

Sage™ by Heston Blumenthal® Customer Customer Service

Phone: 0844 334 5110

www.sageappliances.co.uk

customerservice@sageappliances.co.uk

Register your product and get more from your purchase

Product registration takes only a few minutes and ensures both a record of your purchase and your warranty. Registration also makes it easier to get support and advice on any questions or issues that you might have in the future. If you wish, we can also send you free recipes and additional hints and tips on making the best of your appliance.

➤ Go to www.sageappliances.co.uk and click on 'Product Registration'.

What's on your mind?

Our constant aim is to improve the quality and features of our appliances. We welcome your comments and ideas in assisting our ongoing development.

➤ Go to www.sageappliances.co.uk and click on 'Support'.

Sage™ by heston blumenthal®

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BMO734UK Issue - A13

the Quick Touch™

Instruction Booklet



BMO734UK

Sage™ by heston
blumenthal®

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At Sage™ by Heston Blumenthal® we are very safety conscious. We design and manufacture appliances with your safety foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Before using for the first time please ensure that your electricity supply is the same as shown on the rating label on the underside of the appliance. If you have any concerns please contact your local electricity company.
- Your Sage™ by Heston Blumenthal® appliance includes a BS 13 amp moulded mains plug on the supply cord.
- Should you need to change this plug, please complete the rewiring as follows (after safe disposal of the moulded plug).
- Please note that a cut off plug inserted into a socket is a serious danger risk.
- Wires are coloured as follows:
 - Blue = Neutral
 - Brown = Live
 - Green & Yellow = Earth
- As the colours of the wire may not correspond with the coloured markings which identify the terminals in your plug, please refer to the following:
 - The Blue wire must be connected to the terminal which is marked 'N'.
 - The Brown wire must be connected to the terminal which is marked with the letter 'L'.
 - The Green & Yellow wire must be connected to the terminal which is marked with the letter E or the earth symbol \perp .
- Please note that if a 13 amp plug is used, a 13 amp fuse should be used.

WE RECOMMEND SAFETY FIRST

- Remove and safely discard any packaging material and promotional labels before using the Sage microwave oven for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Sage microwave oven.
- Do not place the microwave oven near the edge of a bench or table during operation. Ensure all surfaces are level, clean and free of water or any other substances.
- Do not place the microwave oven on or near a hot gas or electric burner, or where it could touch a heated oven.
- When using the microwave oven, provide adequate air space above and on all sides for air circulation. (see page 13 Installation, point 2).
- Always operate the microwave oven on a heat-resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Do not use the microwave oven on a metal surface, for example a sink drain board.
- Always ensure the microwave oven is properly assembled before connecting to the power outlet and operating. Do not use the oven without the turntable roller and glass turntable in place. Ensure the glass turntable is positioned correctly into the indents on the turntable roller.
- The microwave oven is not intended to be operated by means of an external timer or separate remote control system.
- Never use the microwave oven without food or water in the oven cavity. Operating the microwave oven when empty could cause damage to the appliance.
- Do not leave the microwave oven unattended when in use.
- Do not touch hot surfaces. Allow the microwave oven to cool before moving or cleaning any parts.

- Do not place or store anything on top of the microwave oven except Sage nominated chopping board.
- Always ensure the microwave oven is turned off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when not in use, if left unattended and before disassembling, cleaning or storing.
- Keep the appliance clean. Follow the cleaning instructions provided in this book (page 48).
- Always turn the microwave oven off by pressing the STOP/CLEAR button, switch off at the power outlet and unplug at the power outlet when it is not in use.
- Before cleaning, always press STOP/CLEAR position, switch off at the power outlet and unplug at the power outlet.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

WE RECOMMEND SAFETY FIRST

- Do not use the appliance if power cord, power plug or appliance becomes damaged in any way. If damaged or maintenance other than cleaning is required, please contact Sage Customer Service on 0844 334 5110 or go to sageappliances.co.uk.
- Any maintenance other than cleaning should be performed at an authorised Sage Customer Service.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or stream sensitive materials and provide adequate space above and on all sides for air circulation.

**SPECIAL SAFETY
INSTRUCTIONS FOR YOUR
MICROWAVE OVEN**

- Wipe the oven cavity with a soft, damp cloth after each use. Leaving food residue, grease or fat in the cavity could cause the microwave oven cavity to overheat and may cause the microwave oven to smoke or catch fire.
- The microwave oven should be cleaned regularly and any food splattering inside the cavity should be removed. Failure to maintain the microwave oven in a clean condition could lead to deterioration of the surface, adversely affecting the life of the microwave oven and possibly resulting in a hazardous situation.
- If the door seals or any of the microwave oven is damaged, the microwave oven must not be operated until it has been inspected and/or repaired at an authorised Sage Customer Service.
- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating or warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- Ensure all food containers and/or plates are suitable for use in the microwave oven. This should be done prior to preparing food for heating or cooking in the microwave oven. Monitor foods and liquids heating or cooking in the microwave oven at all times due to the possibility of containers igniting.
- Containers or plates suitable for use in the microwave oven should not exceed the width of the glass turntable as this may impede the rotation of the turntable and result in food being unevenly cooked.
- Liquids or other foods must not be heated in sealed containers since they are liable to explode.

WE RECOMMEND SAFETY FIRST

- Some containers and/or plates may appear suitable for use in the microwave oven but may be coated in a glaze that will absorb the microwave energy, overheat and cause the container to crack. The glaze may also prevent the food from heating/cooking.
- Food and/or liquids should not be heated or cooked directly on the glass turntable. Food and/or liquids must be placed into a suitable microwave-proof container before placing onto the glass turntable.
- Food and/or liquids should not be heated or cooked in plastic or paper containers or bags, unless specified a suitable for use by the manufacturer, due to the possibility of containers exploding or igniting.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- Metal clips or twist ties should be removed from the packaging as these could cause sparking and/or fire.
- Do not use recycled paper or kitchen paper towelling when cooking. Recycled paper may contain small metal or other impurities which could cause sparking and/or fire.
- Do not use metal containers or utensils in the microwave oven as these could cause sparking and/or fire.
- Only use utensils that are suitable for use in microwave ovens.
- Food grade foil should not be used in the microwave oven as this could cause sparking and/or fire.
- Ensure that lids and caps covering containers are removed prior to placing liquids and/or foods into the microwave oven.
- Feeding bottles and baby food jars should have lids and caps removed before warming or heating in the microwave oven. To avoid burns or scalding after heating, the contents should be stirred or shaken and the temperature checked before serving.

WE RECOMMEND SAFETY FIRST

- Always ensure the temperature of food or drink which has been heated or cooked in the microwave oven has been tested before eating, drinking or serving to others, especially children, disabled or elderly people.
- The heating of liquids and beverages in the microwave oven can result in delayed eruptive boiling. Care must be taken when handling any containers containing hot liquids or beverages.
- Do not heat popcorn in the microwave oven unless it has been commercially packaged for microwave use. There may be a number of un-popped kernels that may overcook and burn when popping popcorn. Do not use oil unless recommended by the manufacturer. Do not pop popcorn longer than the manufacturer's instructions (popping time should not exceed 3 minutes). Longer cooking could cause scorching or fire.
- Do not cook any food surrounded by a membrane (such as potatoes, chicken liver, egg yolks, oysters, etc) without first piercing the membrane several times with a fork or similar utensils.
- Eggs in the shell and whole hard boiled eggs should not be cooked or heated in the microwave oven as they may explode during cooking, at the end of cooking or after removing from the microwave oven.
- Do not heat oil or fat in the microwave oven. Doing so may cause the microwave oven and/or the oil to overheat and/or ignite.
- If any smoke is observed, switch off and unplug the microwave oven at the power outlet. Keep the door closed to stifle any flames.
- Do not attempt to operate the microwave oven by any method other than those described in this instruction book.

- Do not disconnect the microwave oven from the power supply by pulling on the cord to unplug from the power outlet.
- When storing the microwave oven loosely wind the cord. Do not wrap the cord around the microwave oven.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- The glass window has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If dropped or struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.

 **WARNING**

- Do not attempt to operate the oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- If the door or door seals are damaged, the oven must not be operated until it has been repaired by a Sage Customer Service. It is particularly important that the oven door closes properly and that there is no damage to the:
(1) Door (bent), (2) Hinges and latches (broken or loosened),
(3) Door seals and sealing surfaces.

- Do not put any foreign material between the door and door jam of the microwave oven as this could cause excessive leakage of microwave energy.
- It is hazardous for anyone other than a Sage Customer Service to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperature generated.
- Surfaces may be hot during and after use.
- If the apparatus is not maintained in a good state of cleanliness, its surface could be degraded and affect the lifespan of the product and lead to a dangerous situation.

SPECIFICATIONS	
POWER CONSUMPTION	230-240V~, 50Hz, 1500W
OUTPUT	1100W
OUTSIDE DIMENSIONS	314mm (H) 519mm (W) 453mm (D) with handle 420mm (D) without handle
GLASS TURNTABLE DIAMETER	315mm
NET WEIGHT	Approx. 16kg
OVEN CAPACITY	34 Litres

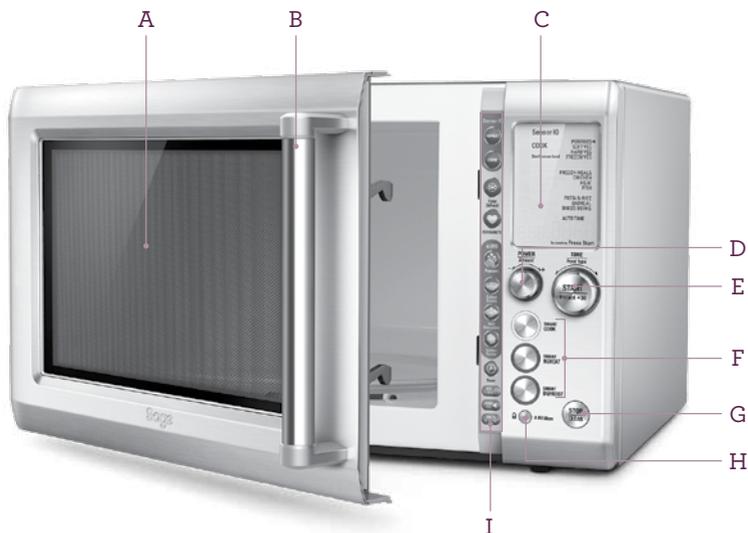
These specifications may change without notice.



