the exception of breads, pastries or any breaded product, which should be heated uncovered to prevent sogginess.

Most conventionally prepared foods should be slightly undercooked, and held in the refrigerator, so that overcooking does not occur during microwave heating.

Cooked items, such as vegetables, may be portion plated and covered for reheating without loss of colour, texture or nutritional content.

### Heating Foods from Room Temperature

Food items such as canned entrees, vegetables, etc. will require significantly less heating time than those at refrigerated temperatures.

### Important Recommendations

1. For best results it is recommended that foods conventionally prepared be slightly undercooked when subsequently heated in this oven.
2. **REMEMBER** that after the heating cycle has been completed, internal food temperatures continue to rise slightly in foods heated in this oven.
3. A major abuse of microwave applications is the category of breads and baked goods. Because crusts of breads, pastries and pies are drier than insides of fillings, they heat more slowly. Therefore, baked goods should **ONLY** be heated until the crust is warm to the touch (50°C–55°C).
4. **DO NOT OVERHEAT YOUR FOOD:** 99% of all food quality complaints of microwave-heated foods can be traced to overheating.

# Heating and Defrosting Time Charts

## Table of Contents

Appetizers .....	23
Baked Goods and Desserts .....	24
Breakfast .....	25
Casseroles .....	26
Fish and Seafood .....	27
Gravies, Sauces, and Soups .....	28
Plated Meat and Poultry Entrees .....	29
Rice and Pasta .....	30
Sandwiches .....	31
Vegetables .....	32

- Note:**
- Following charts are some examples including the recipe of various countries.
  - All heating times in the following charts are “**APPROXIMATE**”. We recommend you test your own recipe items and plating techniques in this oven to establish the correct heating times for your recipe items.
  - The maximum programmable time for “P1” and “P0” is 30 minutes, and 15 minutes for all others. For items that cook longer than 15 minutes on power except for “P1” and “P0”, please program oven for two-stage cooking.  
For example: To program 20 minutes:  
First Stage: Program HIGH 15 minutes  
Second Stage: Program HIGH 5 minutes
  - The maximum total programming time for five stage heating is  
P10–P2, PU1–PL2: 25 minutes  
P1, P0: 150 minutes

# Appetizers

Quantities of appetizers can be prepared conventionally in advance and refrigerated until needed. Most appetizers, with the exception of “nacho” platters and potato skins, should be heated covered. Appetizers of the same basic shape and size can be reheated together.

Most cooked appetizers heat on HIGH power, between 7 and 11 seconds per 25 g depending on weight, density, and bone content. “Nacho’s” need 30 to 37 seconds per 25 g depending on the amount of topping.

All heating times listed on the chart are for refrigerated temperatures (5°C) except for “nacho” chips.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Chicken wings	140–168 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	30 sec.
Chili con Carne	224 g	Prepare conventionally, refrigerate, covered.	Place in small bowl, cover.	HIGH (P10)	30 sec.
Meatballs	112–140 g	Prepare conventionally, refrigerate, covered.	Arrange on plate, cover.	HIGH (P10)	15 sec.
Nachos	112 g	For Best Results— Prepare when ordered or only a short time before serving to keep chips crisp.	Spread refried beans on each individual nacho. Arrange on platter. Sprinkle with shredded Cheddar cheese. DO NOT COVER.	HIGH (P10)	30 sec.
Potato skins	224 g	Prepare skins conventionally, refrigerate, covered.	Arrange skins on platter. Sprinkle with shredded Cheddar cheese and cooked, crumbled bacon. DO NOT COVER.	HIGH (P10)	45 sec.
Shrimp de Jonghe	112 g	Prepare conventionally, refrigerate, covered.	Place on small plate, cover.	HIGH (P10)	35 sec.

# Baked Goods and Desserts

Breads, pastries and pies should be heated uncovered, at HIGH power. They should be placed on absorbent material, such as a napkin or paper towel, to prevent sogginess.

DO NOT OVERHEAT breads and pastries. Baked goods should only be heated until the crust feels warm to the touch (50°C–55°C).

Because crusts of breads, pastries, and pies are drier than insides or fillings, they heat more slowly. After heating, let rest about 1 minute for equalization of temperature. If product is overheated, the end result will not be satisfactory.

Heating times for sweet baked goods and desserts are relatively short because of the high sugar content.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Bread, mini-loaf white or wheat	224 g	Prepare conventionally, store at room temperature.	Place on paper towel, uncovered.	HIGH (P10)	15 sec.
Coffee cake, frozen	84 g	_____	Place on paper towel, uncovered.	HIGH (P10)	10 sec.
Muffins, fruit	2 pcs.	Prepare conventionally or defrost, store at room temperature.	Place on paper towel or napkin, uncovered.	HIGH (P10)	10 sec.
	6 pcs.	Prepare conventionally or defrost, store at room temperature.	Place on paper towel or napkin, uncovered.	HIGH (P10)	20 sec.
Pie, fruit	1 slice 140 g	Prepare conventionally, refrigerate, covered.	Place on plate, uncovered.	HIGH (P10)	20 sec.
Rolls, hard	4 pcs.	Room temperature.	Place on paper towel, uncovered. After heating, let rest 1 minute.	HIGH (P10)	30 sec.
Rolls, soft	6 pcs.	Room temperature.	Place on paper towel, uncovered. After heating, let rest 1 minute.	HIGH (P10)	10 sec.
Rolls, sweet	6 pcs.	Room temperature.	Place on paper towel, uncovered. After heating, let rest 1 minute.	HIGH (P10)	15 sec.



# Breakfast

All foods listed are prepared in advance and reheated at HIGH power from refrigerated temperatures (5°C).

Most breakfast foods are heated covered to retain moisture, with the exception of breads and pastries, which should be heated uncovered on absorbent material, such as a napkin or paper towel, to prevent sogginess.

For poached eggs, pierce yolks before heating and allow eggs to stand for 1 minute after cooking so pressure subsides before cutting into them.

When preparing breakfast foods conventionally, undercook slightly and immediately chill and store, covered, for later reheating.

Cured breakfast meats will reheat faster than uncured meats because salt readily absorbs microwave energy.

**WARNING:** Never cook or reheat eggs in the shell. They may explode when interior pressure builds up.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Bacon	4 strips	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	10 sec.
Eggs, poached	2 eggs	Prepare conventionally, undercook slightly, refrigerate in salted water, covered.	Place on plate, pierce yolks, cover. Let rest 1 minute after heating.	HIGH (P10)	20 sec.
Eggs, scrambled	2 eggs	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH (P10)	20 sec.
Eggs, scrambled with bacon	2 eggs 4 strips	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH (P10)	30 sec.
Eggs, scrambled with sausage links	2 eggs 4 links	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate and cover.	HIGH (P10)	40 sec.
French toast	3 slices	Prepare conventionally, refrigerate, covered.	Place toast on plate. Heat uncovered.	HIGH (P10)	40 sec.
French toast with bacon	2 slices 4 strips	Prepare conventionally, refrigerate, covered.	Place toast on plate in single layer. Cover.	HIGH (P10)	30 sec.
French toast with sausage links	2 slices 4 links	Prepare conventionally, refrigerate, covered.	Place toast on plate in single layer. Cover.	HIGH (P10)	30 sec.
Ham steak	112 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover. Let rest 1 minute after heating.	HIGH (P10)	30 sec.
Hash, corned beef, canned	84 g	Prepare conventionally, refrigerate, covered.	Place on plate and cover.	HIGH (P10)	30 sec.
Pancakes	4 pcs.	Prepare conventionally, refrigerate, covered.	Place on plate in single layer. Heat uncovered.	HIGH (P10)	35 sec.
Pancakes with bacon	4 pcs. 4 strips	Prepare conventionally, refrigerate, covered.	Place on plate in single layer, cover.	HIGH (P10)	40 sec.
Pancakes and Sausage patty	4 pcs. 112 g	Prepare conventionally, refrigerate, covered.	Place on plate in single layer, cover.	HIGH (P10)	30 sec.
Potatoes, hashed brown	126 g	Prepare conventionally, refrigerate, covered.	Place on plate and heat, uncovered.	HIGH (P10)	30 sec.
Sausage links	4 links	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	30 sec.
Sausage patties	4 patties	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	40 sec.

# Casseroles

Food-Service casseroles can be cooked successfully in this microwave oven. For best results, follow instructions below.

## Preparation

Remove all casseroles from their foil baking trays, while still frozen and place in a suitable microwave-safe container. Place in refrigerator and thaw for about 2 to 4 days.

Let stand 15 minutes before serving.

## Casseroles, Frozen—Heating

Item	Quantity	Preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Vegetable Lasagna	2.9 kg	Place in suitable container. Thaw in refrigerator for approx. 4 days.	Cover with lid. Let stand 15 minutes, before serving.	1st Stage MED (P5, P4)	10 min.
				2nd Stage HIGH (P10)	5 min.
Spinach Souffle	2 kg	Place in suitable container. Thaw in refrigerator for approx. 2 days.	Cover with lid. Let stand 15 minutes, before serving.	MED (P5, P4)	15 min.
Deep Dish Cherry Crisp	2 kg	Place in suitable container. Thaw in refrigerator for approx. 2 days.	Sprinkle with 2 tablespoons of sugar.	MED (P5, P4)	10 min.
Macaroni and Cheese	2.7 kg	Place in suitable container. Thaw in refrigerator for approx. 2 days.	Cover with lid. Stir after cooking.	HIGH (P10)	10 min.
Burritos	8 pcs.	Place on paper towel.	Heat uncovered. Rearrange midway through heating.	HIGH (P10)	10 min.

# Fish and Seafood

## Defrost

Fish and seafood can be defrosted and heated successfully in this microwave oven. To defrost evenly, fish should be arranged in a single layer in container and should be only thawed to the point of being flexible so it does not begin to cook at the edges.

## Primary Cooking

Cooking individual portions demands close attention as well as slight undercooking. Delicate fish and shellfish should always be undercooked and should be allowed to rest after heating.

### Fish/Seafood—Primary Cooking

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Lobster Tail	224 g	Defrost. Refrigerate, covered.	Place on plate, brush with butter and cover.	HIGH (P10)	3 min.
Perch, fillets	196 g	Defrost. Refrigerate, covered.	Place in microwave pan and brush with butter and herbs.	HIGH (P10)	45 sec.
Salmon Steaks	224 g	Defrost. Refrigerate, covered.	Place on plate brush with butter, cover.	HIGH (P10)	1 min.
Scallops, Bay	140 g	Defrost slightly. Refrigerate, covered.	Place in microwave pan, dot with butter and cover.	HIGH (P10)	25 sec.
Shrimp, large	168 g	Defrost. Refrigerate, covered.	Place on plate and cover.	HIGH (P10)	35 sec.
Snapper, Red fillets	140 g	Defrost. Refrigerate, covered.	Place on plate, brush with butter and herbs, and cover.	HIGH (P10)	45 sec.
Sole, stuffed with crabmeat	168 g	Defrost. Refrigerate, covered.	Place on plate and cover.	HIGH (P10)	2 min.

### Fish/Seafood, Frozen—Defrosting

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Lobster Tail (Frozen)	224 g	_____	Place on plate and cover. After DEFROST cycle, let rest 5 min. and refrigerate or cook.	DEFROST (P1)	3 min.
Perch, fillets (Frozen)	450 g	_____	Place in microwave pan and cover. Halfway through defrost, turn over and if possible, rearrange fillets. After DEFROST cycle, let rest 5 min. and refrigerate or cook.	DEFROST (P1)	4 min.
Shrimp, large (Frozen)	168 g	_____	Place on plate and cover. After DEFROST cycle, refrigerate or cook.	DEFROST (P1)	2 min.

# Gravies, Sauces, and Soups

Some water-based gravies, sauces, and soup mixes may be prepared in large portions by using this oven to heat water and thicken the blended mixes.

Refrigerated gravies, sauces, and soups can be reheated quickly at HIGH power and may require stirring during heating to produce an even temperature.

## Gravies

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Brown gravy	1 qt.	Prepare conventionally or heat ingredients in microwave, if recommended. Refrigerate gravy.	Place in microwave pan. Cover. Stir midway through heating.	HIGH (P10)	5 min. 30 sec.
Chicken gravy	1 qt.			HIGH (P10)	4 min.

## Sauces

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Cheese sauce	1 qt.	Prepare conventionally or heat mix ingredients in microwave, if recommended. Refrigerate sauce.	Place in microwave pan. Cover. Stir midway through heating.	HIGH (P10)	5 min. 30 sec.
Espagnole (Stock base)	1 qt.			HIGH (P10)	3 min. 30 sec.
Mushroom sauce	1 qt.			HIGH (P10)	3 min. 30 sec.
Tomato sauce	1 qt.			HIGH (P10)	4 min. 15 sec.
White sauce (Bechamel)	1 qt.			HIGH (P10)	4 min.
White sauce (Stock base)	1 qt.			HIGH (P10)	4 min.

## Soups

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Beef broth	1 qt.	Prepare conventionally or heat mix ingredients in microwave, if recommended. Refrigerate soup.	Place in microwave pan. Cover. Stir midway through heating.	HIGH (P10)	2 min. 45 sec.
Chicken noodle soup	1 qt.			HIGH (P10)	3 min. 30 sec.
Clam chowder	1 qt.			HIGH (P10)	3 min. 30 sec.

# Plated Meat and Poultry Entrees

Meat and poultry can be reheated successfully in this oven.

Undercook meat slightly. Arrange meat or poultry slices in single layer, overlapping pieces as little as possible.

## CAUTION

Pork products must be fully cooked prior to reheating.

