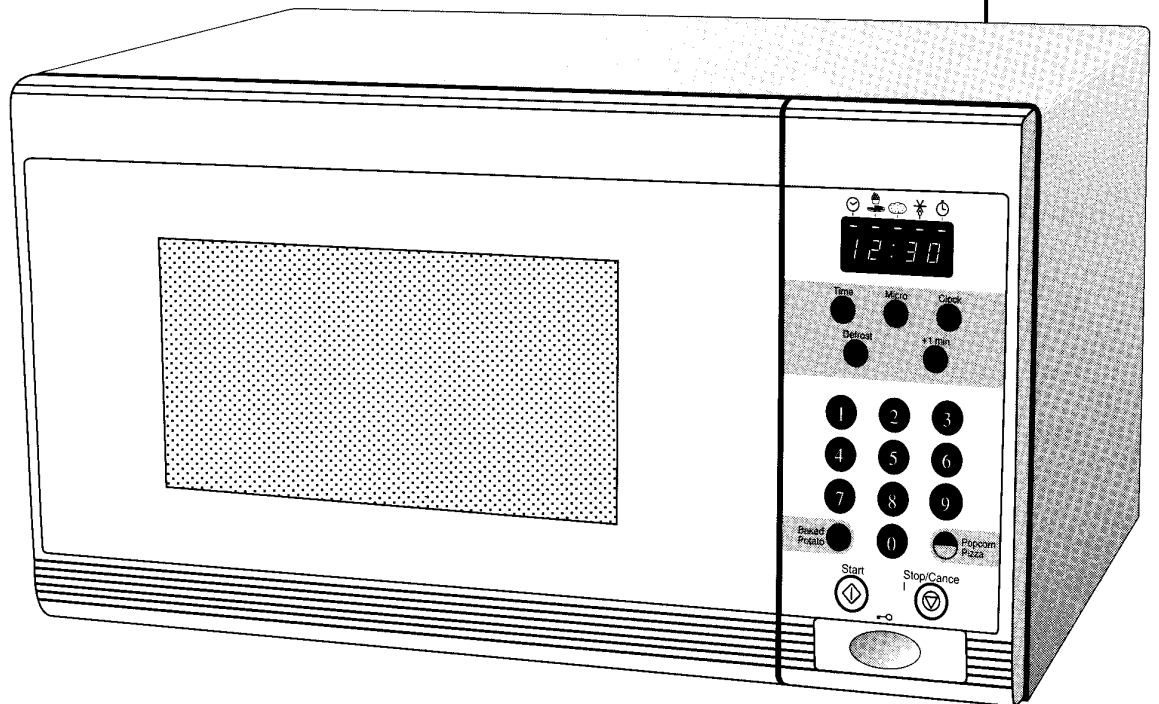


**Instruction
For
Use**

PMO-755



For customer service or product assistance
please telephone our call centre

1300 657 888

www.palsonic.com.au

ENGLISH**Content**

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Electrical connection

Prior to connecting, check that the voltage on the rating plate corresponds to the voltage in your home.

The earthing of this appliance is compulsory by law. The manufacturer will accept no responsibility for injury to persons or damage to objects arising from the non-observance of this requirement.

WARNING!

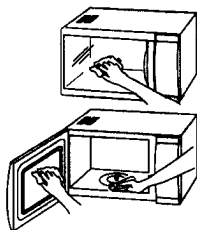
THIS APPLIANCE MUST BE EARTHED

Before you operate the oven

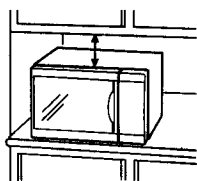
Please read the instructions and guarantee information and keep for future reference.

Please complete the guarantee card and send to our Service Department.

Make sure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean inside it with a soft, damp cloth.

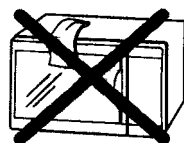


Place the oven on a stable, even surface that is strong enough to hold the oven and the food utensils you put in it. The control side of the unit is the heavy side. Use care when handling.