The symbol shown indicates that this appliance should not be disposed of in normal household waste. It should be taken to a local authority waste collection centre designated for this purpose or to a dealer providing this service. For more information, please contact your local council office.

SAVE THESE INSTRUCTIONS

GETTING TO KNOW YOUR NEW APPLIANCE



- A. **Viewing window**
- B. **Door handle**
Pull handle to open.
- C. **LCD display**
- D. **POWER/AMOUNT dial**
Turn dial to adjust the power level, weight & quantity that corresponds with the food type selected.
- E. **+30 INSTANT START BUTTON & START/ FOOD TYPE/ TIME dial**
Each press adds 30 second increments at 100% power. Turn dial to select food type or time.
- F. **SMART COOK, REHEAT & DEFROST buttons**
Allows you to choose from a range of common food types with predetermined times and power levels for selected weights.
- G. **STOP/CLEAR button**
Press once to pause without cancelling the program. Press twice to clear the display.
- H. **A BIT MORE™ button & CHILD LOCK**
Press once to add A BIT MORE™ time at the end of the cooking cycle. Press and hold for 3 seconds to set child lock.
- I. **Shortcuts panel**
Refer to operation section for detailed explanation.

ASSEMBLING YOUR NEW APPLIANCE

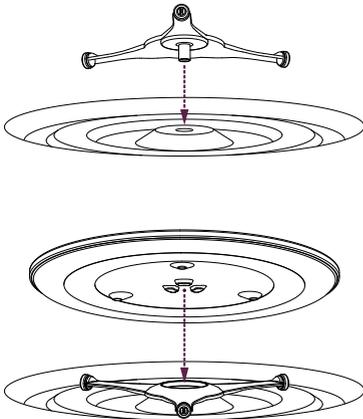
BEFORE FIRST USE

Before first use remove all promotional stickers and packaging material. Carefully unpack the microwave oven and keep all the packing material until all the parts of the microwave oven have been found and the appliance has been assembled. It is recommended to keep all the packing material in a safe place in case you wish to repack the product for shipping purposes.

To remove any dust that may have accumulated during packing, wash the turntable roller and glass turntable in warm soapy water, rinse in clean water then dry thoroughly. Wipe the interior and exterior of the microwave oven with a soft, damp cloth then dry thoroughly.

ASSEMBLING THE GLASS TURNTABLE

1. Insert the turntable roller into position in the indented space in the oven cavity base.
2. Place the glass turntable on top of the turntable roller, matching the indents of turntable roller at the center area.



INSTALLATION AND TURNING ON THE MICROWAVE OVEN

1. Select a level surface that provides enough open space for the intake and/or outlet vents.
2. The rear surface of appliance should be placed against a wall. A minimum clearance of 20cm is required between the microwave and any adjacent walls.
 - Leave a minimum clearance 30cm above the microwave.
 - Do not remove the legs from the bottom of the microwave.
3. Blocking the intake and/or outlet openings can damage the microwave.
4. Place the microwave as far away from radios and TV as possible.
5. Operation of microwave may cause interference to your radio or TV reception.
6. Plug your microwave into a standard household outlet. Be sure the voltage and the frequency is the same as the voltage and the frequency on the rating label.
7. The microwave must not be placed in a cabinet.





WARNING

- Do not install oven over a range cooktop or other heat-producing appliances. If installed near or over a heat source, the oven could be damaged and the warranty would be void.
- Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact a Sage Customer Service.
- Do not immerse the microwave oven, power cord or plug in water or any other liquid.

OPERATING YOUR NEW APPLIANCE

SETTING THE CLOCK – 12 HOUR CLOCK DISPLAY

Press SET CLOCK on shortcuts panel.



The default time is 1:00. The highlighted digits flash to show it can be adjusted.



Turn START dial to adjust hours and press START button to confirm.



Minutes now flash to show they can be adjusted. Turn START dial to adjust minutes and press START button to confirm.



NOTE

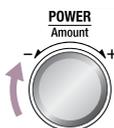
If you forget to press START to confirm hours or minutes, after 1 minute the microwave will automatically confirm your selection.

SETTING THE BEEP VOLUME

Press BEEP VOL on shortcuts panel.



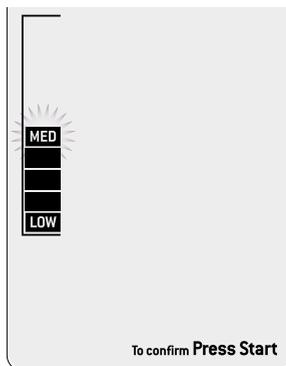
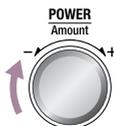
The default beep volume is LOW.



Turn AMOUNT dial or press BEEP VOL on shortcuts panel to toggle between LOW, MEDIUM and HIGH beep volume.



OR



Continue turning the AMOUNT dial or press BEEP VOL on shortcuts panel until the desired volume is reached. Press START button to confirm.

NOTE

Each position will sound the BEEP VOL selected.

NOTE

If you forget to press START to confirm BEEP VOL, after 1 minute the microwave will automatically confirm your selection.

SETTING THE UNIT WEIGHT CONVERSION MEASURE

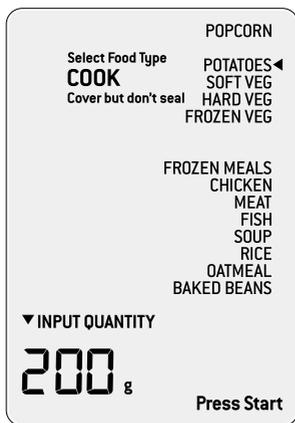
Press UNITS on shortcuts panel.

UNITS
g OR OZ

You can change from grams (g) to ounces (oz). The default UNITS is grams (g). The highlighted grams (g) will flash to show it can be adjusted. Turn AMOUNT dial or press UNITS on shortcuts panel to toggle between grams (g) and ounces (oz). Press START button to confirm.

NOTE

When weight is on the screen, as seen below in the SMART COOK POTATOES setting. E.g. 200g then pressing the UNITS on shortcuts panel will convert it to oz.



UNITS
g OR OZ x 1

SETTING CHILD LOCK

Press and hold A BIT MORE™ button  for 3 seconds. The CHILD LOCK symbol will be displayed on the LCD screen. The clock will still be shown if the clock is turned ON.



PRESS & HOLD
FOR 3 SECONDS



To deselect CHILD LOCK press and hold A BIT MORE™ button for 3 seconds. The CHILD LOCK symbol will disappear from the LCD screen and you will have full functionality of your microwave.

STANDBY

When the microwave has been idle for 5 minutes, STANDBY mode will be activated. The backlight of the LCD screen will turn off and buttons will no longer be illuminated.



Stand-by mode when the time is not set.

When the time has been set STANDBY will not be displayed on the LCD screen.



Stand-by mode when the time is set.

To “wake up” the microwave:

- Open the door OR
- Press START, SMART REHEAT, COOK or DEFROST OR
- Turn any dial OR
- Press any button

INDEPENDENT KITCHEN TIMER

The independent kitchen timer can be used as either a count down or count up timer.

Setting the count down timer

Press TIMER on shortcuts panel. 

The default time is 00:00.



The highlighted digits flash to show it can be adjusted. Turn START dial to adjust to your desired time in seconds, minutes and hours. Press START button to begin.



The timer begins to count down. To stop the timer press STOP/CLEAR button once to pause or twice to clear and return to the default screen.



At the end of the timer function, the microwave will beep 3 times and the word “End” will flash on the screen.



OPERATING YOUR NEW APPLIANCE

Setting the count up timer

Press **TIMER** on shortcuts panel.



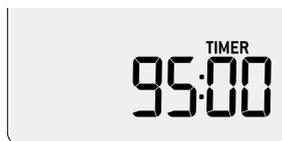
The default time is 00:00.



The highlighted digits flash to show it can be adjusted. Press **START** button to begin.



The maximum count up time is 95:00 (95 minutes).



To stop the timer anywhere between zero and 95 minutes press **STOP/CLEAR** button once to pause or twice to clear and return to default screen.



NOTE

No need to adjust your desired count up time as the microwave will automatically count up from zero to 95 minutes.

TIME & POWER LEVEL ADJUSTMENT

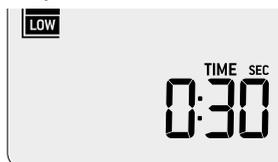
Select different times and microwave power levels by simply turning the **TIME** and **AMOUNT** dials.

The maximum microwave cooking time is 95 minutes (95:00).

There are 10 power levels available.

TURNING THE TIME DIAL

Turn **TIME** dial to adjust the time.

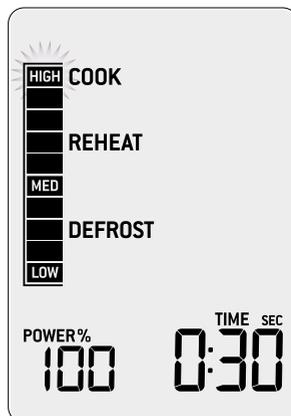


The default time will be 30 seconds.