When appropriate, cover meats or poultry evenly with sauces.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Beef, prime rib with gravy	336 g	Prepare conventionally, refrigerate, covered.	Place on plate and top meat with gravy. Cover.	HIGH (P10)	2 min.
Beef stew	224 g	Prepare conventionally, refrigerate, covered.	Put in small bowl, stir midway through heating, cover.	HIGH (P10)	45 sec.
Beef stroganoff with noodles	224 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	1 min.
Chicken, breaded, fried	224 g	Prepare conventionally, refrigerate, covered.	Place on plate, uncovered.	HIGH (P10)	45 sec.
Chicken, broiled	½ pcs.	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	1 min.
Chicken pieces, with potatoes, dressing and gravy	336 g	Prepare all components conventionally, refrigerate, covered.	Place on plate depress potatoes, and cover.	HIGH (P10)	1 min. 30 sec.
Duck	½ pcs.	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	1 min. 30 sec.
Burrito	224 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	45 sec.
Meat loaf with gravy	196 g	Prepare conventionally, refrigerate, covered.	Arrange slices in single layer on plate, cover with gravy. Cover.	HIGH (P10)	1 min.
Green peppers, stuffed	168 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	50 sec.
Pork chop, stuffed	196 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	1 min. 15 sec.
Ribs, short	224 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	1 min. 15 sec.
Ribs, spare	448 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	1 min. 25 sec.
Salisbury steak	196 g	Prepare conventionally, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	1 min.
Turkey, sliced with gravy	336 g	Prepare conventionally, refrigerate, covered.	Arrange slices in single layer on plate, cover with gravy. Cover.	HIGH (P10)	1 min. 20 sec.

# Rice and Pasta

For best results, undercook rice and pasta dishes during primary cooking. Reheat covered at HIGH power. Adding moisture, such as a sauce, can facilitate reheating though its not essential.

Rice and pasta dishes with cheese sauces, require more stirring than tomato-based sauces to avoid over-heating and stringiness of cheese.

## Rice

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Chicken rice pilaf	112 g	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	35 sec.
Rice, long grain and wild rice	112 g	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	30 sec.

## Pasta

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Lasagna	224 g	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover. Cut in half let rest 1 minute after heating.	HIGH (P10)	2 min.
Macaroni and cheese	224 g	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover. Let rest 1 minute after heating.	HIGH (P10)	20 sec.
Noodles	112 g	Prepare conventionally, undercook slightly, refrigerate, covered.	Place on plate, cover.	HIGH (P10)	20 sec.
Ravioli	168 g	Prepare conventionally, undercook slightly, refrigerate, covered.	Arrange in single layer on small plate, cover.	HIGH (P10)	25 sec.
	336 g	Prepare conventionally, undercook slightly, refrigerate, covered.	Arrange in single layer on plate, cover.	HIGH (P10)	1 min. 45 sec.
Spaghetti with meat sauce	336 g	Prepare conventionally, keeping spaghetti and sauce separate, refrigerate, covered.	Place on plate, cover with sauce, cover.	HIGH (P10)	1 min. 45 sec.

# Sandwiches

Preassembled sandwiches can be heated quickly and easily in this microwave oven.

Meat fillings such as hamburgers and sausages should be precooked and preferably not be more than 1.3 cm thick.

Day-old, toasted breads, or breads whose formula is enriched with egg or fat, are advantageous because they tend to become less soggy when heated. When fresh, untoasted breads are required, seal with butter or another spread.

Thin sliced meats, lightly packed, allow for more even heating. Place meat over bread.

All but openfaced sandwiches should be heated uncovered on absorbent material such as paper towel or napkin to prevent sogginess.

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Beefburger on bun	168 g	Prepare beef conventionally, refrigerate, covered. Toast bun.	Assemble, place on paper napkin on plate, uncovered.	HIGH (P10)	30 sec.
Corned beef on rye	140 g	Assemble, refrigerate, covered.	Place on paper towel, uncovered.	HIGH (P10)	30 sec.
French dip	168 g	Assemble, refrigerate, covered.	Place on plate with gravy over beef and on side, uncovered.	HIGH (P10)	30 sec.
Grilled cheese	112 g	Prepare conventionally, refrigerate, covered.	Place on paper towel, uncovered.	HIGH (P10)	25 sec.
Hamburger, plain with cheese	140 g	Prepare burger conventionally. Toast bun.	Place on paper towel, uncovered.	HIGH (P10)	20 sec.
	140 g	Assemble, refrigerate, covered.		HIGH (P10)	35 sec.
Hot dog	84 g	Prepare conventionally. Toast bun. Assemble, refrigerate, covered.	Wrap loosely in plastic.	HIGH (P10)	15 sec.
Pastrami on rye	140 g	Assemble, refrigerated, covered.	Place on paper towel, uncovered.	HIGH (P10)	25 sec.
Reuben	168 g	Prepare conventionally, refrigerate, covered.	Place on paper towel, uncovered.	HIGH (P10)	30 sec.
Roast beef, open-face with gravy	224 g	Prepare beef and gravy conventionally, refrigerate, covered. Toast bread.	Assemble, plate, cover.	HIGH (P10)	40 sec.
Sausage, Italian on sub roll	154 g	Prepare sausage conventionally. Toast roll. Assemble, refrigerate, covered.	Place on paper towel, uncovered.	HIGH (P10)	55 sec.
Turkey, open-face with gravy	224 g	Prepare turkey and gravy conventionally, refrigerate, covered. Toast bread.	Assemble, plate, cover.	HIGH (P10)	40 sec.

# Vegetables

Most small and bulk portions of vegetables, defrost, heat, and cook very successfully in the microwave, retaining fresh colour and texture as well as nutritional value. The thicker and more fibrous the vegetable, the longer the cooking time.

Frozen vegetables can be defrosted and heated in one step. 1 to 2 tablespoons of water should be added to frozen vegetables.

Icy sections should be broken up during heating for even temperature distribution.

Canned vegetables placed in suitable microwave-safe container can be heated at HIGH power in approximately 1 minute per 450 g.

Most fresh vegetables are prepared with a small amount of cooking liquid such as water.

## Vegetables, Frozen—Defrosting and Heating

Item	Quantity	Instructions for Pre-preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Beans, green	1.8 kg	_____	Place in a suitable microwave-safe container. Add 1 to 2 tablespoons of water. Cover with lid. Let stand, covered, 2 minutes.	HIGH (P10)	12 min.
	2.7 kg				20 min.
Cauliflower	1.8 kg	_____		HIGH (P10)	15 min.
	2.7 kg				
Broccoli	1.8 kg	_____		HIGH (P10)	15 min.
Carrots, sliced	2.7 kg	_____		HIGH (P10)	20 min.

## Vegetable, Fresh—Heating

Item	Quantity	Preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Carrot	1.8 kg	Peel carrots; cut into 8 slices.	Place in a suitable microwave-safe container. Add 2 tablespoons of water. Cover with lid. Stir midway through heating. Let stand, covered, 10 minutes.	HIGH (P10)	6 min.
	2.3 kg	Peel carrots; cut into 8 slices.	Place in a suitable microwave-safe container. Add 3 to 4 tablespoons of water. Cover with lid. Stir midway through heating. Let stand, covered, 10 minutes.	HIGH (P10)	7 min.
	2.7 kg			HIGH (P10)	10 min.
	3.2 kg			HIGH (P10)	12 min.

## Vegetable Fresh—Primary Cooking

Item	Quantity	Preparation	Instructions for Microwave Heating	Power Setting	Approximate Times
Broccoli	1.4 kg	Rinse broccoli. Cut into spears.	Place in a suitable microwave-safe container. Add 2 tablespoons of water. Cover with lid. Let stand, covered, 10 minutes.	HIGH (P10)	7 min.
Baked Potatoes	8 pcs.	Wash, dry and pierce several times with fork. Arrange evenly on paper towel in oven.	Rearrange halfway through heating. After heating, wrap in foil and let stand 1 minute.	HIGH (P10)	4 min.
Refried beans	3.2 kg	_____	Place in a suitable microwave-safe container. Cover with lid. Stir midway through heating. Let stand 5 minutes.	HIGH (P10)	5 min.



# Care of Your Microwave Oven

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

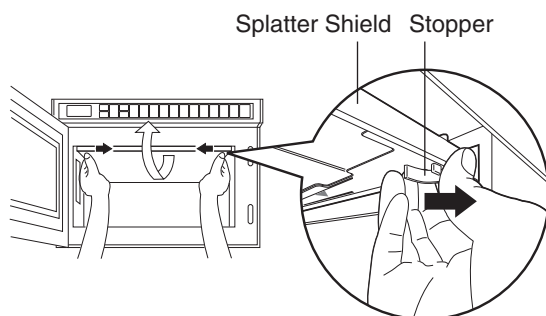
1. Remove the plug from the electrical socket before cleaning.
2. Keep the inside of the oven clean. If pieces of food or spilled liquids stick to the oven walls, or between door seal and door surface, they will absorb microwaves and may cause arcing or sparks. Wipe up all spills with a damp cloth. Kitchen detergent or Food Sanitizer Solution may be used if the oven gets very dirty. Do not use harsh detergents or abrasives.
3. The outside surface of this microwave oven should be cleaned with soap and water, then dried with a soft cloth. Make sure that water does not get into the back ventilation or control panel opening since this can damage the unit.
4. The window of the door should be washed with very mild soap and water. Be sure to use a soft cloth. Never use window cleaner. The front door can be scratched by harsh soap or cleaners.

## CLEANING OF THE SPLATTER SHIELD

1. Hold snap in / snap out stoppers of splatter shield with both hands and pull them in and down. Then take the splatter shield out of the oven cavity.
2. Rinse splatter shield in soapy water or Food Sanitizer Solution.
3. Be sure to replace the shield before using the oven.

### CAUTION

Splatter shield must be in place securely when you use the oven.

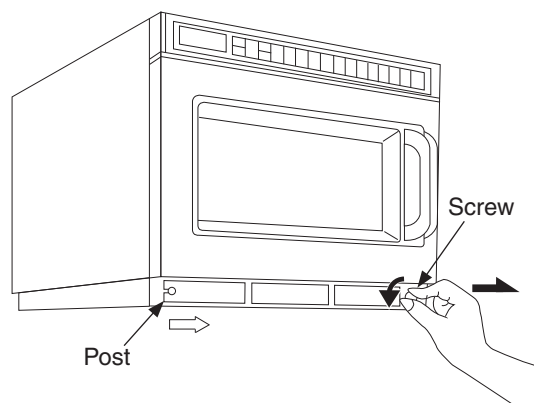


## CLEANING THE AIR FILTER

Clean the Air Filter regularly according to the following instructions. The oven may have problems when the Air Filter becomes clogged with dust(\*).

1. Remove the Air Filter from the front bottom skirt by turning the right screw to the left. Then slide the filter to the right and lift it off the post at the left.
2. Wash this filter in warm soapy water.
3. Be sure to replace the Air Filter before using the oven.

(\*) If the Air Filter becomes clogged with debris this will cause an overheating problem with the oven.



# Explanation of Self Diagnostics Failure Code

This oven monitors its operation and displays a Failure Code in the Digital Display Window when a problem occurs.

## What to do when a failure code appears:

Unplug the oven and wait more than 10 seconds before reconnecting.

If normal operation does not resume, follow the chart below.

CODE	PROBLEM	WHAT TO DO (BELOW)
F01	Temperature of exhaust air too High	1./2./3./4./5.
F33	Defective Thermistor Circuit	1./5.
F44	Defective Control Panel	1./5.
F81–82	Defective Relay Circuit	5./6./7.
F86–87	Defective Relay Circuit	1./5.
U30	Memory cooking has exceeded the maximum time during double quantity and triple quantity setting.	Check and change the time. —See page 9, step 5 “Note”.

1. Oven shuts off automatically. Disconnect the power cord from the wall socket.
2. Oven beeps continuously.
3. Oven resets for operation when cool.
4. Move oven to cooler location.
5. If problem persists call service agent.
6. Oven will operate even if failure code appears, just not as designed. Call service agent.
7. Touch Stop/Reset Pad and try again.

**Note:** Above Codes shown in the display do not indicate all the possible failures on the unit.

# Installation Instructions for Stacking

## Important

1. Disconnect the power cord from the wall socket before attempting installation.
2. For stacking installation, you must use the Panasonic Joint Plate A1134-3280 (Available via service route).
3. Combination of the unit for stacking is limited within only the following models.  
NE-1753, NE-1853
4. Do not stack more than one oven above bottom oven.

## Preparation

Be sure the oven cavity is empty.

## Installation

1. Stack the units and remove five screws (a) as shown in Fig. 1.
2. Loosen the screw (b).
3. The projection on the Joint Plate must face away from the oven. Place the Joint Plate on the screw (b).
4. Attach and tighten five screws (a) and the screw (b). See Fig. 2.
5. Ensure the top oven is at a safe and workable height.