TURNING THE AMOUNT DIAL

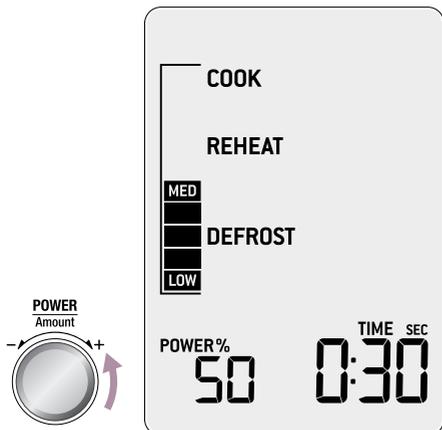
Turn the **AMOUNT** dial clockwise.

When the **AMOUNT** dial is turned clockwise **HIGH** will flash and 100% **POWER** will be displayed.



OPERATING YOUR NEW APPLIANCE

When the AMOUNT dial is turned anti-clockwise the POWER LEVEL % will start to decrease from 100% to 10%, in 10% increments.



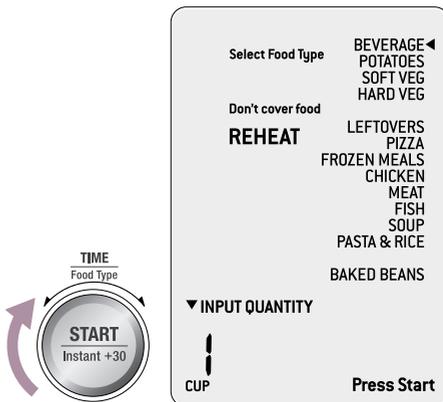
DYNAMIC POWER ADJUSTMENT (SMART SETTINGS & SHORTCUT SETTINGS)

Smart settings and Shortcut settings have pre-determined cook times and power levels to give the best results. However to suit your personal preference adjustment of both time and power is available during the cooking cycle. An example of dynamic power adjustment can be seen below in the SMART REHEAT mode:

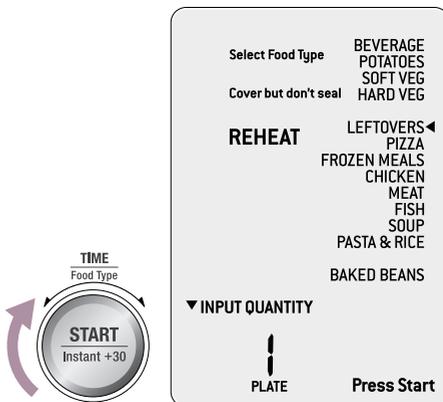
Press SMART REHEAT button to enter SMART REHEAT settings, the microwave will beep once.



Turn TIME/FOOD TYPE dial to select food type.

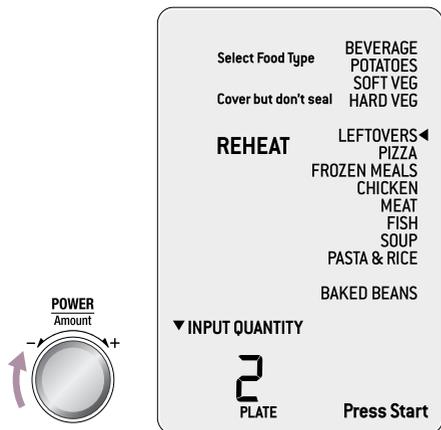


As the TIME/FOOD TYPE dial is turned the arrow shifts and points to what food type is selected. In this case LEFTOVERS is selected.

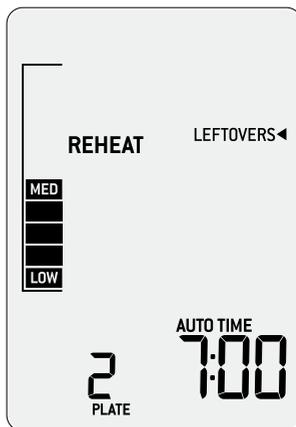


OPERATING YOUR NEW APPLIANCE

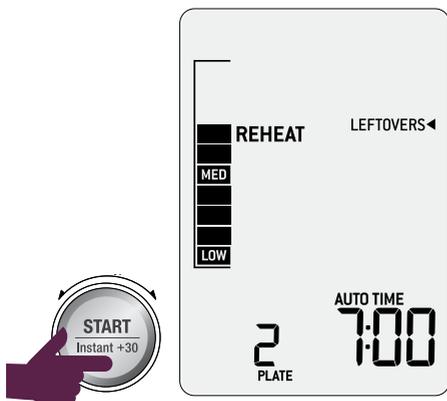
Once you have chosen FOOD TYPE, turn AMOUNT dial to adjust quantity or weight.



Using the POWER/AMOUNT dial the power level can be increased or decreased at any time during the cooking cycle.



Press START to begin reheating.



NOTE

Adjusting the power level while heating does not affect the time.

The power bar will reflect the cooking power level except in programs where variable power levels are used.

+30 INSTANT START

Press START/Instant +30 button to begin cooking instantly for 30 seconds with 100% microwave power. Each additional press will increase the cooking time by 30 seconds.

WHEN COOKING IS FINISHED

At the end of any cooking cycle, the microwave will beep 3 times, and the word End will flash on the screen.

The word End will stay flashing on the screen for 5 minutes or open the door.

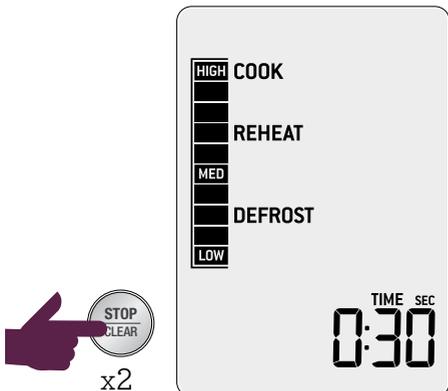


OPERATING YOUR SMART COOK SETTING

STOP/CLEAR

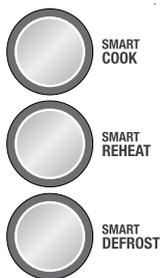
Press STOP/CLEAR once to pause the current function.

Press twice to clear and return to default screen.



SMART SETTINGS

Choose from SMART COOK, SMART REHEAT and SMART DEFROST.



Then select from a list of most commonly used food types, select weight and press START. The microwave will automatically set the time and power level for selected weights so no need to program this.

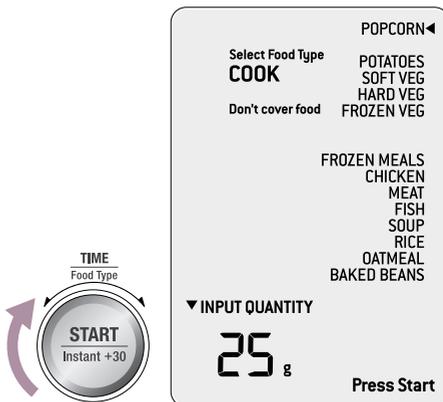
SMART COOK

The SMART COOK setting is designed to take the guess work out of cooking your favourite foods. It will automatically cook at the correct power for the correct time.

Press SMART COOK button to enter SMART COOK settings, the microwave will beep once.



Turn TIME/FOOD TYPE dial to select food type.

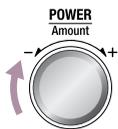
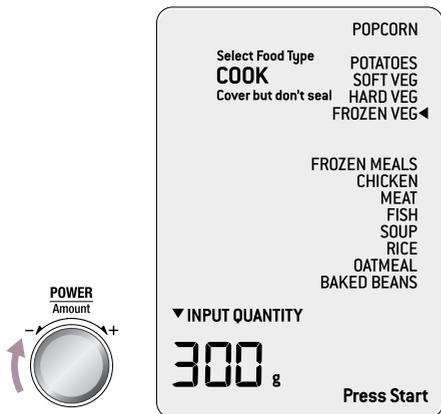


As the TIME/FOOD TYPE dial is turned the arrow shifts and points to what food type is selected.

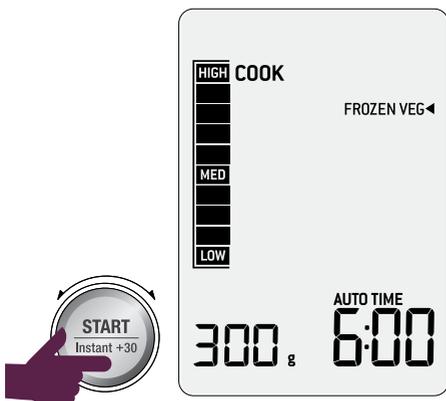


OPERATING YOUR SMART COOK SETTING

Once you have chosen FOOD TYPE, turn AMOUNT dial to adjust quantity or weight.



Press START to begin cooking.



All unselected FOOD TYPES, the PRESS START and INPUT QUANTITY prompts are no longer displayed on the LCD screen. The AUTO TIME appears and begins to count down.

NOTE

While the microwave is heating time can be increased or decreased. Adjusting the heating time does not affect selected weight or quantity.

FOR BEST RESULTS

- Foods need be cooked in a microwave safe container, either plastic, pyrex or ceramic.
- Always cover container with a microwave safe plastic lid, paper towel or microwave safe plastic wrap.
- When using plastic wrap, allow steam to escape, by providing venting path at the top. To do this cover tightly and seal edges. Using a knife, make large slits in the top for steam to escape.
- Moist foods will cook more evenly because microwave energy heats water molecules very efficiently. Add approximately 1 tablespoon of water per 100g of food.
- For optimal results, arrange larger and thicker foods such as broccoli or the thick end of a chicken drumstick around the edges of the turntable. This allows maximum penetration of the microwaves through the food during cooking.
- It's important to stir or turn foods halfway during cooking cycle. Microwaves will only penetrate about 2.5cm into the food. Turning and/or stirring will ensure food will be cooked more evenly.
- Stir foods such as casseroles and soups from the outside to the centre to distribute heat more evenly. Constant stirring is not necessary.
- Small pieces of food cook faster than large ones. Pieces similar in size and shape will cook more evenly when cooked together.
- Let the food stand after removing from the microwave. Keep covered and stand for approximately 5 minutes. Note, standing time will depend on the food type, density and surface area.
- Be careful when removing lids or plastic wrap from your microwave cooked foods. Steam can build up and cause serious burns on face or hands.

OPERATING YOUR SMART COOK SETTING

Potatoes

For the SMART COOK POTATOES setting, peel and cut potatoes into 30–40g size pieces. Add 1 tablespoon of water per 100g of potato.

Cook times are based on potatoes being at room temperature (approx. 20°C).

Cover with a vented microwave-safe lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Once cooking has finished, allow potatoes to stand for 5 minutes.

Soft Vegetables

The SMART COOK SOFT VEGETABLES setting is suitable for vegetables such as broccoli, green beans, cauliflower, zucchini and peas.

Cook time is based on vegetables from the refrigerator (approx. 5°C).

Add 1 tablespoon of water per 100g of soft vegetables.

Cut into even size pieces to ensure even cooking throughout. Cover with a vented microwave-safe lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Once cooking has finished, allow vegetables to stand for 5 minutes.

NOTE

The SMART COOK settings are approximations and variations can occur due to inconsistencies in microwaves, foods, cooking utensils and starting temperatures. For hints and tips refer to page 46 or the 'best results' section at the end of each setting.

Hard Vegetables

The SMART COOK HARD VEGETABLES setting is suitable for vegetables such as carrot, corn, sweet potato and beetroot.

Cook times are based on vegetables from the refrigerator (approx. 5°C).

Cut into even size pieces to ensure even cooking throughout.

Add 1 tablespoon of water per 100g of hard vegetables.

Cover with a vented microwave-safe plastic lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Once cooking has finished, allow vegetables to stand for 5 minutes.

Frozen Vegetables

The SMART COOK FROZEN VEGETABLES setting is suitable for a selection of frozen vegetables such as carrots, broccoli, cauliflower and peas.

Cook times are based on vegetables from the freezer (approx. -18°C).

No water needs to be added.

Cover with a vented microwave-safe plastic lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Once cooking has finished, allow vegetables to stand for 5 minutes.

OPERATING YOUR SMART COOK SETTING

Frozen Meals

The SMART COOK FROZEN MEALS setting is suitable for homemade or store bought frozen casseroles, curries and meat sauces.

Cook times are based on frozen meals directly from the freezer (approx. -18°C).

Remove frozen meal from any packaging and place into a microwave-safe container. Cover with a vented microwave-safe plastic lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Always stir starting from the outside toward the centre.

For meals which contain large pieces of meat such as chicken pieces, carefully break up any thawed parts and stir or turn meat over.

Frozen meals should be hot and between 65°C–90°C, perfect for serving immediately.

Chicken

The SMART COOK CHICKEN setting is suitable for fresh chicken pieces only and is not suitable for cooking whole chickens.

Cook times are based on chicken directly from the refrigerator (approx. 5°C).

Chicken will cook more evenly if placed in a shallow round microwave-safe dish in a single layer.

For faster and more even cooking, it is important to arrange larger and thicker pieces around the outside of the turntable.

Cover with a vented microwave-safe plastic lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and turn, reseal and press START button; for larger amounts over 1kg, turn chicken twice during cooking cycle.

Once cooking has finished, allow chicken to stand for 5 minutes.

Meat

The SMART COOK MEAT setting is suitable for mince meat only.

Cook times are based on mince meat directly from the refrigerator (approx. 5°C).

Place in a microwave-safe container.

Cover with a microwave-safe vented lid, paper towel or microwave-safe vented plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and stir mince, making sure to break up mince. Reseal and press START button.

For larger amounts over 500g, stir mince twice during cooking cycle to prevent big clumps of mince forming.

Once cooking has finished, allow meat to stand for 5 minutes.

Fish

The SMART COOK FISH setting is designed to gently cook your fish without dry and overcooked edges.

Suitable for white fish fillets; arrange in a single layer in a shallow microwave-safe dish.

Fold over the thin tail end of the fillets to prevent overcooking.

Cover with a microwave-safe vented lid, paper towel or microwave-safe vented plastic wrap.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Fish is very delicate, so turning may be difficult. Cook times are based on the fish directly from the refrigerator (approx. 5°C).

Once cooking has finished, allow fish to stand for 5 minutes.

OPERATING YOUR SMART COOK SETTING

Rice

The SMART COOK RICE setting is suitable for white rice such as long grain rice, arborio, jasmine and basmati.

The rice program is intelligently programmed to cook your rice on 2 power levels. It cooks firstly at 100% and then is reduced 50%. This ensures that the rice grains remain separate and tender.

Always use a deep microwave-safe bowl and cover with a vented microwave-safe lid, paper towel or vented microwave-safe plastic wrap.

Allow rice to stand for 5 minutes with the lid on before serving.

Water to rice ratio is based on 1.5 parts water to 1 part rice.

See Rice Table on this page.

For rice, weigh dry rice accurately and wash well with cold water until water runs clear.

Drain well and place into a microwave-safe bowl.

Add corresponding water amount. E.g. if you are cooking 200g of rice you will need to put in 300ml of water. This will be sufficient to feed up to 2 people.

Cover with 2 layers of microwave-safe plastic wrap and stab 4 holes into the top.

Alternatively, cover with a microwave-safe vented plastic lid or paper towel.

Select SMART COOK RICE and dial up dry weight of rice.

Press START button.

Remove from oven and stand 5 minutes before removing lid.

Stir and serve.

Rice Table

RICE	WATER	SERVES
150g	225ml	1
200g	300ml	1-2
250g	375ml	2
300g	450ml	2-3
350g	525ml	3-4
400g	600ml	4-5
450g	675ml	5-6
500g	750ml	6-7
600g	900ml	7-8

OPERATING YOUR SMART COOK SETTING

Oatmeal

SMART COOK OATS setting is designed to gently cook your oats to tender without drying or becoming lumpy.

The SMART COOK OATS setting uses 2 power levels, firstly 100% to get the starches activated and then 50% to gently cook to tender.

Suitable for quick cook oats.

Always use a deep microwave-safe bowl and do not cover.

Halfway through the cook program, the oven will beep and will flash Stir/turn food.

Pause and stir oats and press START button.

For creamy oats, use 1 part oats to 5 parts water.

See Oats Table on this page.

For oats, weigh out oats accurately and place into a microwave-safe bowl.

Add corresponding water amount. E.g. if you are cooking 100g of oats you will need 500ml water. This will be sufficient to feed up to 2 people.

Do not cover.

Select SMART COOK OATS and dial up dry weight of oats.

Press START button.

Stand 2-3 minutes before serving.

Oats Table

OATS	WATER	SERVES
50g	250ml	1
75g	375ml	1-2
100g	500ml	2
150g	750ml	3
175g	875ml	3-4
200g	1L	5
250g	1.25L	5-6
300g	1.5L	6-7
350g	1.75L	7-8
400g	2L	8-9
450g	2.25L	9-10

Soup

The SMART COOK SOUP setting is designed to cook 2 different soup recipes.

Choose how much soup you will need and follow the ingredients weights and cook time.

Cut vegetables into very small diced pieces approximately ½ cm in size.

Choose a microwave-safe deep bowl

See Pumpkin Soup and Potato & Leek

Soup tables on page 27 and page 28

respectively for cooking method and weights.

PUMPKIN SOUP

METHOD

1. Place butter and chopped onion into a microwave-safe bowl.
2. Cover with a vented plastic lid, paper towel or vented microwave-safe plastic wrap.
3. Cook on 100% for 2-3 minutes.
4. Stir well and add remaining ingredients. Seal with vented plastic wrap, paper towel or lid.
5. Select SMART COOK SOUP setting and dial up weight of soup that you are cooking.
6. Press START button and cook. Stand for 5 minutes after cooking cycle has finished.
7. Carefully remove lid and puree with a stick blender until smooth.
8. Season to taste with salt and pepper.
9. Serve with a dash of cream or milk (optional).

Pumpkin Soup Table

Recipe conversion to different sizes

AMOUNT	BUTTER	PEELED & FINELY CHOPPED	PEELED & FINELY DICED POTATO	PEELED & FINELY DICED PUMPKIN	CHICKEN STOCK	SERVES
500ml	20g	75g	125g	125g	250ml	1-2
600ml	25g	90g	150g	150g	300ml	2-3
700ml	30g	105g	175g	175g	350ml	3-4
800ml	35g	120g	200g	200g	400ml	4
900ml	40g	135g	225g	225g	450ml	4-5
1L	45g	150g	250g	250g	500ml	4-5
1.25L	50g	190g	315g	315g	625ml	5
1.5L	55g	225g	375g	375g	750ml	5-6
1.75L	60g	265g	440g	440g	875ml	6-7
2L	65g	300g	500g	500g	1L	6-8

POTATO & LEEK SOUP

METHOD

1. Place butter and chopped onion into a microwave-safe bowl.
2. Cover with a vented microwave-safe plastic lid, paper towel or microwave-safe plastic wrap.
3. Cook on 100% for 2-3 minutes.
4. Stir well and add remaining ingredients. Seal with vented plastic wrap, paper towel or lid.
5. Select SMART COOK SOUP setting and dial up weight of soup that you are cooking.
6. Press START button and cook. Stand for 5 minutes after cooking cycle has finished.
7. Carefully remove lid and puree with a stick blender until smooth.
8. Season to taste with salt and pepper.
9. Serve with a dash of cream or milk (optional).