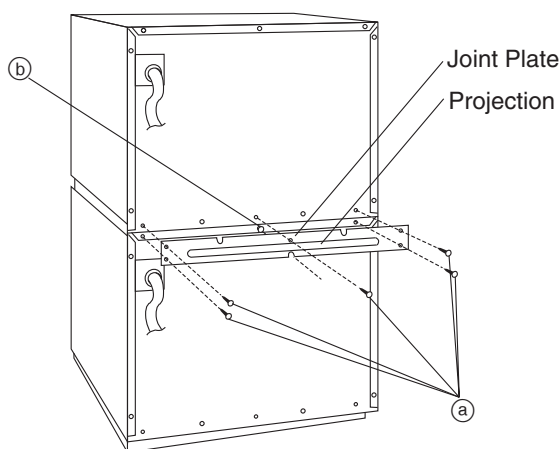


Fig. 1

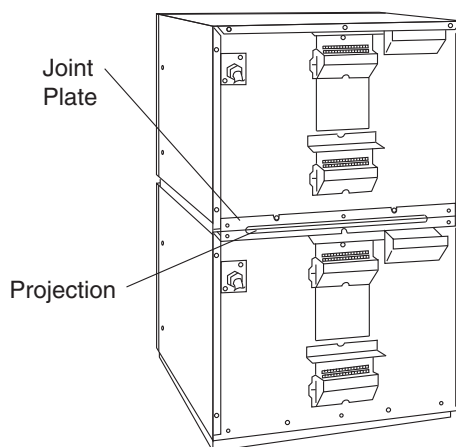


Fig. 2

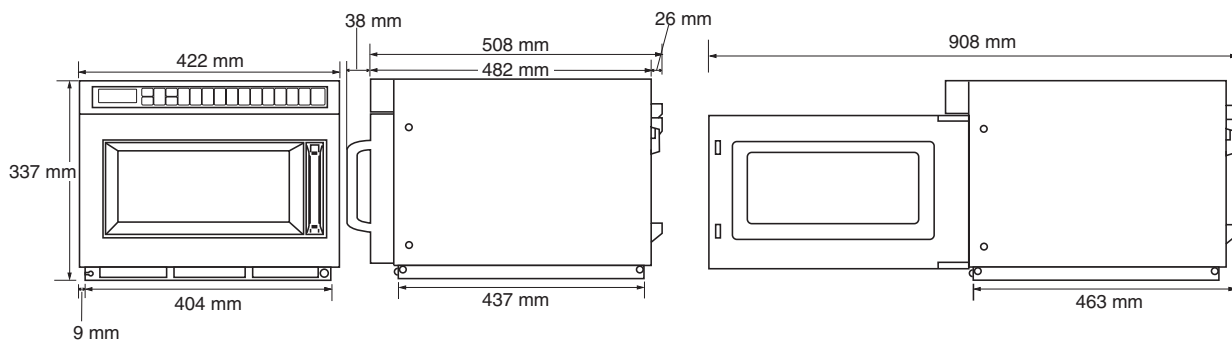
# Technical Specifications

			NE-1753	NE-1853
Power Source			50 Hz, single phase 220 V	50 Hz, single phase 240 V
Required Power			12.8 A 2780 W	12.3 A 2830 W
Output*	HIGH	(P10)	1700 W*	1800 W*
	MEDIUM	(P9)	90%	
	HIGH	(P8)	80%	
		(P7)	70%	
		(P6)	60%	
	MEDIUM	(P5)	50%	
		(P4)	40%	
	LOW	(P3)	30%	
		(P2)	25%	
DEFROST			(P1)	340 W
OFF			(P0)	0%
HEAT FROM TOP DOWN			(PU1)	50%
			(PU2)	25%
HEAT FROM BOTTOM			(PL1)	50%
			(PL2)	25%
Frequency			2450 MHz	
Outside Dimensions (W×D×H)			422 mm×508 mm×337 mm	
Cavity Dimensions (W×D×H)			330 mm×310 mm×175 mm	
Net Weight			30.0 kg	
Timer			30 minutes (digital)/10 touch pads Maximum programmable time for single stage heating P1 and P0=30 minutes P10–P2, PU1–PL2=15 minutes	

## \*IEC Test Procedure

Specifications subject to change without notice.

Power Source requirement may differ by country.



**Panasonic Corporation**  
Website: <http://www.panasonic.com>  
© Panasonic Corporation 2014

**A00033F81HP**  
F0314-11117  
Printed in Japan

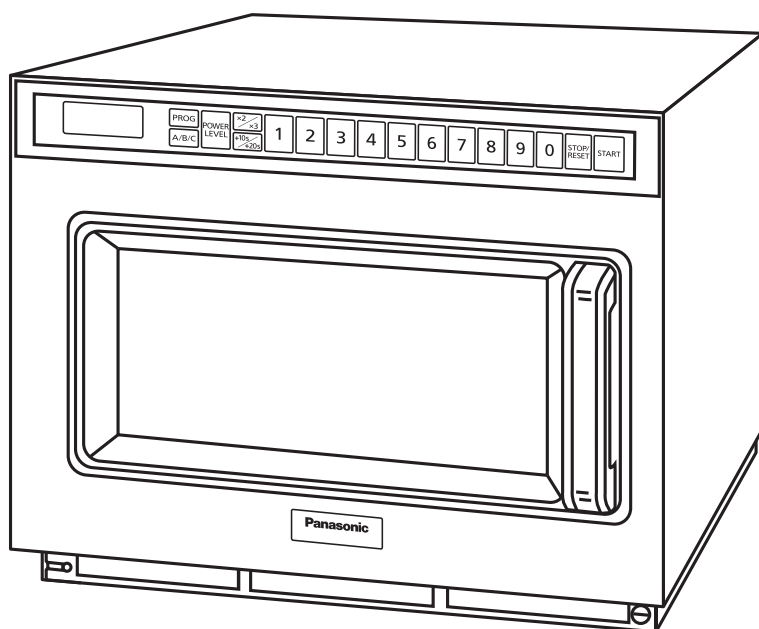
# Panasonic®

## 操作說明

供商業用途

型號 **NE-1753/NE-1853**

微波爐



可用型號按國家而異。

請完全閱讀這些指示才操作微波爐並保留以供將來參考。

# 索引

	頁數
重要安全指示	3
使用前事項	6
定義和功能說明	7
圖解概要	8
操作方式	9
A. 手動加熱單一步驟加熱	9
B. 手動第 2-5 步驟加熱循環	10
C. 設定一次步驟加熱的程序記憶體鍵	11
D. 設定第 2-5 步驟加熱程序記憶體鍵	12
E. 記憶體鍵加熱	12
F. 設定程序雙倍/三倍份量鍵	13
G. 「雙倍/三倍」份量加熱的「記憶體鍵」加熱	14
H. +10s/+20s 鍵加熱	14
I. 閱讀循環計時器	15
J. 啟用程序鎖	15
K. 停用程序鎖	15
L. 閱讀程序清單	16
M. 選擇嗶聲選項	17
N. 設定空氣過濾器的程序	18
O. 微波爐燈	19
烹調前	21
加熱及解凍時間表	22
餐前小吃	23
烘烤食品和甜品	24
早餐	25
盤菜	26
魚類和海鮮	27
燒汁、醬汁和湯料	28
盤碟肉和家禽主菜	29
米飯和意粉	30
三文治	31
蔬菜	32
保護微波爐	33
自我診斷故障編碼說明	34
放置安裝指示	34
技術規格	35

# 重要安全指示

## 安裝

### 接地

**重要事項：**本產品必須正確地接地以保障個人安全。

當插座未接地，客戶有責任和義務更換正確的接地插座。

### 電壓和電力警告

使用的電壓必須與微波爐上指定的相同。使用高過指定的電壓是危險，並可能導致火災或其他意外事故引起的損毀。

### 更換微波爐

將微波爐放在平坦和穩固表面上。請勿將微波爐放置在熱或濕的地方；

例如：靠近煤氣或電力範圍內。當溫度高於40°C (104 °F) 及/或濕度高於85%時，請勿操作微波爐。微波爐週邊氣流暢通是重要的。如微波爐太接近收音機或電視，可能會有小量干預和微弱廣播訊號。

要進行安全和有效操作，微波爐必須有足夠氣流到通風口，即是側邊和後面距離5cm (2吋)；頂部距離請則20cm (8吋)。

請勿安裝產品高於1.6m和低於0.8m。

微波爐必須放於容易接觸控制面板和爐門處，且可拔斷電源或以保險絲或斷路器關掉電源。



微波爐背面有外部等電位連接導體，以此標誌標示之。

## 小心

### 移除保護膜

保護膜是用來在運送期間防止刮花外邊箱子。撕開保護膜才安裝或使用。

### 微波爐空置時請勿開啟。

要保持磁鐵管和其他零件高質素，你需要放置食品才零可開啟微波爐。

### 請勿打開微波爐。

微波爐內含有高電壓。維修和調校應只可由合資格服務人員進行。

### 請勿封鎖通風口。

微波爐背後部需要流暢通風口供最大冷卻效能。烹調時你應保持通風口流暢。

### 請勿使用微波爐弄乾衣服。

請勿使用微波爐弄乾衣服，如放入太久會有可能燒焦裝裝衣服。

### 附上小心標籤。

如微波爐已附上小心標籤，使用前必須貼上適當小心標籤。請選擇適當的標籤並貼在爐頂上。

# 重要安全指示

## 警告

1. 警告 — 如要減低燒傷、觸電、火災、人身傷害或過量微波爐能源：閱讀所有說明才使用微波爐。
2. 請根據本手冊說明的用途使用微波爐。
3. 如微波爐無法正常運作，或被損毀或跌下請停止操作。
4. 請勿在室外使用。
5. 請勿將電線或插頭浸入水中。
6. 保持電源線遠離熱源表面。
7. 請勿讓電源線掛在桌子或檯面邊緣。
8. 如要減低爐內壁火災風險：
  - a) 請勿烹調過熱食物。將紙張、塑膠或其它易燃材料放入微波爐加快烹調時請小心使用。
  - b) 放入微波爐前先拆去綁紮包裝袋的金屬線。
  - c) 如微波爐內是易燃物料，請保持爐門關閉，牆壁開關或以保險絲或斷路面板關掉電源。
9. 本產品不應在沒有食物下操作微波爐，否則會導致產品損毀。
10. 請勿將易燃物料保存在爐側邊、爐頂或爐內。這可能會導致火災。
11. 請勿使用此微波爐加熱化學或其它非食物產品。請勿使用任何包含標籤為腐蝕性化學品的產品清潔本微波爐。在本微波爐內加熱腐蝕性化學品可能導致輻射洩漏。
12. 請勿使用你的當作家用罐頭或加熱任何有蓋瓶罐。壓力會累積而引瓶罐爆開。另外，微波爐無法保持食物在正確罐裝溫度。不正確保存罐裝食物可能損壞食物而無法進食。
13. 請勿嘗試用來煎炸食品。
14. 馬鈴薯、蘋果、蛋黃、美國南瓜和香腸都是無孔皮食物。這類型食物必須戳穿才可烹調，以防爆裂。
15. 請勿在微波爐內使用傳統肉類溫度計。如要檢查烹調烤肉和家禽熟度，請使用微波爐溫度計。另外從微波爐取出食物後可以使用傳統肉類溫度計。如未熟煮，使用建議火力將肉和家禽放回微波爐並再烹調幾分鐘。確保肉類和家禽是完全煮熟是重要的。
16. 使用微波爐烹調爆谷必須非常小心。製造商建議用最小烹調時間。使用適合微波爐瓦數的方向。爆開爆谷時切勿離開微波爐。
17. 加熱嬰兒奶瓶時移除瓶蓋奶嘴。奶瓶頂的液體比底部更熱，所以必須完全搖晃才檢查溫度。檢查溫度前瓶蓋必須從奶瓶及食物樽移除，食物也必須攪拌或搖晃。
18. 爐門密封襯墊和襯墊區域應用濕布清潔。
19. 警告：如門或密封襯墊已損毀，微波爐需即時停止操作直至由合資格人員維修。
20. 如見到有煙冒出，請關掉微波爐、拔除電源，並保持爐門關閉，以遏止任何可能出現的火焰。
21. 如供應電線已損毀，必須由製造商更換，其服務代理或類似合資格人員以避免危險。
22. 使用前，用戶應檢查該用具是否適合微波爐使用。



23. 在微波爐內加熱液體時，例如：湯類、醬汁和飲品，如未有顯示沸騰，有可能發生過份加熱液體超出沸點。這可能導致熱液體突然溢出。如要防止這個可能性，可以採取以下措施：
  - a) 避免使用窄頸的直邊容器。
  - b) 請勿過量加熱。
  - c) 烹調時間到一半後攪拌液體然後將容器放入微波爐。
  - d) 加熱後，讓容器保留在微波爐片刻，再次攪拌才小心取出容器。
24. 將食品放在塑膠或紙質容器中加熱時，鑑於起火的可能性，應當密切關注微波爐的情況。
25. 警告：奶瓶和盛載嬰兒食品瓶罐內的食物必須先攪拌或搖一搖，然後檢查一下溫度才餵給嬰兒，以防燙傷嬰兒。
26. 警告：液體和其他食物不得在密封容器內加熱，否則可能引起爆炸。
27. 請勿使用微波烹調或加熱帶殼蛋類，因為即使在微波烹調過程結束後，也有可能發生爆裂。
28. 飲料經微波加熱後會出現沸騰爆濺，因此在烹調時及移動容器時必須格外小心。
29. 除非得到監護人或負責其安全人士的適當監督或指導，否則，此機器不適合身體官能或心智能力退化者，或缺乏操作經驗和知識的人士（包括8歲以下的兒童）使用。兒童不應以此產品作玩具。兒童不應在沒有監管的情況下清潔或維修產品。
30. 警告：由於維修可能會涉及拆卸外殼，而外殼對電氣部件起著保護作用，以免接觸到微波，所以由專人維修是很重要的。
31. 不應使用射水器清潔產品。
32. 由於電子磁場和使用心臟起搏器的潛在危險性，建議遠離電子磁場。在這個情況下，請注意由製造商提供的指示。
33. 如不使用產品時，請勿存放物件在內。否則不小心開啟開關可能導致周遭環境有危險。如電子零件已損毀，插頭無法拔出，或本產品的開關在相同電線電路的以外獨立裝置無法關掉。
34. 除非包裝說明它們特別為微波爐使用而設，否則請勿使用再循環紙張產品，有可能包含雜質引致火花及/或火災。
35. 維修和更換零件時本產品應從其電源拔斷。拔斷電源插頭後，插頭應讓服務供應商可見以確保可避免非故意重接。
36. 微波爐應定期清潔並移除任何食品淤積。
37. 請勿使用金屬器皿、用金或銀修剪的陶瓷、或任何有金屬含量的容器。