Potato & Leek Soup Table

Recipe conversion to different sizes

AMOUNT	BUTTER	LEEK, WASHED & FINELY CHOPPED	PEELED & FINELY DICED POTATO	CHICKEN STOCK	SERVES
500ml	20g	200g	125g	250ml	1-2
600ml	25g	240g	150g	300ml	2-3
700ml	28g	280g	175g	350ml	3-4
800ml	32g	320g	200g	400ml	4
900ml	36g	360g	225g	450ml	4-5
1L	40g	400g	250g	500ml	4-5
1.25L	50g	500g	315g	625ml	5
1.5L	60g	600g	375g	750ml	5-6
1.75L	70g	700g	440g	875ml	6-7
2L	80g	800g	500g	1L	6-8

OPERATING YOUR SMART REHEAT SETTING

SMART REHEAT

The SMART REHEAT setting uses lower power levels to gently reheat food without drying or overcooking.

SMART REHEAT setting will heat your food to perfect serving temperatures every time.

Press SMART REHEAT button to enter SMART REHEAT settings, the microwave will beep once. 

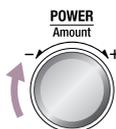
Turn TIME/ FOOD TYPE dial to select the food type.



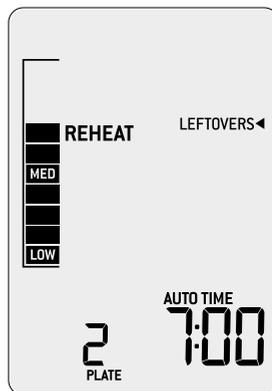
As the TIME/FOOD TYPE dial is turned the arrow shifts and points to what food type is selected.



Once you have chosen FOOD TYPE, turn AMOUNT dial to adjust quantity or weight.



Press START to begin reheating.



All unselected FOOD TYPES, the PRESS START and INPUT QUANTITY prompts are no longer displayed on the LCD screen. The TIME appears and begins to countdown.

NOTE

While the microwave is heating time can be increased or decreased. Adjusting the heating time does not affect selected weight or quantity.

FOR BEST RESULTS

Beverage

This setting is suitable to reheat hot drinks such as coffee and tea that may have become cold.

It is based on 200ml of beverage at room temperature (approx. 20°C).

Choosing the reheat beverage will warm your drink to approx. 60°- 65°C which is suitable to drink straight away.

Be aware, that overheating drinks may scold or burn.

Potatoes

Suitable to reheat already cooked cold potatoes from the refrigerator (approx 5°C).

For best results, place potatoes into a microwave-safe bowl or container and cover with a microwave-safe vented lid, paper towel or vented plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Soft Vegetables

Suitable to reheat already cooked cold soft vegetables, such as broccoli, zucchini, cauliflower and peas from the refrigerator (approx. 5°C).

For best results, place vegetables into a microwave-safe bowl or container and cover with a microwave-safe vented lid, paper towel or vented plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Hard Vegetables

Suitable to reheat already cooked cold vegetables such as carrot, sudee, beetroot, potato and corn from the refrigerator (approx. 5°C).

For best results, place vegetables into a microwave-safe bowl or container and cover with a microwave-safe vented lid, paper towel or vented plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Pizza

Suitable to reheat already cooked cold pizza from the refrigerator (approx. 5°C). Choose from 1 to 6 slices.

For best results, line plate with paper towel and place pizza on top. Face thicker ends towards the outside of the turntable.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and turn and press START button.

If using the crisper plate; preheat empty crisper plate in oven on 100% power for 3 minutes.

Place pizza slices onto crisper plate and use SMART REHEAT PIZZA setting for time guide.

OPERATING YOUR SMART REHEAT SETTING

Frozen Meals

Suitable for homemade or store bought frozen casseroles, curries and meat sauces.

Cook times are based on frozen meals directly from the freezer (approx. -18°C).

Remove frozen meal from any packaging and place into a microwave-safe container. Cover with a microwave-safe vented lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Always stir starting from the outside toward the centre.

For meals which contain large pieces of meat such as chicken pieces, carefully break up any thawed parts and stir or turn meat over.

Frozen meals should be hot and between 65°C-90°C, perfect for serving immediately.

Chicken

Suitable for reheating already cooked chicken pieces only. Not suitable to reheat whole chickens.

Cook times are based on chicken directly from the refrigerator (approx. 5°C).

Chicken will reheat more evenly if placed in a shallow dish in a single layer.

For even heating, arrange larger and thicker pieces around the outside of the turntable.

Cover with a microwave-safe vented lid, paper towel or microwave-safe vented plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and turn chicken. Reseal and press START button.

For larger amounts over 1kg turn chicken twice during cooking cycle.

Meat

Suitable for reheating already cooked mince meat only.

Reheat times are based on mince meat directly from the refrigerator (approx. 5°C).

Cover with a microwave-safe vented lid, paper towel or microwave-safe vented plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

Fish

Suitable for reheating already cooked fish.

Reheat times are based on fish directly from the refrigerator (approx. 5°C).

It is designed to reheat gently without drying and overcooking the edges.

Arrange in a single layer in a shallow microwave safe dish. Cover with a microwave-safe vented lid, paper towel or microwave-safe vented plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and carefully turn fish if possible. Reseal and press START button.

Leftovers

Suitable to reheat plates of leftovers from the refrigerator (approx. 5°C).

A plate of food is equivalent to 300g.

For even reheating, place food onto a microwave-safe plate or into a bowl. Cover food with a vented microwave-safe lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, reseal and press START button.

When reheating 2 plates at the same time, use an upturned glass or microwave trivet to stack plates on top of each other.

Pasta and Rice

Suitable for reheating already cooked pasta and rice.

Reheat temperatures are based on pasta and rice directly from the refrigerator (approx. 5°C).

Place food into a microwave-safe bowl and add a few tablespoons of water. Cover with a vented microwave-safe lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, starting from the outside towards the centre. Reseal and press START button.

Soup

Suitable for reheating cold prepared soup from the refrigerator (approx. 5°C).

Place soup into a microwave-safe bowl and cover with a vented microwave-safe lid, paper towel or microwave-safe plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir, starting from the outside towards the centre. Reseal and press START button.

OPERATING YOUR SMART DEFROST SETTING

SMART DEFROST

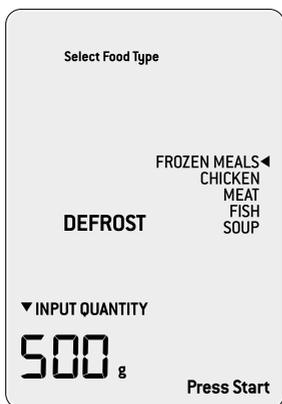
The SMART DEFROST setting is designed to gently defrost foods without overheating and drying out of edges.

Press SMART DEFROST button to enter SMART DEFROST setting.

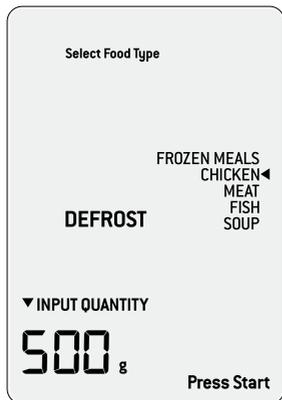


When SMART DEFROST button is pressed the microwave will beep once.

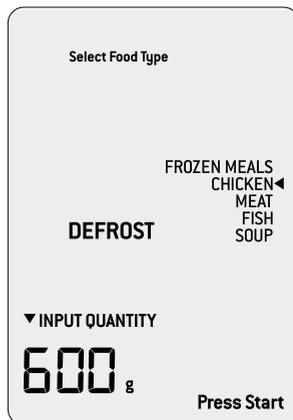
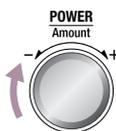
Turn TIME/ FOOD TYPE dial to select the food type.



As the TIME/FOOD TYPE dial is turned the arrow shifts and points to what food type is selected.



Once you have chosen FOOD TYPE, turn AMOUNT dial to adjust quantity or weight.



Press START to commence defrosting.



All unselected FOOD TYPES, the PRESS START and INPUT QUANTITY prompts are no longer displayed on the LCD screen. The TIME appears and begins to countdown.

NOTE

While the microwave is defrosting time can be increased or decreased. Adjusting the defrosting time does not affect selected weight or quantity.

FOR BEST RESULTS

- Defrost times are for thoroughly frozen foods that has been in the freezer for at least 24 hours and maintained at temperatures of -18°C or lower.
- When freezing meats, poultry and fish, use good quality plastic wrap, bags and containers.
- Always freeze meats in a single layer not thicker than 2cm.
- To separate meat, such as chicken pieces or steak, place wax paper or plastic film between each layer.
- For best results, form mince meat into a doughnut shape before freezing.
- Ensure that all air has been removed and packaging has been sealed securely.
- Label the packs with type and cut of meat, date and weight.
- After the defrost cycle, most foods will still be somewhat icy in the centre when removed from the microwave. Stand food for 5-15 minutes until completely thawed.
- Shield thin ends of chops, steaks or chicken with foil to prevent overheating and cooking of those areas.
- Position foods in a single layer with thinner parts in the centre and thicker ends around the outside of the turntable.
- Remove any packaging and bags from frozen meats. If packaging is too frozen to remove, defrost for 3 minutes using the TIME DEFROST setting; remove packaging and continue with the SMART DEFROST setting.

Chicken

For chicken pieces, position chicken pieces in a single layer in a microwave-safe dish, plate or container.

Arrange thicker ends around the outside of the plate/container. Shield thinner pieces such as wings with foil to prevent overheating and cooking.

Halfway through the defrost setting, the microwave will beep and will flash Stir/turn food.

Pause and turn over chicken pieces. Reseal and press START button to restart program.

Once program has finished, remove chicken from microwave and stand 15-30 minutes to thaw completely.

For whole chickens, remove from original packaging. Shield wings and leg tips with foil.

Place chicken, breast side down onto a microwave-safe rack placed over a plate to catch the drips.

Halfway through the defrost program, the oven will beep and will flash Stir/turn food.

Pause and turn chicken over. Place a strip of foil large enough to cover the breast meat and also the parson's nose. Reseal and press START button to restart defrost program.

After defrost cycle has ended, remove chicken from microwave and discard foil. Rinse under tap water, making sure to wash the cavity well to loosen the icy core.

Place onto a clean plate and pat dry. Cover with cling film and refrigerate for 1-2 hours until completely thawed.

OPERATING YOUR SMART DEFROST SETTING

Meat

The SMART DEFROST MEAT setting is suitable to defrost any type of minced or diced meat such as beef, lamb and pork.

It is important that the frozen meat is not thicker than 2cm.

Remove any packaging, foam trays and absorbent pads from the meat.

Place directly onto a microwave-safe plate or shallow dish and preferably place dish onto a microwave-safe rack or upturned bowl or mug.

Halfway through the defrost program, the oven will beep and will flash Stir/turn food.

Pause and remove any defrosted meat and set aside in the refrigerator. Turn the frozen mince over and return to the microwave oven. Press START button to restart setting.

At the end of the setting, remove meat and stand 5-15 minutes to thaw completely.

Fish

The SMART DEFROST FISH setting is programed to gently thaw delicate fish fillets without cooking and heating the edges.

For best results, place frozen fillets in a single layer into a microwave-safe shallow dish.

Place dish onto a microwave-safe rack or upturned bowl or mug.

Halfway through the defrost program, the oven will beep and will flash Stir/turn food.

Pause and turn fish pieces over. Cover thin ends of fish fillets with a small strip of foil and return to oven. Press START button to restart setting.

At the end of the program, the fish will still be somewhat icy in the centre. Remove from the microwave and stand for 5-15 minutes until completely thawed.

Frozen Meals

Suitable for defrosting homemade frozen casseroles, curries and meat sauces.

Defrost times are based on frozen meals directly from the freezer (approx. -18°C).

Remove frozen meal from any packaging and place into a microwave-safe container. Cover with a microwave-safe vented lid, paper towel or vented microwave-safe plastic wrap.

Halfway through the reheat program, the oven will beep and will flash Stir/turn food.

Pause and stir food from the outside towards the centre, reseal and press START button.

For meals which contain large pieces of meat such as chicken pieces, carefully break up any thawed parts and stir or turn meat over. Frozen meals will not be hot.

Choose from the SMART REHEAT settings to heat meals to food safe and serving temperatures.

Soup

Suitable for defrosting frozen prepared soups directly from the freezer (approx. -18°C).

Remove soup from any packaging and place into a microwave-safe bowl. Cover with a vented microwave-safe lid, paper towel or microwave-safe plastic wrap.

Halfway through the defrost program, the oven will beep and will flash Stir/turn food.

Pause program and break up any thawed soup. Reseal and press START button.

Soup will not be hot enough to serve but broken up ready for reheating.

Choose from the SMART REHEAT setting to heat soup to food safe and serving temperatures.

TIME dial can be adjusted to increase or decrease the heating time.

A BIT MORE™ BUTTON

Use A BIT MORE™ when cooking is finished and your food is not quite cooked or hot enough. 

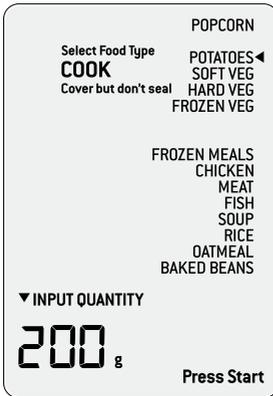
One simple press of A BIT MORE™ will add a little extra cooking time.

For example

1. User presses the SMART COOK button.



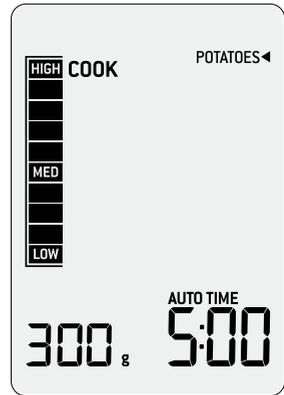
2. User turns the TIME/FOOD TYPE dial to select POTATOES.



3. User turns the AMOUNT dial to adjust weight to 300g.



4. Press START to begin cooking.



5. Cooking process ends.



- Microwave door is opened, food is checked and if A BIT MORE™ cooking time is required, door is closed. The microwave displays the last setting selected.



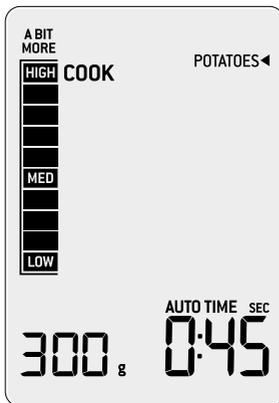
NOTE

As soon as A BIT MORE™ button is pressed the microwave will start cooking.

The A BIT MORE™ button can be used after any setting.

If A BIT MORE™ is pressed and there is no previous SMART COOK, REHEAT, DEFROST or SHORTCUT setting the microwave will default to the basic mode and add 20 seconds at 100% power.

- User presses the A BIT MORE™ button to add A BIT MORE™ cooking time. The timer will start to count down.



OPERATING YOUR SHORTCUTS PANEL

SENSOR IQ

Choose from SENSOR REHEAT or SENSOR COOK.

REHEAT

COOK

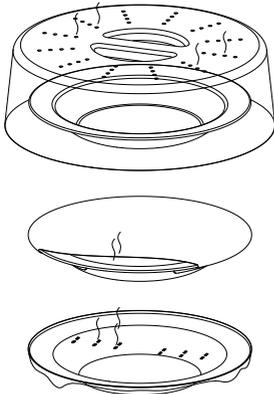
SENSOR REHEAT

This program allows you to reheat most of your favourite foods without having to select cooking times and power levels.

1. Open door and press SENSOR IQ REHEAT button on shortcuts panel. 
2. There is no need to input weight as SENSOR IQ REHEAT detects the humidity released and calculates the time accordingly.
3. Cover but don't seal food. Either make 3-4 holes into the top or fold over 2 sides to allow steam to be released

NOTE

Cover but don't seal means cover with a microwave safe vented lid or vented plastic wrap.



4. Press START to begin SENSOR REHEAT.



FOR BEST RESULTS

- All foods must be pre-cooked and have a starting temperature of approx. 5°C.
- Recommended for use on only stirrable foods such as curries, casseroles and soups.
- Always use a suitably sized dish (approximately $\frac{3}{4}$ full).
- Cover with a vented microwave-safe plastic lid, paper towel or vented microwave-safe plastic wrap.
- Stir foods after removal from oven.
- To complete the heating process, let food stand for 5 minutes after the microwave has finished.

Do's

- Add 2-3 tablespoons of water/stock to casseroles, curries and sauces.
- For plates of food, arrange thicker pieces of food on the outside of the turntable. Pour over sauces/gravy or a little stock before covering.
- Only stirrable foods such as casseroles, stews, curries and meat sauces are recommended for SENSOR REHEAT setting.

OPERATING YOUR SHORTCUTS PANEL

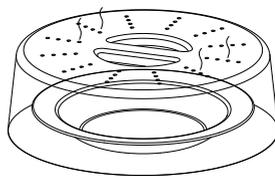
Don'ts

- Do not use sensor reheat for uncooked or raw foods.
- Do not use on baked goods such as bread, biscuits or cakes.
- Do not use on beverages.
- Do not use on frozen foods

SENSOR COOK

This program allows you to cook foods without selecting times and power levels. The Sensor Cook programs are designed to detect the steam released by the food during the cooking process. The microwave oven sensor will automatically adjust the cooking time to the type and amount of food.

1. Open door and press **SENSOR IQ COOK** button on shortcuts panel. 
2. Turn the **TIME/FOOD TYPE** dial to select food type.
3. There is no need to input weight as **SENSOR IQ COOK** detects the humidity released and calculates the time accordingly.
4. Depending on the **FOOD TYPE** selected, you may need to cover but don't seal or don't cover food. On selecting your **FOOD TYPE** and pressing the **START** button the microwave will automatically calculate the power and time needed to cook the food. To vent plastic wrap, cover microwave-safe bowl or container tightly, either make 3-4 holes into the top or fold over 2 sides to allow steam to be released.



5. Press **START** to begin **SENSOR COOK**.



NOTE

Cover but don't seal means cover with a microwave safe vented lid or vented plastic wrap.

FOR BEST RESULTS

Do not use one of the sensor cook settings twice in succession on the same food type. This may result in severely overcooked or burnt food.

Do's

- Minimum amount of food to be cooked must not be less than 120g.
- Place food into an appropriate size dish for the volume of food you are cooking.
- Ensure the outside of the cooking containers are dry before placing inside the oven.
- Be sure to remove excess moisture from the cavity of the microwave oven. Wipe cavity dry with a clean dry cloth before placing food inside.
- Cover loosely with vented microwave-safe lid, paper towel or vented microwave-safe plastic wrap.

Don'ts

- Never use tight sealing plastic containers, as they will prevent steam from escaping.

Potatoes

Suitable for cooking whole potatoes starting at room temperature (approx. 20°C).

Minimum amount of potato to be cooked is 240g to Maximum 960g.