# 使用前事項

## 廚房用具

1. 防熱玻璃器皿，例如Pyroceram和Pyrex，是最適合微波爐使用的。
2. 如出現「弧」的情況，請小心檢查廚具是否有金屬。
3. 需要在低溫度下烹調食物時，你可以使用一般玻璃器皿、瓷器、塑料製品和紙製品。在高溫度情況下使用這類廚具可引致裂開或變形。
4. 你可使用特別「透明」保鮮紙烹調蒸菜，例如「Saran Wrap」或蠟紙。請勿在膠袋內烹調。

### 小心

請勿在此微波爐中使用金屬用具。

## 解凍冷藏食物

1. 如你嘗試在微波爐內完全解凍冷藏食物，可能會因為食品厚度和形狀出現不均勻解凍。也有可能滴水，有時食物部分煮熟但其它部分仍然冷藏。在實際使用冷藏食物時，你不應100%解凍，建議以70%在微波爐解凍，並有助下次烹調操作。
2. 如要均勻解凍，將食物旋轉180°，或解凍時翻轉。
3. 如要解凍肥肉，請在微波爐內加熱少許時間並保持室內溫度，或間中加熱直至解凍。
4. 當你解凍整隻雞時，或任何異常形狀的冷藏食物，用錫紙包紮腿部或瘦部分。否則瘦部分會更快解凍，有時可能在其它部分未完全解凍前已完成烹調。對於大件肉塊，用錫紙包裹側邊，讓肉透過垂直微波均勻解凍。
5. 解凍期間冰應該會融解。

## 其他有用說明

### 達至最佳效果

1. 由於微波爐烹調食物很快速，食品會容易過熟。因此，當要決定烹調食物所需的時間，永遠考慮最短時間，並在烹調期間定時檢查烹調進度。
2. 烹調小份量或合含有低水份量的食物時，請留意烹調時間。如烹調太長時間可能會燒焦。
3. 請勿使用微波爐弄乾廚房毛巾或餐巾。如加熱太長時間可能會燒焦。
4. 請勿在微波爐內煮熟雞蛋。
5. 當你煮雞蛋時，請確保請刺穿蛋膜才放入微波爐以避免蛋爆破。

### 如何煮成金黃色

一般在微波爐煮的食物不會煮成金黃色。這就是本產品的其中一個功能。如要將雞煮成金黃色，烹調前或烹調期間在表面刷上汁。你也可以用傳統平底鍋將肉烹調至金黃色才放入微波爐烹調。供微波爐使用的金黃燒鍋可煮出相同效果。

### 均勻烹調

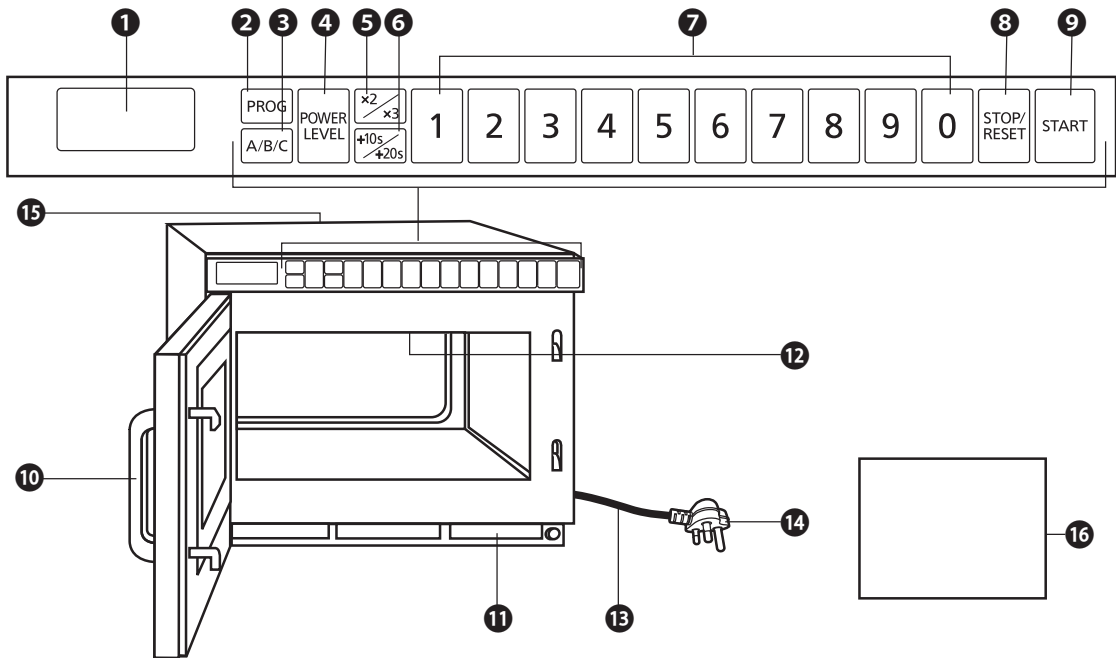
打開爐門將餐菜翻轉一半，或烹調期間將食物翻轉。這讓可協助達至更多均勻烹調。當你烹調雞時，雞腿較其它部位更快煮熟。烹調時用錫紙包裹雞腿，讓其反揮微波能源以達至均勻烹調。

# 定義和功能說明

本微波爐有很多功能不會在其他商業微波爐中找到。

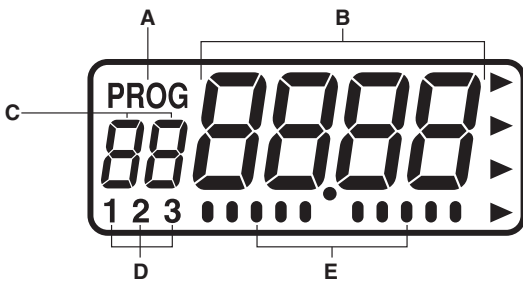
功能	解釋
手動加熱	給用戶最大靈活性設定食物所需的加熱時間和火力。適合需要不同加熱程度的食譜。
單次步驟加熱	讓微波爐在所選加熱時間以所選火力運行。
加熱第 2-5 步	讓微波爐設定以一個火力開始加熱，然後在指定加熱時間後自動移至不同火力（例如：高到中或解凍到高）。
中斷功能	打開爐門以檢查爐腔中的食物。 關門和輕按「開始鍵」繼續加熱。當你檢查食物時加熱時間不會倒數。 注意事項：中斷功能已在「程序鎖」停用。
重複功能 (只限手動加熱)	當你從微波爐拿出食物後，計時器則自動預設以重複最後加熱時間和火力。如果你不想將每日精選設定到「記憶鍵」，這是特別方便的方式。
兩個步驟操作 (只限「程序解鎖」)	給你時間確定和或修改所選加熱程序才開始加熱循環。(以手動或「按鍵」數字選擇加熱程序，然後輕按「開始鍵」)。
一按開始 (只限「程序鎖」)	一按程序數字鍵開始加熱。適合快餐店、便利店和自動售賣應用。
循環計時器	微波爐可以顯示由按鍵數字操作、手動操作和累積的總次數。對微波爐分析用量和位置流量用處非常好。
程序鎖	1. 「鎖定」控制面板數字鍵到自己的程序加熱時間和火力。 2. 將微波爐轉換到「一按開始」操作。 3. 停用「程序」、「火力選擇程式」和「開始鍵」。 4. 停用手動操作。 防止刪除無用的「記憶鍵」。簡化操作-適合快餐店、便利店和自動售賣應用。
程序解鎖	停用「程序鎖」和啟用所有其他功能。
自我診斷	微波爐不斷監控其操作。如操作問題產生，「數碼顯示視窗」則會顯示失敗編碼。請參考本手冊的清單查看編碼，可找出微波爐產生問題的原因，從而決定是否能自我解決問題、需要致電服務代理或電工。如需要服務代理，該「失敗」編碼會讓他知道需要攜帶的零件進行維修。
聲調響度控制	設定嗶聲響度，4 個嗶聲響度可供選擇。
聲調長度控制	設定加熱循環結束後的嗶聲長度，3 個嗶聲長度可供選擇。
聲調音調控制	設定加熱循環結束後的嗶聲音調，3 個嗶聲長度可供選擇。
程序清單	讓你檢閱所有目前已設定的「按鍵」數字，加熱時間和每個步驟的「火力」。
過濾器功能	「FILt」會在使用 500 小時後出現在顯示，以提醒你取出和清潔「空氣過濾器」。可以按自己需要重設這個時間。
雙倍/三倍份量鍵	此按鍵可預設增加原本的烹調時間，雙倍份量为 1.6 倍，三倍份量为 2.2 倍，可即時烹調兩份或三份食物。
+10s/+20s 按鍵	這按鍵有預設加熱時間為 10 秒和 20 秒。輕按此「按鍵」一下可開始以高火力加熱 10 秒，而輕按此「按鍵」兩下可開始以高火力加熱 20 秒。

# 圖解概要



- ① 數碼顯示視窗（參考以下）
- ② Prog（程序）按鍵
- ③ Shift(A/B/C) 按鍵
- ④ 火力選擇程式按鍵
- ⑤ 雙倍 / 三倍份量鍵
- ⑥ +10s/+20s 按鍵
- ⑦ ● 數字 / 記憶鍵
- 時間輸入
- ⑧ 停止 / 重設按鍵

- ⑨ 開始按鍵
- ⑩ 門柄
- ⑪ 空氣過濾器
- ⑫ 飛濺保護（爐腔頂）
- ⑬ 電線
- ⑭ 電源插頭
- ⑮ 注意標籤（不顯示）
- ⑯ 操作指南



- A—程序顯示
- B—加熱時間顯示  
（「min. sec.」或「hour min.」）
- C—● 記憶鍵數字顯示
- 加熱步驟指示器
- D—警報器響鬧聲模式設定
- E—● 呼叫已設定程序加熱：步驟號碼指示器
- 設定加熱程序進行中：操作指示器
- 嗶聲設定：比例指示器

本微波爐是按以下為預設原廠值：

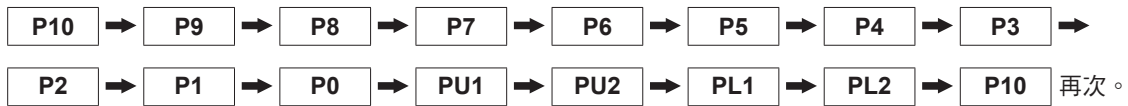
1. 手動操作
2. 單一步驟加熱所指示的加熱時間，其數字鍵已預設到高火力。  
A1=10 秒    A2=20 秒    A3=30 秒    A4=40 秒    A5=50 秒  
A6=1 分鐘    A7=1 分 15 秒    A8=1 分 30 秒    A9=1 分 45 秒    A0=2 分鐘
3. 程序解鎖
4. 雙倍份量=1.6 倍                      三倍份量=2.2 倍
5. 循環計時器在所有按鍵上設定為「0」。
6. 微波爐燈    當爐門打開=ON                      加熱循環結束後閃爍=OFF  
                  烹調期間減弱亮度=OFF
7. 預設過濾器清潔時間設定為「500」。

如你想更改這些時間，請參考操作指示以尋找設定程序方法。

# 操作方式

## 火力選擇程式按鍵

每次輕按按鍵時，「火力」切換為以下圖解。



高	P10: 1700 W* (NE-1753) 1800 W* (NE-1853)	低	P3: 30% P2: 25%
中高	P9: 90% P8: 80% P7: 70% P6: 60%	解凍	P1: 340 W
		關	P0: 0%
		加熱-從上至下	PU1: 50% PU2: 25%
中	P5: 50% P4: 40%	加熱-從底至上	PL1: 50% PL2: 25%

\* IEC 測試過程

## A. 手動加熱單一步驟加熱



1. 請確保微波爐已插入正確的接地電力插座。



2. 打開爐門。微波爐燈會開啟。「0」會出現在「數碼顯示視窗」。

3. 將食物放入合適的容器，放在微波爐中心然後安全地關上門。  
微波爐燈會關閉。

注意事項：當「0」出現時，可以選擇操作。關門後1分鐘，「0」會出現。



4. 輕按「火力選擇程式鍵」可選擇想要的「火力」。所選的「火力」會出現在「數碼顯示視窗」，且單一步驟加熱指示器，「1」會開始閃爍。

[例子]：輕按「火力選擇程式鍵」一下選擇高火力。

注意事項：每次「火力選擇程式」按下後，「火力」切換到上述「火力選擇程式」所描述的。



5. 設定想要的加熱時間，只需輕按適當的「數字鍵」。

注意事項：「DEFROST」和「P0」的設定時間上限為30分鐘，其它則為15分鐘。

[例子]：輕按「數字鍵」2，「0」和「0」2分鐘。



6. 輕按「開始鍵」。

A. 微波爐燈會開啟。

B. 加熱會開始。

C. 操作期間，指示器會出現在左側。

D. 數碼顯示上的加熱時間會倒數。

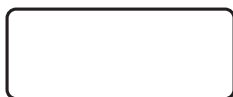


7. 當所有時間過時後，循環結束嗶聲會響然後所有加熱會停止。微波爐燈會關閉。顯示會閃爍「0000」直至爐門打開。1分鐘後冷卻風扇會停止。

(下一頁繼續。)



8. 打開爐門後取出食物。微波爐燈會開啟。數碼顯示會出現原本所選時間和加熱步驟數字。



9. 關上爐門。微波爐燈會關閉然後1分鐘後「數碼顯示視窗」會空白。

特別記事：供單次和第4步驟加熱程序。

1. 加熱時，一按「停止/重設鍵」會停止微波爐操作。你可以輕按「開始鍵」重啟或在「停止/重設鍵」上輕按第二下會取消所選程序。
2. 如不在加熱循環中，一按「停止/重設鍵」取消所選程序。

#### 重複功能

1. 如你在1分鐘內再次使用微波爐，只需輕按「開始」鍵，便可重複相同手動所選的加熱時間。
2. 1分鐘後關門未有任何使用，重複功能會取消。

### B. 手動第2-5步驟加熱循環



1. 按照第9頁的第1-5步驟。
2. 輕按「火力選擇程式鍵」適當的次數為第二步驟加熱選擇想要的「火力」。「火力」會在「數碼顯示視窗」出現，且第二步驟指示器「2」會開始閃爍。  
[例子]：輕按「火力選擇器鍵」8次可選擇低火力。



3. 輕按適當的「數字鍵」為第二步驟設定想要加熱時間。  
注意事項：「DEFROST」和「P0」的設定時間上限為30分鐘，其它則為15分鐘。  
不過，總時間可以設定為25分鐘進行持續加熱（1-5步驟加熱），但不包含「DEFROST」和「P0」。  
[例子]：輕按「數字鍵」「1」，「0」和「0」1分鐘。



4. 輕按「開始鍵」。
  - A. 兩個步驟的總時間會顯示。
  - B. 微波爐燈會開啟。
  - C. 操作期間，指示器會按次序從左邊出現。
  - D. 第一個步驟加熱時間會倒數。



5. 首個步驟加熱時間過時後，嗶聲會響一次，第二步驟加熱指示器「2」會開始閃爍，且加熱時間會繼續倒數。

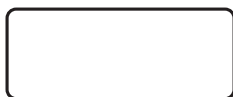


6. 當所有時間過時後，循環結束嗶聲會響。所有加熱會停止。微波爐燈會關閉。顯示時間會閃爍「0000」直至爐門打開。1分鐘後冷卻風扇會停止。





7. 打開爐門後取出食物。微波爐燈會開啟。數碼顯示會出現原本所選時間和加熱步驟數字。



8. 關上爐門。微波爐燈會關閉然後1分鐘後「數碼顯示視窗」會空白。

注意事項：加熱循環的第三個步驟和稍後步驟，完成第10頁的第三步後再次選擇「火力」並設定加熱時間。

參考第10頁的「手動一次步驟加熱」的特別附註。

### C. 設定一次步驟加熱的程序記憶體鍵

微波爐不可設定程序直至程序鎖功能已停用。

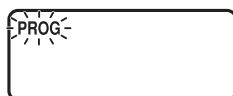
(參考第15頁, J. 啟用程序鎖。)



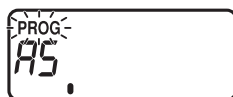
1. 請確保微波爐已插入正確的接地電力插座。



2. 打開爐門並保持開啟。



3. 輕按「程序鍵」。「PROG」符號會開始在「數碼顯示視窗」中閃爍。



4. 輕按想要的「記憶鍵」設定程序。按鍵數字和上次設定程序的資料會出現「數碼顯示視窗」。  
[例子]：輕按「記憶鍵」「5」字。



5. 輕按「火力選擇程式鍵」可選擇想要的「火力」。所選的火力會在視窗中顯示，且一次步驟加熱指示器「1」字會開始閃爍。  
[例子]：輕按「火力選擇程式鍵」10次以選擇DEFROST火力。



6. 輕按適當的「數字」按鍵設定想要的加熱時間。  
注意事項：「DEFROST」和「P0」的設定時間上限為30分鐘，其它則為15分鐘。  
[例子]：輕按「數字鍵」「1」，「0」和「0」1分鐘。



7. 再次輕按「程序鍵」。「PROG」符號和一次步驟加熱指示器「1」會停止閃爍。這代表你已完成設定一次步驟加熱的所選「記憶鍵」程序。



8. 設定程序完成3秒後，「0」會出現。
9. 設定想要的餘下「記憶鍵」程序，只需重複以上第3-7步。

注意事項：●當「PROG」顯示閃爍時，程序可以取消及/或一按「停止/重設鍵」取消已設定「數字/記憶鍵」數字。  
●當你設定B或C邊的程序時，輕按Shift(A/B/C)鍵才輕按「程序數字鍵」。

#### D. 設定第2-5步驟加熱程序記憶鍵



1. 完成以上第1-6步。



2. 輕按「火力選擇程式鍵」選擇第二步驟的「火力」。所選的「火力」會出現在視窗，而第二步驟的加熱指示器「2」會開始閃爍。  
[例子]：輕按「火力選擇程式鍵」一下選擇高火力。

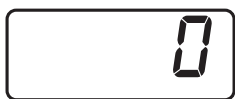


3. 設定想要的加熱時間，只需輕按適當的「數字鍵」。  
注意事項：「DEFROST」和「P0」的設定時間上限為30分鐘，其它則為15分鐘。  
不過，總時間可以設定為25分鐘，15分鐘為十持續加熱（1-5步驟加熱），但不包含「DEFROST」和「P0」。

[例子]：輕按「數字鍵」「2」，「0」和「0」2分鐘。



4. 再次輕按「程序鍵」和「PROG」符號，第二步驟加熱指示器「2」會停止閃爍。兩個步驟的總時間會顯示。這代表你已完成設定第二步驟加熱想要的「記憶鍵」程序。



5. 設定程序完成3秒後，「0」會出現。  
6. 重複以上「步驟」設定餘下想要的按鍵。

注意事項：●當你設定B或C邊的程序時，輕按Shift(A/B/C)鍵才輕按「程序數字鍵」。  
●重複以上過程以設定第三步驟的加熱和稍後步驟。

#### E. 記憶鍵加熱



1. 請確保微波爐已插入正確的接地電力插座。



2. 打開爐門。微波爐燈會開啟。「0」會出現在「數碼顯示視窗」。  
注意事項：當「0」出現時，操作可使用。關門後1分鐘，「0」會出現。  
3. 將食物放入合適的容器，放在微波爐中心然後安全地關上門。微波爐燈會關閉。



4. 輕按想要的「記憶鍵」。  
A. 目前已設定程序資料會顯示。  
[例子]：「記憶鍵」「5」（程序第A-5）  
加熱程序（於解凍火力為1分鐘，高火力為2分鐘），如第11-12頁所設定的程序。



5. 輕按「開始鍵」。  
A. 微波爐燈會開啟。  
B. 操作期間，指示器按次序從左側出現。  
C. 加熱時間會倒數。

（下一頁繼續。）





6. 當所有時間過時後，循環嗶聲結束後會響。所有加熱會停止。微波爐燈會關閉。顯示時間會閃爍「0000」直至爐門打開。1分鐘後，冷卻風扇會停止。



7. 打開爐門然後取出食物。微波爐燈會開啟。
8. 關上爐門。微波爐燈會關閉然後1分鐘後「數碼顯示視窗」會空白。

注意事項：如要使用B或C側程序，輕按Shift (A/B/C) 鍵才輕按「程序數字鍵」。

## F. 設定程序雙倍/三倍份量鍵

(微波爐可以不設定程序直至程序鎖功能已停用。)



1. 打開爐門並不要關閉。微波爐燈會開啟，然後「0」字會出現。



2. 輕按「程序鍵」。「PROG」會在「數碼顯示視窗」閃爍。



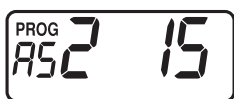
3. 輕按「記憶鍵」選擇想要程序。按鍵數字和上一個已設定的程序資訊會出現在顯示中。「PROG」會開始閃爍。



4. 輕按「雙倍/三倍份量鍵」一次。上次選擇的放大號碼會出現在顯示中。  
[例子]：1.6倍是 16。(雙倍份量) 2.2倍是 22。(三倍份量)



5. 輕按適當的「數字鍵」設定想要的放大倍數。  
[例子]：1.5倍；輕按「數字鍵」「1」字和「5」字。



6. 再次輕按「程序鍵」。「PROG」會停止閃爍。這代表你已完成設定適當雙倍份量的所選「記憶鍵」程序。



7. 3秒後，「0」會出現。

注意事項：如你想更改三倍份量的適當時間，根據上述第4步輕按的「雙倍/三倍份量鍵」二次。放大倍數是預設。每個放大倍數必須分開設定程序以進行更改。

注意：當設定程序達至正確溫度時請測試正確時間。

### G. 「雙倍/三倍」份量加熱的「記憶鍵」加熱

[請確保裝置已正確地設定程序。(參考第13頁。)]



1. 按照「E. 記憶鍵加熱」的第1-3步。



2. 輕按「雙倍/三倍份量鍵」一次。  
注意事項：當你想三倍份量加熱時，輕按「雙倍/三倍份量鍵」兩次。



3. 輕按想要的「記憶鍵」。  
[例子]：「記憶鍵」5 (程序A-5)



4. 輕按「開始鍵」。  
A. 微波爐燈會開啟。  
B. 操作期間，指示器按次序從左側出現。  
C. 加熱時間會倒數。  
注意事項：如程序鎖已啟用，加熱程序即時開始，即是無需要輕按「開始鍵」。(參考第15頁。)



5. 當所有時間已過時，循環結束後嗶聲會響。所有加熱會停止。微波爐燈會關閉。顯示時間會閃爍「0000」直至爐門已打開。



6. 打開爐門然後取出食物。關上爐門。1分鐘後「數碼顯示視窗」會空白。  
注意事項：如要使用B或C側程序，輕按Shift (A/B/C) 鍵才輕按「程序數字鍵」。

### H. +10s/+20s 鍵加熱



1. 請確保微波爐已插入正確的接地電力插座。



2. 打開爐門。微波爐燈會開啟。「0」會出現在「數碼顯示視窗」。  
注意事項：當「0」出現時，操作可使用。關門後1分鐘，「0」會出現。
3. 將食物放入適當的容器，放入爐中心然後安全地關上爐門。微波爐燈會關閉。



4. 輕按+10s/+20s 鍵一次。  
A. 微波爐燈會開啟。  
B. 操作期間，指示器按次序從左側出現。  
C. 加熱會以高火力開始10秒。  
[例子]：輕按+10s/+20s 鍵一次10秒。輕按10s/+20s 鍵兩次20秒。



5. 當所有時間過時後，循環結束後嗶聲會響。所有加熱會停止。微波爐燈會關閉。顯示時間會閃爍「0000」直至爐門打開。1分鐘後，冷卻風扇會停止。

(下一頁繼續。)



6. 打開爐門然後取出食物。微波爐燈會開啟。
7. 關上爐門。微波爐燈會關閉然後1分鐘後「數碼顯示視窗」會空白。

注意事項：加熱時，按一次「停止/重設鍵」或打開爐門會取消加熱程序。

## I. 閱讀循環計時器

- 顯示所有曾經使用的烹調時間。



1. 打開爐門並不要關閉。微波爐燈會開啟。「0」字會出現在顯示中。



2. 輕按「開始鍵」時，輕按「數字鍵」3。所有曾經使用的烹調時間會出現。

- 要顯示微波爐曾使用累積次數。



1. 打開爐門並不要關閉。微波爐燈會開啟。「0」字會出現在顯示中。

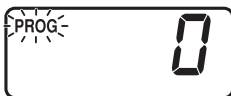


2. 輕按「開始鍵」時，輕按「火力選擇程式鍵」。微波爐使用循環次數會顯示。  
注意事項：微波爐累積使用次數的最後兩個數字的計算不會顯示，如使用超過100次，則以單位100顯示。

## J. 啟用程序鎖



1. 請確保微波爐已插入正確的接地電力插座。



2. 打開爐門並不要關閉。微波爐燈會開啟。「0」字會出現在顯示中。輕按「開始鍵」時，輕按Prog鍵直至顯示出現「PROG」，「P」和「L」（超過2秒）。



3. 程序鎖功能現已啟用。  
注意事項：在「程序鎖」中
  - a. 輕按想要的「記憶鍵」微波爐會開始。無需輕按「開始鍵」。
  - b. 中斷力能已停用一打開爐門取消程序上餘下時間。
  - c. 微波爐不可設定程序或手動執行直至程序鎖功能已停用。

## K. 停用程序鎖



1. 請確保微波爐已插入正確的接地電力插座。



2. 打開爐門並不要關閉。微波爐燈會開啟。「0」字會出現在顯示中。輕按「開始鍵」時，輕按Prog鍵直至「數碼顯示視窗」會出現「PROG」和「P」（超過2秒）。

3. 程序鎖功能現已停用。

注意事項：在「程序解鎖」中

a. 微波爐還原雙按操作模式（數字/記憶鍵+開始鍵）。

b. 重複和中斷功能是可操作的。

c. 記憶鍵可以設定程序。

d. 手動加熱是可操作的。

e. 聲調響鬧控制，長度控制和音調控制（加熱循環結束後的嗶聲/過濾清潔警鐘）是可操作的。

## L. 閱讀程序清單



1. 打開爐門並保持開啟。

2. 輕按「開始鍵」期間，輕按「1」字鍵。所有目前的已設定程序資料（程序設定到「數字/記憶鍵」（A0-C9），爐門打開後的嗶聲，程序鎖，微波爐燈設定，加熱循環結束後的微波爐燈閃爍設定和烹調資料時的微波爐燈減弱設定）會持續出現。