Before cooking, pierce each potato with a fork 5-6 times.

Line microwave turntable with a piece of absorbent paper. Place potatoes around the edges. Do not cover potatoes.

To complete the cooking process, let potatoes stand for 5 minutes after the microwave has finished.

Soft Vegetables

Suitable for cooking any soft vegetables such as broccoli, zucchini, beans and cauliflower directly from the refrigerator (approx. 5°C).

Minimum amount of vegetables cooked is 120g and maximum is 480g.

Add 1 tablespoon of water per 100g of vegetables.

Cover with a vented microwave-safe plastic lid or vented microwave-safe plastic wrap.

To complete the cooking process, let vegetables stand for 5 minutes after the microwave has finished.

Hard Vegetables

Suitable for cooking any hard vegetables such as a carrot, sweet potato, potato and sude directly from the refrigerator (approx. 5°C).

Minimum amount of hard vegetables cooked is 120g and maximum is 480g.

Add 1 tablespoon of water per 100g of vegetables.

Cover with a vented microwave-safe plastic lid or vented microwave-safe plastic wrap.

To complete the cooking process, let vegetables stand for 5 minutes after the microwave has finished.

Frozen Vegetables

Suitable for cooking any frozen vegetables directly from the freezer (approx. -18°C).

Minimum amount of frozen vegetables cooked is 180g and maximum is 480g.

No need to add any extra water.

Cover with a vented microwave-safe plastic lid or vented microwave-safe plastic wrap.

To complete the cooking process, let vegetables stand for 5 minutes after the microwave has finished.

OPERATING YOUR SHORTCUTS PANEL

Pizza

Suitable for reheating cold pizza slices directly from the refrigerator (approx. 5°C)

Minimum amount of pizza to heat is 180g and maximum is 360g.

Line turntable with paper towel, and place separated slices directly on top.

Arrange thick end of pizza towards the outside of the turntable.

To complete the heating process, let the pizza stand for a few minutes after the microwave has finished.

Chicken

Suitable for chicken pieces only, starting with starting temperatures of approx. 5°C.

Minimum amount of chicken should not be less than 240g and not more than 720g.

Arrange chicken in a shallow microwave-safe dish, making sure to position thicker pieces towards the outside of the turntable.

Cover with a vented microwave-safe plastic lid or vented microwave-safe plastic wrap.

Pause and turn chicken over halfway through SENSOR COOK program.

To complete the cooking process, let chicken stand for 5 minutes after the microwave has finished.

Meat

Suitable for cooking any minced meat with starting temperatures of approx. 5°C.

Minimum amount of mince should not be less than 240g and not more than 720g.

Select a microwave-safe bowl and break up raw mince inside bowl.

Cover with a vented microwave-safe plastic lid or vented microwave-safe plastic wrap.

Pause and break up large clumps of mince halfway through SENSOR COOK program.

To complete the cooking process, let mince stand for 5 minutes after the microwave has finished.

Drain off any excess juices after cooking.

Fish

Suitable for fish fillets with starting temperatures of approx. 5°C.

Minimum amount of fish should not be less than 120g and not more than 480g.

Select a shallow microwave-safe dish and arrange fish in a single layer.

Add 1-2 tablespoons of stock, water, soy sauce or butter to dish.

Cover with a vented microwave-safe plastic lid or vented microwave-safe plastic wrap.

Pause and turn fish over carefully halfway through SENSOR COOK program.

To complete the cooking process, let fish stand for 5 minutes after the microwave has finished.

Rice

Suitable for all types of rice.

~~Minimum amount of rice should not be less than 1/2 cup and not more than 3 cups.~~

Wash rice with cold running water until water runs clear of the starch.

Use water ratio of 1 part rice to 1.5 parts water for standard white rice.

Select a deep large microwave-safe bowl as this will prevent rice from boiling over.

Cover with a vented microwave-safe plastic lid or vented microwave-safe plastic wrap.

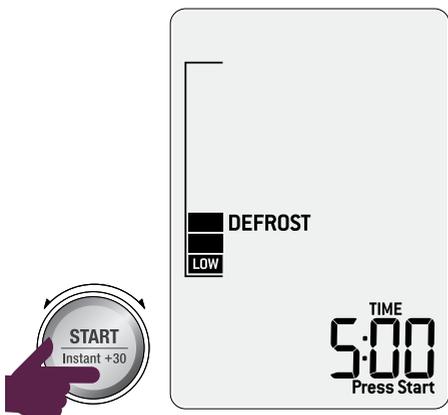
To complete the cooking process, let rice stand for 5 minutes after the microwave has finished.

OPERATING YOUR SHORTCUTS PANEL

TIME DEFROST

The defrosting power level is automatically set once the defrosting time is inputted. There is no need to enter weight.

1. Open door and press the TIME DEFROST button on shortcuts panel. 
2. Turn the TIME/FOOD TYPE dial to select chosen time.
3. Press START to begin defrosting. The timer will start to count down.

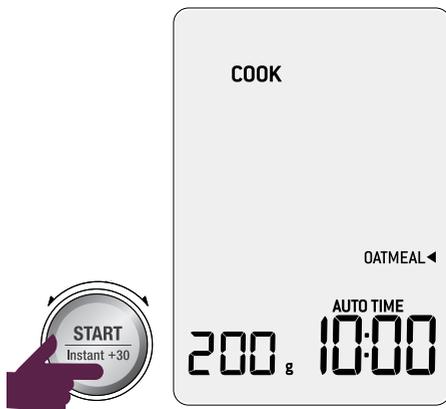


FAVOURITE

The FAVOURITE setting will record your most used and favourite cook, reheat or defrost setting.

At the press of a button, your favourite program can be duplicated time after time.

1. Set the microwave to your favourite setting.
2. Open door and press and hold FAVOURITE button on shortcuts panel for 2 seconds. 
3. Press START to begin your favourite setting.



NOTE

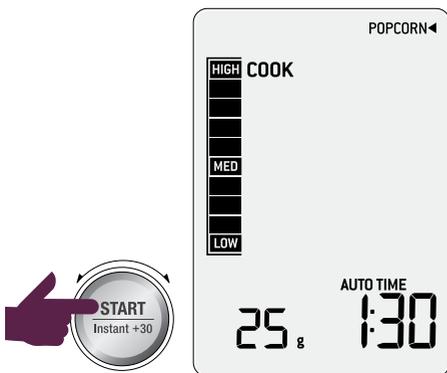
The microwave will save this setting for future use. Pressing FAVOURITE button next time will display your saved FAVOURITE setting on LCD screen. To change your FAVOURITE setting at any time, repeat steps 1 and 2 above.

OPERATING YOUR SHORTCUTS PANEL

Popcorn

The shortcuts popcorn setting is designed to pop the maximum amount of kernels in each bag.

1. Open door and press POPCORN button on shortcuts panel. 
2. Turn the AMOUNT dial to select weight and press START to begin cooking.



COMMON BAG (BAG UNFOLDED)	COMMON BAG WEIGHT	HEAT USING THE BELOW PROGRAMMED WEIGHT
	25g	25g
	100g	100g

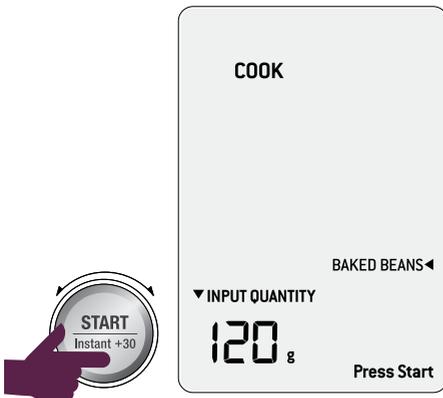
OPERATING YOUR SHORTCUTS PANEL

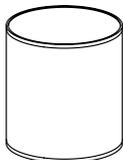
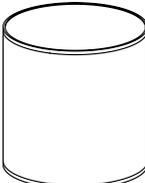
Baked beans

The shortcuts baked beans setting is programed to reheat baked beans to serving temperatures without splattering and breaking up of the beans.

Choose a suitable microwave-safe bowl and do not cover.

1. Open door and press BAKED BEANS button on shortcuts panel. 
2. Turn AMOUNT DIAL to select weight and press START button to begin heating.



COMMON CAN SIZES	COMMON CAN WEIGHT	SELECTED WEIGHT ON MICROWAVE
	120g > 130g	120g
	140g > 145g	140g
	220g	220g
	420g > 425g	425g
	820g > 825g	850g
	1Kg	1Kg

OPERATING YOUR SHORTCUTS PANEL

Melt chocolate

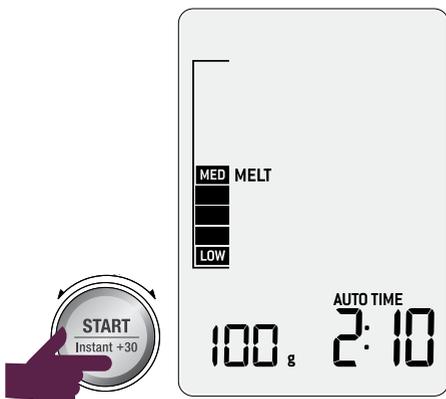
At the press of a button, the melt chocolate setting is designed to melt chocolate without overheating and seizing of the chocolate.

NOTE

The melt chocolate setting was tested with dark chocolate melts. If using other types of chocolate, check at short intervals to prevent possible seizing of chocolate.

Choose a suitable microwave-safe bowl and do not cover.

1. Open door and press MELT CHOCOLATE button on shortcuts panel. 
2. Turn AMOUNT DIAL to select weight and press START button to commence melting.
3. Halfway through the program, the microwave will beep and will flash Stir/turn food.
4. Open door or press STOP/CLEAR button once to pause. Stir chocolate, close door and press START button to finish melting.