注意事項：設定過濾器清潔警鐘計時器後，程序鎖後會出現。

刪除記憶內容方式

1. 打開爐門（不要關上）然後輕按程序鍵。

2. 選擇你想刪除的記憶數字，並輕按「火力選擇程式鍵」。

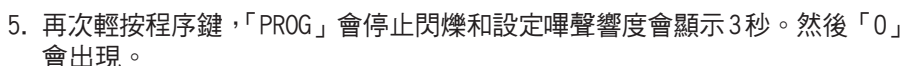
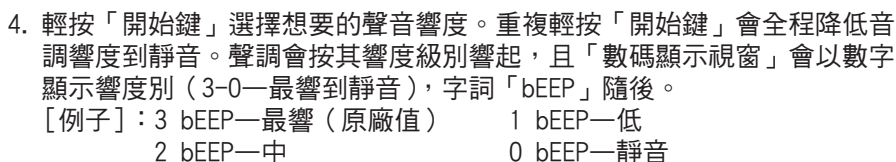
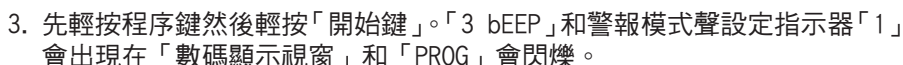
3. 輕按「停止/重設鍵」，「0」已出現顯示該記憶已刪除。

\* 如覆寫後記憶內容會自動刪除。

(微波爐可以不設定程序直至程序鎖功能已停用。)

哩聲是按原廠設定，響度級別 (#3)，響3聲和一般音調。

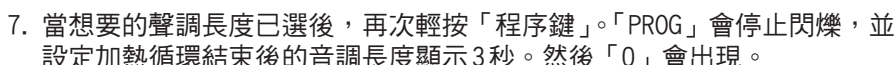
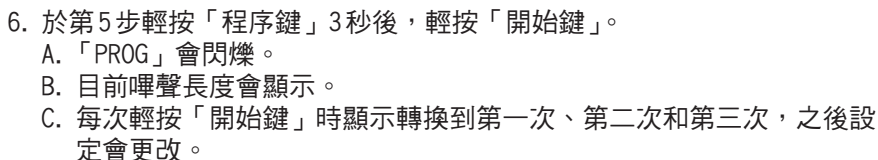
1. 請確保微波爐已插入正確的接地電力插座。



加熱循環結束後音調長度有3項可選。

第二次 短嘿 60 秒

第三次「嗶」聲響5秒，稍後嗶3次響30秒，之後再響60秒。（警報器提醒功能以避免忘記取出食物。）



- 17 -

### 選擇音調

加熱循環結束後的音調有3項可選。●: 低, ●●: 一般 (原廠值), ●●●: 高



8. 於第7步輕按「程序鍵」後的3秒內, 輕按「開始鍵」。
  - A. 「PROG」會開始閃爍。
  - B. 目前音調會顯示。
  - C. 顯示轉換到「●」, 「●●」, 和「●●●」每次輕按「開始鍵」時, 設定轉換 (在「bEEP」下的「bE」中)。



9. 當想要的音調已選, 請再次輕按「程序鍵」。「PROG」會停止閃爍, 而加熱循環結束後設定的音調聲會出現3秒。然後「0」會出現。

如要繼續設定過濾器清潔警鐘音調, 顯示「0」前於第9步後輕按「開始鍵」。



### 選擇過濾器警鐘的音調

過濾器清潔警鐘的音調有3項可選。

●: 低, ●●: 一般 (原廠值), ●●●: 高



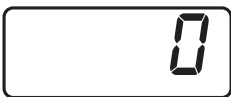
10. 於第9步輕按「程序鍵」後的3秒內, 輕按「開始鍵」。
  - A. 「PROG」會開始閃爍。
  - B. 過濾器警鐘的目前音調。
  - C. 顯示轉換到「●」, 「●●」, 並且「●●●」每次輕按「開始鍵」時, 設定轉換 (「bEEP」中的「EP」下)。



11. 當想要的過濾器清潔警鐘音調已選, 請再次輕按「程序鍵」。「PROG」會停止閃爍, 並設定過濾器清潔警鐘音調顯示3秒。然後「0」會出現。  
注意事項: 當清潔空氣過濾器的程序設定為「0」, 過濾器清潔警鐘的音調則無法選取。



## N. 設定空氣過濾器的程序



1. 打開爐門並不要關閉。微波爐燈會開啟。「0」會出現在「數碼顯示視窗」。



2. 輕按「開始鍵」的同時, 輕按「數字鍵」「7」。



3. 在設定清潔空氣過濾器程序或由製造廠預設的原本時間之間的時長 (按小時) 會出現在顯示中。



4. 輕按適當的「數字鍵」。(最多可輸入9999小時)  
[例子]: 要輸入600小時, 輕按「數字鍵」「6」, 「0」和「0」。

(下一頁繼續。)



5. 輕按「程序鍵」。這完成過程以設定清潔空氣過濾器程序。



6. 3秒後「0」會出現在「數碼顯示視窗」。該微波爐現已準備使用。



注意事項：當「Filt」符號出現在「數碼顯示視窗」時，移除空氣過濾器然後進行清潔。輕按「停止/重設鍵」為2秒以清除顯示。



顯示過濾器清潔警鐘計時器

1. 打開爐門並保持開啟。
2. 輕按「開始鍵」的同時，輕按「數字鍵」「5」。
3. 累積總烹調時間重新開始並在清除後顯示。



3秒後，「0」會出現在「數碼顯示視窗」。

注意：如微波爐在短暫操作後暫停，檢查空氣過濾器是否清潔才通知工程師。

## 0. 微波爐燈

(微波爐可以不設定程序直至程序鎖功能已停用。)

### ● 爐門打開後微波爐燈設定

將微波爐燈設定轉為OFF



1. 打開爐門並不要關閉。微波爐燈會開啟，然後「0」字會出現。



2. 輕按「開始鍵」時，輕按「數字鍵」「9」。「PROG」會開始閃爍。上一個設定微波爐燈設定已顯示。



3. 輕按「開始鍵」。  
注意事項：如輕按鍵，「on」→「off」→「on」每次都會重複。



4. 輕按「程序鍵」。「PROG」會停止閃爍，且微波爐燈設定會出現3秒。然後「0」會出現。

如要前往第5步驟，顯示「0」前於第4步後輕按「開始鍵」。



(下一頁繼續。)

### ●加熱循環結束後微波爐閃爍

加熱過程結束後將閃爍微波爐燈到轉為ON



5. 於第4步輕按「程序鍵」後的3秒內，輕按「開始鍵」。「PROG」會開始閃爍。  
上一個設定微波爐燈閃爍設定已顯示。



6. 輕按「開始鍵」。  
注意事項：如輕按鍵，「oFF」→「on」→「oFF」每次都會重複。



7. 輕按「程序鍵」。「PROG」會停止閃爍，且微波爐燈閃爍設定會出現3秒。  
然後「0」會出現。

如要前往第8步驟，顯示「0」前於第7步後輕按「開始鍵」。



### ●烹調時調整微波爐燈亮度

烹調期間減低爐內壁亮度



8. 於第7步輕按「程序鍵」後的3秒內，輕按「開始鍵」。「PROG」會開始閃爍。  
上次設定微波爐減弱設定已顯示。



9. 輕按「開始鍵」。  
注意事項：如輕按鍵，「oFF」→「on」→「oFF」每次都會重複。



10. 輕按「程序鍵」。「PROG」會停止閃爍，且微波爐燈減弱設定會出現3秒。  
然後「0」會出現。





# 烹調前

## 微波爐基本事項

基本原則決定微波爐食品準備的成功。  
成功秘訣包括：

1. 食物溫度—冷凍或冷藏食物的加熱時間需要比來自室內溫度更長以達至想要的食用溫度。
2. 食物成份—高糖分、鹽分、脂肪和水份的食物會較快加熱，因為這些含量吸收微波能源。含蛋白質和纖維高的濃厚食品，會較慢吸收微波能源，即較長加熱時間。
3. 大量 / 份量—食物越多，需時加熱的時間越長。
4. 容器—陶瓷、造紙、瓷器、發泡膠、玻璃和塑料均適合微波爐使用，以下事項須注意：

使用高糖分或高脂肪含量加熱食物應只限於防高溫度容器內進行，因為這些食物可以很熱。使用發泡膠容器存放這些食品會引致發泡膠變形。其它低溫度餐廳玻璃或塑膠盤可能有類似情況下裂開或扭曲。

請勿在 密封容器 或袋加熱食物。如加熱期間食物發漲，它可能損毀容器或袋。

5. 避免使用金屬，因為「擺動」微波，引致不平均加熱和有時閃光，即可能導致微波爐裡面、金屬容器挖坑或擦傷，或板被削。
6. 已加熱液體如未與空氣混合可溢出。請勿在未攪拌前用微波爐加熱液體。

## 使用微波爐加熱的一般指引

在特定的時間，參考每個食品種類的加熱技巧，以及食物預先準備的所需事項。

### 用冷藏溫度加熱食物

保存在雪櫃的食物 (5°C) 應加蓋才翻熱，麵包和糕點或任何麵粉產品，加熱時不應加蓋以防止濕透。

大部分以傳統方式準備食物應該不要完全煮熟，並保存在雪櫃內，讓微波爐加熱時不會出現過度烹調。

已烹調食物，例如蔬菜，可以逐份放在碟上加蓋進行翻熱，讓其保留顏色、質感或營養價值。

### 用室內溫度加熱食物

食物項目例如罐裝主菜、蔬菜等需要比冷藏溫度的加熱時間更少。

### 重要建議

1. 先使用傳統烹調方式烹調食物，建議先不要完全煮熟食物，稍後再用微波爐進行加熱。
2. 記住加熱循環完成後，爐內食物溫度繼續稍微提升。
3. 麵包皮、糕點和餡餅的餅皮比餡料較乾，所需的加熱時間會較長。因此，烘烤食品只應加熱至酥皮暖和 (50°C - 55°C)。
4. 99% 有關微波爐加熱食物的品質投訴，都是源於過度加熱問題。

# 加熱及解凍時間表

## 目錄

餐前小吃.....	23
烘烤食品和甜品.....	24
早餐.....	25
盤菜.....	26
魚類和海鮮.....	27
燒汁、醬汁和湯料.....	28
盤碟肉和家禽主菜.....	29
米飯和意粉.....	30
三文治.....	31
蔬菜.....	32

- 注意事項：
- 下列圖表包含不同國家的菜譜範例。
  - 以下圖表的所有加熱時間是「APPROXIMATE」。建議在本爐試食自己的菜單和排碟技巧，為你的菜單項目建立正確加熱時間。
  - 可為「P1」和「P0」設定程序的時間是30分鐘，其它則為15分鐘。需時超過15分鐘烹調的食物用火力，「P1」和「P0」除外，請為兩步驟烹調設定程序。  
例如：設定程序20分鐘：  
    第一步驟：設定高程序15分鐘  
    第二步驟：設定高程序5分鐘
  - 第五步驟加熱可設定程序總時間上限為  
    P10 - P2, PU1 - PL2:25分鐘  
    P1, P0:150分鐘

## 餐前小吃

餐前小吃份量可以傳統方式預先準備並冷藏直至有需要時才使用。大部分餐前小吃，「玉米片」盤片和馬鈴薯皮除外，加熱時應加蓋。相同的基本形狀和大小餐前小吃可以一起翻熱。

視乎重量、濃度和骨含量，大部分餐前小吃以高火力烹調，每 25 g 以 7-11 秒烹調。「玉米片的」需時每 25 g 30-37 秒進行烹調，視乎配料份量。

以下圖表中列出的加熱時間是跟據冷藏溫度 (5°C) 的食物來計算，玉米片除外。

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
雞翼	140 - 168 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	30 秒
辣醬湯	224 g	以傳統方式準備，冷藏，加蓋。	放入小碗中，加蓋。	高 (P10)	30 秒
肉丸	112 - 140 g	以傳統方式準備，冷藏，加蓋。	排放在碟上，加蓋。	高 (P10)	15 秒
玉米片	112 g	要烹調最佳效果一訂菜時準備或食用前以保存薯條脆。	將翻煎豉分散在每個玉米片上。排放在盤子上。灑上切碎車打芝士。請勿加蓋。	高 (P10)	30 秒
薯皮	224 g	以傳統方式準備皮，冷藏，加蓋。	排放皮在盤子上。灑上切碎車打芝士和已烹調的碎煙肉。請勿加蓋。	高 (P10)	45 秒
蝦菜盤	112 g	以傳統方式準備，冷藏，加蓋。	放在小碟上，加蓋。	高 (P10)	35 秒

## 烘烤食品和甜品

麵包、糕點和餡餅需使用高火力加熱，加熱時不應加蓋。它們應放在吸收物料上，例如餐巾或紙巾以防止過濕。

請勿過度加熱麵包和糕點。烘烤食物只可加熱，直至其酥皮感覺暖和 (50°C - 55°C)。

由於麵包皮、糕點和餡餅的餅皮比裡面的餡料較乾，所需的加熱時間會較長。加熱後，擺放 1 分鐘平衡溫度。如產品已過度烹調，結果會不理想。

由於甜烤食品和甜品含高糖成份，所需加熱時間較短。

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
麵包，小白麵包條或小麥	224 g	以傳統方式準備，以室內溫度保存。	放在紙巾上，不要加蓋。	高 (P10)	15 秒
雪糕咖啡蛋糕	84 g	_____	放在紙巾上，不要加蓋。	高 (P10)	10 秒
鬆餅，水果	2 件	以傳統方式準備或解凍，以室內溫度保存。	放在紙巾或餐巾上，不要加蓋。	高 (P10)	10 秒
	6 件	以傳統方式準備或解凍，以室內溫度保存。	放在紙巾或餐巾上，不要加蓋。	高 (P10)	20 秒
水果餡餅	1 片 140 g	以傳統方式準備，冷藏，加蓋。	放在碟上，不要加蓋。	高 (P10)	20 秒
硬卷	4 件	室內溫度。	放在紙巾上，不要加蓋。加熱後，擺放 1 分鐘。	高 (P10)	30 秒
軟卷	6 件	室內溫度。	放在紙巾上，不要加蓋。加熱後，擺放 1 分鐘。	高 (P10)	10 秒
甜卷	6 件	室內溫度。	放在紙巾上，不要加蓋。加熱後，擺放 1 分鐘。	高 (P10)	15 秒

# 早餐

以下列出的食物是已預先烹熟，並以5°C冷藏，再以微波高火力加熱。

大部分早餐食物都加蓋進行加熱以保存水份，麵包和糕點除外，吸收材料應不用加蓋進行加熱，例如餐巾或紙巾以防止濕透。

對於荷包蛋，刺穿蛋膜才加熱並在烹調後讓蛋擺放1分鐘，使壓力減低才切開。

以傳統方式準備早餐食品，不要完全煮熟，並即時冷卻和保存，加蓋供稍後進行加熱。

由於燻肉類食品所含的鹽分較易吸收微波能源，因此燻肉類食品比一般肉類的加熱時間較短。

警告：切勿未除殼前烹調或翻熱雞蛋。當內部壓力加大時有可能導致爆發。

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
煙肉	4條	以傳統方式準備，不要完全煮熟，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	10秒
煮熟蛋	2隻雞蛋	以傳統方式準備，不要完全煮熟，用鹽水冷藏，加蓋。	放在碟上，刺穿蛋黃，加蓋。加熱後擺放1分鐘。	高 (P10)	20秒
炒蛋	2隻雞蛋	以傳統方式準備，不要完全煮熟，冷藏，加蓋。	放在碟上然後加蓋。	高 (P10)	20秒
煙肉炒蛋	2隻雞蛋 4條	以傳統方式準備，不要完全煮熟，冷藏，加蓋。	放在碟上然後加蓋。	高 (P10)	30秒
香腸炒蛋	2隻雞蛋 4串	以傳統方式準備，不要完全煮熟，冷藏，加蓋。	放在碟上然後加蓋。	高 (P10)	40秒
法式多士	3片	以傳統方式準備，冷藏，加蓋。	將多士放在碟上。加熱，不要加蓋。	高 (P10)	40秒
煙肉法式多士	2片 4條	以傳統方式準備，冷藏，加蓋。	以單層將多士放在碟上。加蓋。	高 (P10)	30秒
法式多士與香腸	2片 4串	以傳統方式準備，冷藏，加蓋。	以單層將多士放在碟上。加蓋。	高 (P10)	30秒
火腿排	112 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。加熱後擺放1分鐘。	高 (P10)	30秒
罐裝切細咸牛肉	84 g	以傳統方式準備，冷藏，加蓋。	放在碟上然後加蓋。	高 (P10)	30秒
煎餅	4件	以傳統方式準備，冷藏，加蓋。	以單層放在碟上。加熱，不要加蓋。	高 (P10)	35秒
煙肉煎餅	4件 4條	以傳統方式準備，冷藏，加蓋。	以單層放在碟上，加蓋。	高 (P10)	40秒
煎餅和香腸肉餅	4件 112 g	以傳統方式準備，冷藏，加蓋。	以單層放在碟上，加蓋。	高 (P10)	30秒
薯餅	126 g	以傳統方式準備，冷藏，加蓋。	放在碟上然後加熱，不要加蓋。	高 (P10)	30秒
香腸	4串	以傳統方式準備，不要完全煮熟，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	30秒
香腸肉餅	4件肉餅	以傳統方式準備，不要完全煮熟，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	40秒

## 盤菜

本微波爐可成功烹調食品服務盤菜。要烹調最佳效果，按照以下指示。

### 準備事項

從錫紙烤盤取出盤菜，將食物放入微波爐專用容器，及放入雪櫃並解凍大約2-4天。

擺放15分鐘才食用。

### 盤菜，冷凍—加熱

材料	份量	準備事項	微波爐加熱指示	火力設定	大約時間
蔬菜千層面	2.9 kg	放入適合容器。放入雪櫃冷藏大約4天。	加蓋。擺放15分鐘才食用。	第一步 中 (P5, P4)	10分鐘
				第二步 高 (P10)	5分鐘
菠菜蛋奶酥	2 kg	放入適合容器。放入雪櫃冷藏大約2天。	加蓋。擺放15分鐘才食用。	中 (P5, P4)	15分鐘
深盤 櫻桃脆片	2 kg	放入適合容器。放入雪櫃冷藏大約2天。	灑2湯匙糖。	中 (P5, P4)	10分鐘
芝士通心粉	2.7 kg	放入適合容器。放入雪櫃冷藏大約2天。	加蓋。烹調後進行攪拌。	高 (P10)	10分鐘
餅捲	8件	放在紙巾上。	加熱，不要加蓋。加熱途中重新排放。	高 (P10)	10分鐘

# 魚類和海鮮

## 解凍

可用此微波爐解凍和加熱魚類和海鮮。如要均勻地解凍，魚類應以單層整齊排列在容器內，並應彈性地解凍，讓它不會由側邊開始烹調。

## 初步烹調

烹調個別部分需要細心注意且不要完全煮熟。魚類和貝殼不應完全煮熟，並在加熱後擺放。

### 魚類/海鮮 - 初步烹調

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
龍蝦尾	224 g	解凍冷藏，加蓋。	放在碟上，塗上牛油然後加蓋。	高 (P10)	3分鐘
鱸魚，魚片	196 g	解凍冷藏，加蓋。	放入微波爐鍋然後用牛油和香料塗上。	高 (P10)	45秒
三文魚排	224 g	解凍冷藏，加蓋。	放在碟上，塗上牛油，加蓋。	高 (P10)	1分鐘
海灣扇貝	140 g	稍微解凍。冷藏，加蓋。	放入微波爐鍋，用牛油塗上，加蓋。	高 (P10)	25秒
大蝦	168 g	解凍冷藏，加蓋。	放在碟上然後加蓋。	高 (P10)	35秒
紅魚	140 g	解凍冷藏，加蓋。	放在碟上，用牛油和香料塗上，加蓋。	高 (P10)	45秒
鰈魚，釀蟹肉	168 g	解凍冷藏，加蓋。	放在碟上然後加蓋。	高 (P10)	2分鐘

### 魚類/海鮮，冷凍—解凍

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
龍蝦尾（冷凍）	224 g	_____	放在碟上然後加蓋。解凍循環完成後，擺放5分鐘然後冷藏或烹調。	解凍 (P1)	3分鐘
鱸魚（冷凍）	450 g	_____	放入微波爐鍋並加蓋。解凍期間，如可能將它翻轉，重新排放魚類。解凍循環完成後，擺放5分鐘然後冷藏或烹調。	解凍 (P1)	4分鐘
大蝦（冷凍）	168 g	_____	放在碟上然後加蓋。解凍循環完成後，冷藏或烹調。	解凍 (P1)	2分鐘

## 燒汁、醬汁和湯料

濃厚混合料加入熱水，再以本爐加熱，便可準備大份量的燒汁、醬汁和什錦湯。

可以高火力加快翻熱冷藏燒汁、醬汁和湯料，並在加熱期間需要攪拌以製造平均溫度。

### 燒汁

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
金黃燒汁	1 qt.	如建議，以傳統方式準備或使用微波爐加熱材料。冷藏燒汁。	放入微波爐平鍋。加蓋。加熱循環中途攪拌。	高 (P10)	5分30秒
雞肉燒汁	1 qt.			高 (P10)	4分鐘

### 醬汁

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
芝士醬	1 qt.	如建議，以傳統方式準備或用微波爐混合材料。冷藏醬汁。	放入微波爐平鍋。加蓋。加熱循環中途攪拌。	高 (P10)	5分30秒
西班牙醬汁 (湯底)	1 qt.			高 (P10)	3分30秒
蘑菇汁	1 qt.			高 (P10)	3分30秒
蕃茄汁	1 qt.			高 (P10)	4分15秒
白醬汁 (調味醬)	1 qt.			高 (P10)	4分鐘
白醬汁 (湯底)	1 qt.			高 (P10)	4分鐘

### 湯料

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
牛肉清湯	1 qt.	如建議，以傳統方式準備或用微波爐加熱混合材料。冷藏湯料。	放入微波爐平鍋。加蓋。加熱循環中途攪拌。	高 (P10)	2分鐘45秒
雞肉湯粉	1 qt.			高 (P10)	3分30秒
蜆肉周打湯	1 qt.			高 (P10)	3分30秒



## 盤碟肉和家禽主菜

肉類和家禽可以在此微波爐翻熱。

保持肉類不要完全煮熟。以單層排放肉類或家禽片，盡量不要重疊。

小心

肉類產品必須完全煮熟才翻熱。

適當時，在肉和家禽上均勻地加上醬汁。

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
牛仔肉肋骨與燒汁	336 g	以傳統方式準備，冷藏，加蓋。	放在碟上並在肉上加燒汁。加蓋。	高 (P10)	2 分鐘
燉牛肉	224 g	以傳統方式準備，冷藏，加蓋。	放入小碗中，透過加熱中途攪拌，加蓋。	高 (P10)	45 秒
沙拉醬牛肉與麵條	224 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	1 分鐘
雞肉，加麵粉，煎炸	224 g	以傳統方式準備，冷藏，加蓋。	放在碟上，不要加蓋。	高 (P10)	45 秒
烤雞	½ 件	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	1 分鐘
雞片，加上馬鈴薯，調味和燒汁	336 g	以傳統方式準備所有材料，冷藏，加蓋。	放在碟上，壓扁馬鈴薯，加蓋。	高 (P10)	1 分鐘 30 秒
鴨	½ 件	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	1 分鐘 30 秒
餅捲	224 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	45 秒
肉塊加燒汁	196 g	以傳統方式準備，冷藏，加蓋。	以單層排放切片在碟上，加上燒汁。加蓋。	高 (P10)	1 分鐘
釀青椒	168 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	50 秒
釀豬排	196 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	1 分鐘 15 秒
短排骨	224 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	1 分鐘 15 秒
排骨	448 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	1 分鐘 25 秒
索爾茲伯里牛排	196 g	以傳統方式準備，冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	1 分鐘
火雞，切片加燒汁	336 g	以傳統方式準備，冷藏，加蓋。	以單層排放切片在碟上，加上燒汁。加蓋。	高 (P10)	1 分鐘 20 秒

## 米飯和意粉

要煮出最好口感，初步烹調期間不要煮熟米飯和意粉菜。以高火力翻熱加蓋食物。可以加入水分加快翻熱，例如醬汁之類。

有芝士醬汁的米飯和意粉菜，比茄汁底需要更多拌攪以避免過度加熱和形成芝士絲。

### 米飯

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
雞肉菜飯	112 g	以傳統方式準備、煮熟少許、冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	35 秒
米飯、長粒和稻米	112 g	以傳統方式準備、煮熟少許、冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	30 秒

### 意粉

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
千層面	224 g	以傳統方式準備、煮熟少許、冷藏，加蓋。	放在碟上，加蓋。加熱後切成半然後待放 1 分鐘。	高 (P10)	2 分鐘
通心粉和芝士	224 g	以傳統方式準備、煮熟少許、冷藏，加蓋。	放在碟上，加蓋。加熱後擺放 1 分鐘。	高 (P10)	20 秒
麵條	112 g	以傳統方式準備、煮熟少許、冷藏，加蓋。	放在碟上，加蓋。	高 (P10)	20 秒
意大利雲吞	168 g	以傳統方式準備、煮熟少許、冷藏，加蓋。	在小碟上以單層擺放，加蓋。	高 (P10)	25 秒
	336 g	以傳統方式準備、煮熟少許、冷藏，加蓋。	在碟上以單層擺放，加蓋。	高 (P10)	1 分鐘 45 秒
意大利粉配肉汁	336 g	傳統準備，將意大利粉和醬汁分開，冷藏，加蓋。	放在碟上，加上醬汁，加蓋。	高 (P10)	1 分鐘 45 秒