NOTE

At the end, some of the chocolate may still hold their shape; stir until completely melted and smooth.

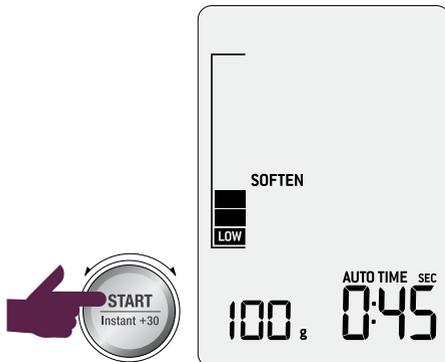
Soften butter

A perfect setting designed to soften butter suitable to cream immediately in a mixer.

The soften butter setting will soften butter that has been taken directly from the refrigerator (approx. 5°C).

The butter should be cut as a whole piece and placed into a microwave-safe plate or bowl and do not cover.

1. Open door and press SOFTEN BUTTER button on shortcuts panel. 
2. Turn AMOUNT DIAL to select weight and press START button to commence softening.



NOTE

The butter should be soft enough to poke your finger easily into the centre. The butter should not be melted.

INTRODUCTION TO MICROWAVE COOKING

- Microwaves are invisible waves of electro magnetic energy similar to radio waves. Instead of being converted to sound as in a radio or mobile phones, it is converted into a heat source which heats food from the inside.
- Microwaves cook because food molecules of water, fat and sugar react to the energy provided by the microwaves. That energy is absorbed by the food causing the molecules to vibrate quickly. This movement creates friction which causes the food to heat up and therefore cook.
- The energy in a microwave is not distributed evenly throughout the cavity. The turntable rotates constantly while cooking which prevents uneven cooking.
- Microwave cooking is considered the “cool” cooking method as only the food gets hot and surrounding air stays cool.
- Microwaves are safe and economical on electricity with savings up to 50%.
- Ovens need no preheating therefore the kitchen stays cooler. Cooking is cleaner with less odours and washing up is reduced.
- Microwave ovens cook foods rapidly, some foods are better cooked in a microwave oven as they retain more flavour, texture and goodness, such as plain fish fillets, soft fruit, vegetables and fat free cakes.
- In a microwave the heat is produced **INSIDE** the food. In all other conventional cooking methods, heat is applied from **OUTSIDE** through transference of heat by convection or radiation.
- Microwave energy penetrates the food to a depth of about 25mm. Small foods under 5cm in diameter such as eggs are penetrated to the centre from all sides. In larger foods, energy creates heat in the outer layer; this then moves to the centre by conduction, as it does with conventional cooking.

SOME IMPORTANT TIPS FOR MICROWAVE COOKING

To help equalize energy in the food so that it cooks evenly follow these helpful tips.

1. Arrange foods with varying size ends, such as chicken drumsticks and broccoli with the thicker or tougher part positioned to the outside of the dish. This ensures the parts that require more cooking will receive more energy, so the food will cook evenly.
2. Covering the dish during cooking holds in the heat and steam to speed up cooking time. Use a microwave safe lid or plastic wrap that has been vented by turning back one edge at the side of the dish to form a narrow vent to release excess steam.
3. Choose cooking dishes that are shallow and preferably have straight sides. Shallow dishes enable the food to cook faster and straight edges prevent the edges from being overcooked.
4. Arrange individual items such as ramekins or whole potatoes around the outside of the turntable. Make sure to leave space between items so the energy can penetrate from all sides.
5. Use round shaped microwave dishes. Round shapes cook more evenly than square or rectangle dishes which absorb most of the energy in the corners causing food to overcook and toughen.
6. Heat breads, biscuits or oily food on paper towel. This prevents the build up of steam between food and glass turntable, keeping surfaces crisp and dry. Cover foods with paper toweling to prevent splatters.

7. Stir foods from the outside to centre of the dish once or twice during cooking to equalize heat and speed microwaving.
8. Turn medium to large food items over twice during microwaving. This enables even exposure to microwaves.
9. Elevating some types of food such as cakes, roast vegetables and dough products can be advantageous. It allows more energy to penetrate the food from all sides, base and top. Use a microwave safe plastic or ceramic rack. If a rack is unavailable, use an upturned bowl or cup to elevate plates of food.
10. Do not elevate any special browning dishes, jugs of sauce or custard, small quantities of food or mugs of beverages.
11. Internal temperatures of foods continue to rise so that they continue cooking even after they have been removed from the microwave oven. It is better to undercook food as it will continue to cook once removed from the microwave.

MICROWAVE UTENSILS

- Containers, plates, dishes, etc. used in the microwave oven should always be microwave-safe. Check if stated on the underside of the utensil or contact the manufacturer.
- To test if a container, plate or dish is microwave-safe, place it into the microwave oven with 1 cup of cold water (in a microwave-safe cup) and heat on High (100%) Power for 1 minute. If the container is hot and the water is cold, the container is not suitable for microwave oven use. If the container is cold and the water is hot, then the container is suitable for microwave oven use.
- Microwave-safe cookware will not become hot by the microwave energy, but it will become hot from contact with hot food. When the food becomes hot, some of this heat is transferred to the dish. Always use oven mitts or clothes to remove hot dishes from the microwave.
- Metal containers and utensils should not be used in the microwave oven.

CARE & CLEANING

- Switch off the microwave oven at the power outlet and remove the plug from the power outlet before cleaning.
- Keep the inside of the microwave oven clean. When food splatters or spilled liquids adhere to the microwave oven internal walls, wipe with a damp cloth. Mild detergent may be used if the cavity gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
- The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the microwave oven cavity, water should not be allowed to seep into the ventilation openings.
- Wipe the door and window on both sides of the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use an abrasive cleaner.
- Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave the microwave oven door open to prevent it from accidentally turning on.
- If steam accumulates inside or around the outside of the oven door, wipe with a soft dry cloth. This may occur when cooking foods high in moisture or if the microwave oven is operated under high humidity conditions, this is normal.
- It is occasionally necessary to remove the glass turntable for cleaning. Wash the glass turntable in warm soapy water, rinse in clean water and dry thoroughly.
- The turntable roller and microwave oven floor should be cleaned regularly to ensure the glass turntable rotates correctly and avoids making excessive noise. Simply wipe the bottom surface of the microwave with a soft damp cloth. The turntable roller may be washed in mild soapy water, rinse in clean water and dry thoroughly. When removing the turntable roller from the cavity floor for cleaning, be sure to replace in the proper position.
- Remove odours from your microwave oven by combining a cup of water with the juice of one lemon in a deep microwave-safe bowl, microwave on High for 5 minutes. Wipe the microwave oven cavity thoroughly and dry with a soft cloth.
- When it becomes necessary to replace the oven light, please consult your Sage Customer Service to have it replaced.
- Please do not dispose this appliance with domestic rubbish; it should be taken to the appropriate disposal centre provided by the local council municipalities.
- If storing the microwave oven, press the STOP/CLEAR button, switch off at the power outlet then unplug the power cord. Ensure the microwave oven is completely cool, clean and dry. Secure the roller ring and glass turntable and close the door. Do not place heavy objects on top. Store the microwave oven upright.

BEFORE YOU CALL FOR SERVICE

- Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the power outlet, wait 10 seconds and plug it in again securely.
- Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the power outlet with another appliance.
- Check to ensure that the control panel is programmed correctly and the timer is set.
- Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the door safety lock system will prevent the microwave from switching on.

NOTE

If none of the above rectify the situation, then contact your Sage Customer Service. Do NOT try to adjust or repair the oven yourself.

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION	
Microwave oven interfering with television reception.	<ul style="list-style-type: none"> • Radio and TV reception may be interfered with during operation. This is similar to the interference that is sometimes cause by vacuums, blenders etc. 	
Dim microwave oven light.	<ul style="list-style-type: none"> • When operating on low power levels, the microwave oven light may be dimmer. 	
Steam accumulating on door and hot air coming out from vents.	<ul style="list-style-type: none"> • During operation, steam may be produced. Most will exit through the vents, however some may accumulate around the oven door. 	
POSSIBLE PROBLEM	POSSIBLE REASON	EASY SOLUTION
Microwave oven will not start.	<ul style="list-style-type: none"> • Power cord not plugged in properly or switched on. • Fuse blown or circuit breaker problem. • Trouble with outlet. 	<ul style="list-style-type: none"> • Unplug, put the plug in again and switch on. • Replace the fuse or reset circuit breaker. • Have a professional check that the outlet is not faulty.
Microwave oven does not heat.	<ul style="list-style-type: none"> • Door not closed properly. 	<ul style="list-style-type: none"> • Ensure door is shut properly.
Glass turntable makes noise during operation.	<ul style="list-style-type: none"> • Turntable roller not assembled properly or needs to be cleaned. 	<ul style="list-style-type: none"> • Reset and clean if necessary.
LCD time digit shows EA1A then V1:00 or similar information then goes to default mode.	<ul style="list-style-type: none"> • Both STOP/Clear & SMART COOK button are pressed at the same time under the default mode. 	<ul style="list-style-type: none"> • No action required. This is normal and LCD just shows the model type and software version.
LCD time digit shows 00 for a short period of time then shows 1 or 0 and stays at 1 or 0.	<ul style="list-style-type: none"> • Both STOP/Clear & SMART REHEAT button are pressed at the same time under the default mode. 	<ul style="list-style-type: none"> • If the LCD time digit stays at 0, send the unit back to repair. • 0 indicates Sensor IQ transducer is not OK.
		<ul style="list-style-type: none"> • If LCD time digit stays at 1, Press STOP/Clear to set the unit back to default mode. • 1 indicates Sensor IQ transducer is OK.