## 三文治

預先排放三文治可以在此微波爐更快和容易加熱。

肉餡例如漢堡和香腸應預先煮熟並建議不要超過 1.3cm 厚。

加熱非即日新鮮製作的麵包、烤麵包時比較少濕透。而加熱新鮮製作或未烤過的麵包時，則可以塗上牛油和其他醬料。

於麵包上放上適量的薄片牛肉，令加熱更均勻。

加熱外餡三文治時，不要加蓋，及應放在吸收物料例如紙巾或餐巾上以防止濕透。

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
牛肉漢堡包	168 g	以傳統方式準備牛肉，冷藏，加蓋。烤麵包。	組合，放在碟上餐巾，不要加蓋。	高 (P10)	30 秒
黑麥咸牛肉	140 g	組合，冷藏，加蓋。	放在紙巾上，不要加蓋。	高 (P10)	30 秒
法國醬	168 g	組合，冷藏，加蓋。	放在碟上，將燒汁加上牛肉和側邊，不要加蓋。	高 (P10)	30 秒
烤芝士	112 g	以傳統方式準備，冷藏，加蓋。	放在紙巾上，不要加蓋。	高 (P10)	25 秒
純芝士 漢堡	140 g	以傳統方式準備漢堡。烤麵包。組合，冷藏，加蓋。	放在紙巾上，不要加蓋。	高 (P10)	20 秒
	140 g			高 (P10)	35 秒
熱狗	84 g	以傳統方式準備。烤麵包。組合、冷藏、加蓋。	用塑膠輕輕包裹。	高 (P10)	15 秒
熏牛肉黑麥	140 g	組合、冷藏、加蓋。	放在紙巾上，不要加蓋。	高 (P10)	25 秒
魯賓三明治	168 g	以傳統方式準備，冷藏，加蓋。	放在紙巾上，不要加蓋。	高 (P10)	30 秒
烤牛肉，面向外，加燒汁	224 g	以傳統方式準備牛肉和燒汁，冷藏，加蓋。烤麵包。	組合，放入碟，加蓋。	高 (P10)	40 秒
香腸、意大利潛艇卷	154 g	以傳統方式準備香腸。烤卷。組合、冷藏、加蓋。	放在紙巾上，不要加蓋。	高 (P10)	55 秒
火雞，面向外，加燒汁	224 g	以傳統方式準備火雞和燒汁，冷藏，加蓋。烤麵包。	組合，放入碟，加蓋。	高 (P10)	40 秒

# 蔬菜

大部分蔬菜，不論大小份量，都可在微波爐內解凍、加熱和烹調，還可保留蔬菜顏色和口感，以及其營養價值。蔬菜越厚越多纖維，烹調需時更長。

加熱冷凍蔬菜前加入1-2湯匙水，微波爐能以一個步驟解凍並加熱冷凍蔬菜。

加熱時應溶解所有結冰部分，以助平均溫度分佈。

每450克罐裝蔬菜放入適合微波爐安全的容器可用HIGH火力加熱大約1分鐘。

烹調大部分新鮮蔬菜時，應預先準備小份量的烹調液體，例如水。

## 蔬菜、冷凍—解凍和加熱

材料	份量	烹調前準備指示	微波爐加熱指示	火力設定	大約時間
綠荳	1.8 kg	_____	放入適合微波爐安全的容器。 加入 1 至 2 大湯匙的水。 加蓋。擺放 2 分鐘，加蓋	高 (P10)	12 分鐘
	2.7 kg				20 分鐘
椰菜花	1.8 kg	_____		高 (P10)	15 分鐘
	2.7 kg				20 分鐘
西蘭花	1.8 kg	_____		高 (P10)	15 分鐘
切片蘿蔔	2.7 kg	_____		高 (P10)	20 分鐘

## 新鮮蔬菜 - 加熱

材料	份量	準備事項	微波爐加熱指示	火力設定	大約時間
蘿蔔	1.8 kg	蘿蔔去皮，切成8片。	放入適合微波爐安全的容器。加入2湯匙水。加蓋。加熱循環中途攪拌。擺放10分鐘，加蓋	高 (P10)	6分鐘
	2.3 kg	蘿蔔去皮，切成8片。		高 (P10)	7分鐘
	2.7 kg			高 (P10)	10分鐘
	3.2 kg			高 (P10)	12分鐘

## 新鮮蔬菜 - 初步烹調

材料	份量	準備事項	烹調前準備指示	火力設定	大約時間
西蘭花	1.4 kg	清洗西蘭花。 切成條狀。	放入適合微波爐安全的容器。加入2湯匙水。加蓋。擺放10分鐘，加蓋	高 (P10)	7分鐘
烘烤馬鈴薯	8件	清洗，弄乾和用叉子刺穿幾次。 均勻排放到紙巾上，然後放入微波爐。	加熱期間中途重新排放。加熱後，用錫紙包裹並擺放1分鐘。	高 (P10)	4分鐘
翻煎苳類	3.2 kg	_____	將入適合微波爐安全的容器。加蓋。加熱循環中途攪拌。擺放5分鐘。	高 (P10)	5分鐘

# 保護微波爐

微波爐處於不清潔狀態可導致表面脫落，並有可能嚴重影響電器壽命且會導致危險情況。

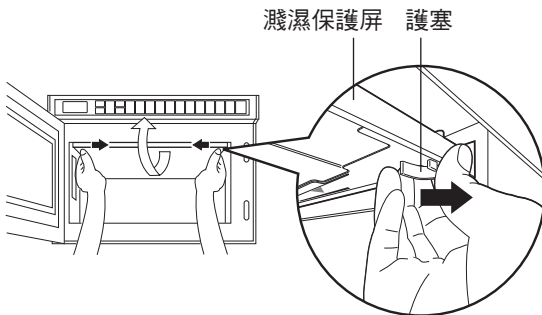
1. 從電力插座拔除才清潔。
2. 保持微波爐內裡清潔。如部分食物或溢出液體粘在微波爐牆上，或在密封襯墊和爐門表面之間，它們會吸收微波並可能引致變形或火花。用濕布抹去濺出的液體。如微波爐太骯髒可使用廚房清潔劑或食物消毒殺菌劑方案。請勿使用粗糙清潔劑或磨砂。
3. 微波爐外邊表面應用肥皂和水清潔，然後用軟布抹乾。請確保水不會進入背部通風口或控制面板入口，否則會損毀裝置。
4. 門窗應用溫和肥皂和水清洗。請確保使用軟布。永不使用抹窗清潔劑。前門可以由粗糙肥皂或清潔劑刮花。

## 濺濕保護屏清潔

1. 用雙手互相緊握住濺濕保護屏的隔塞然後拉入和向下拉。然後從微波爐腔取出濺濕保護屏。
2. 用肥皂水或食物消毒劑方案清潔濺濕保護屏。
3. 請確保更換保護屏才使用微波爐。

### 小心

使用微波爐時，必須固定濺濕保護屏的位置。

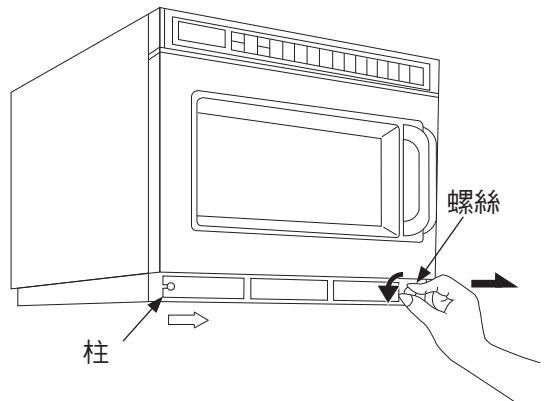


## 清潔空氣過濾氣

按照以下指示定期清潔空氣過濾器。當空氣過濾器被沙塵(\*)堵塞時微波爐可能有問題。

1. 從底部擋板取出空氣過濾器，只需將右邊螺絲向左轉。然後滑動過濾器到右邊並從左邊柱子提起。
2. 用溫和水清洗此過濾器。
3. 請確保更換過濾器才使用微波爐。

(\*) 如「空氣過濾器」被殘渣阻塞，會導致微波爐過度加熱問題。



# 自我診斷故障編碼說明

本微波爐監控其操作和發生問題時在「數碼顯示視窗」顯示故障編碼。

故障編碼出現時怎辦：

拔掉微波爐並等待超過10秒才重新接上。

如正常操作無法繼續，按照以下圖表。

編碼	問題	工作清單（以下）
F01	排氣溫度太高	1./2./3./4./5.
F33	電熱調節器電路故障	1./5.
F44	故障控制面板	1./5.
F81 - 82	轉播電路故障	5./6./7.
F86 - 87	轉播電路故障	1./5.
U30	雙倍份量和三倍份量設定時，記憶烹調已超出上限時間。	檢查及更改時間。 —參考第9頁，步驟5「注意事項」。

1. 微波爐自動關閉。從牆插座拔掉電源線。
2. 微波爐持續嗶聲響。
3. 微波爐冷卻後重設操作。
4. 移至微波爐到較冷位置。
5. 如問題持續致電服務代理。
6. 即使故障編碼出現後微波爐會繼續操作，但可能有異常。致電服務代理。
7. 輕按「停止/重設鍵」然後再試一次。

注意事項：以上顯示的編碼不會顯示所有裝置的故障可能性。

## 放置安裝指示

### 重要事項

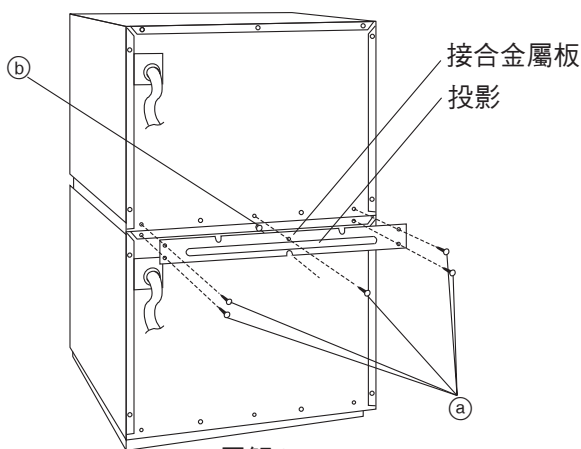
1. 從牆插座拔斷電源線才嘗試安裝。
2. 有關放置安裝，你必須使用Panasonic接合金屬板 Plate A1134-3280（可於維修時取得）。
3. 放置的裝置組合只限於以下型號。  
NE-1753，NE-1853
4. 請勿放置多個一個微波爐在底部微波爐上。

### 準備事項

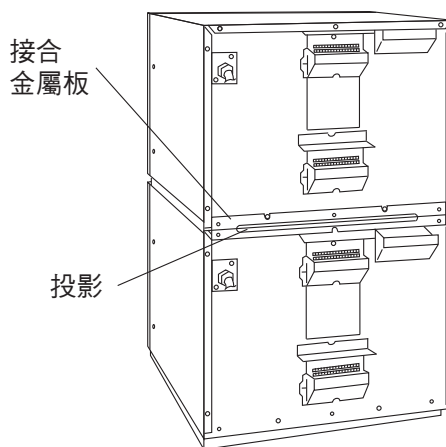
請確保爐腔是空的。

### 安裝

1. 按圖表1 ① 堆放裝置並移除5粒螺絲。
2. 鬆開螺絲 ②。
3. 接合金屬板的投影必須反向微波爐。將接合金屬板放在螺絲上 ③。
4. 裝上並鞏固5粒螺絲 ① 和螺絲 ②。參考圖表2。
5. 請確保微波爐頂的高度是安全和可工作。



圖解1



圖解2

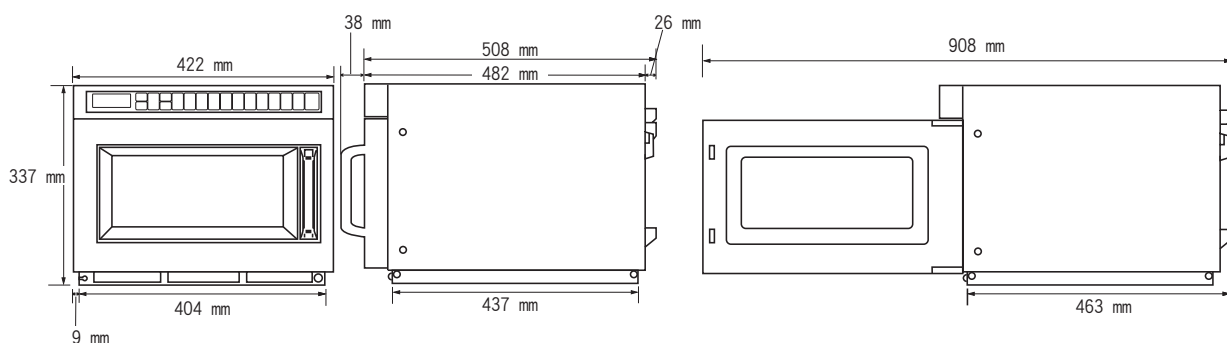
# 技術規格

			NE-1753	NE-1853
電源			50 Hz，單相 220 V	50 Hz，單相 240 V
所需電力			12.8 A 2780 W	12.3 A 2830 W
輸出 *	高	(P10)	1700 W*	1800 W*
	中高	(P9)	90%	
		(P8)	80%	
		(P7)	70%	
		(P6)	60%	
	中	(P5) (P4)	50% 40%	
	低	(P3) (P2)	30% 25%	
	解凍	(P1)	340 W	
	關	(P0)	0%	
	加熱 - 從 上至下	(PU1) (PU2)	50% 25%	
	加熱 - 從 底至上	(PL1) (PL2)	50% 25%	
頻率			2450 MHz	
外面大小 (W×D×H)			422 mm×508 mm×337 mm	
爐腔大小 (W×D×H)			330 mm×310 mm×175 mm	
淨重			30.0 kg	
計時器			30分鐘（數碼）/10觸控鍵 單一步驟加熱的可設定程序時間上限 P1 和 P0=30分鐘 P10 - P2, PU1 - PL2=15分鐘	

\*IEC 測試過程

規格可毋須通知下隨時修改。

電源需求按國家而異。



Panasonic Corporation

網址：<http://www.panasonic.com>

© Panasonic Corporation 2014

**A00033F81HP**

F0314-11117

日本印刷