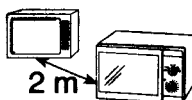
Place the oven at a distance from other heating sources. The cooling air, which is taken in by the oven, must not exceed 35°C temperature. For sufficient ventilation there must be a space of at least 10 cm above the oven.

The ventilation openings on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results. Make sure the microwave oven feet are in place to ensure proper airflow.



The oven can be operated only if the oven door is firmly closed.

Poor television reception and radio interference may result if the oven is located close to a TV, radio or aerial.



The packaging material is recyclable and marked with the symbol for recycling ♻.

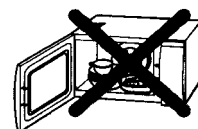
Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Electrical shock, fire or other hazards may result.

Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces.

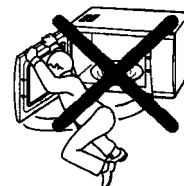
Do not let the mains cord hang over edge of table or counter.

Do not store or use this appliance outdoors. Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

Do not use the cavity for storage purposes. **Do not leave** paper products, cooking utensils, or food in the cavity when not in use.



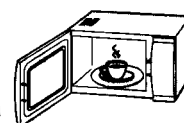
Never lean on the door or allow a child to swing on it when the door is open. Injury could result.



WARNING!

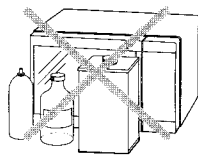
The appliance should not be operated without food in the oven when using microwaves. Operating in this manner is likely to damage the appliance.

If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.



Important when using your microwave oven

Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

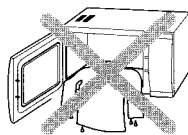


Use this appliance only for its intended use as described in this manual.

Do not use corrosive chemicals or vapours in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

Do not over-cook food. Fire could result.

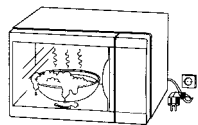
Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.



Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn, and some plastics can melt if used when heating foods. As with any appliance, close supervision is necessary when used by children.

Remove wire twist-ties from paper or plastic bags before placing bag in the oven.

If material inside the oven should ignite, keep oven door closed, turn the oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.



When heating liquids, e.g. beverages or water in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

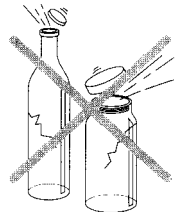
To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow to stand for a short time, stirring again before carefully removing the container from the oven.

Do not use your microwave oven for cooking or reheating whole eggs with or without shell.



Do not use your microwave oven for heating food or liquids in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.



Some foods which has a low water content e.g. oil, chocolate and some pastries with sweet fillings, must be heated carefully.

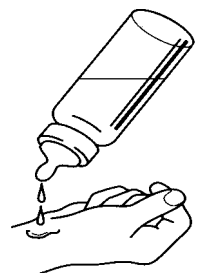
Do not use your microwave oven for deep frying, because you cannot control the oil temperature.

One of the major advantages of microwave ovens is the short cooking time. Therefore, do not exceed recommended times for cooking or re-heating food.

Always refer to a microwave cookbook for details. Especially, if cooking or reheating food that contains alcohol.

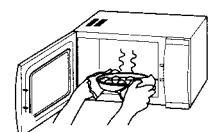
After heating baby food or liquids in a baby bottle, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.

Ensure the Lid and the Teat is removed before heating!



Use hot pads. Microwave energy does not heat containers, but the hot food does.

Use oven mitts when touching containers, oven parts, and pan after cooking to prevent burns.



Controlpanel

Digital display. This display includes a 12 hour clock and indicator symbols to tell you the time of day, cooking time, power level selected function etc.

Power button. Press this button to set the desired microwave power level.

Timer button. Touch this button followed by the keypad to enter cooking times.

Defrost button. Use this button when defrosting.

Keypad. Use the keypad to set the time and power needed for each function.

Baked potato button. Use this button (the oven will automatically heat for a preset time at a preset cook power.) when baking potatoes.

Start button. This button works as a normal start button after setting a function.

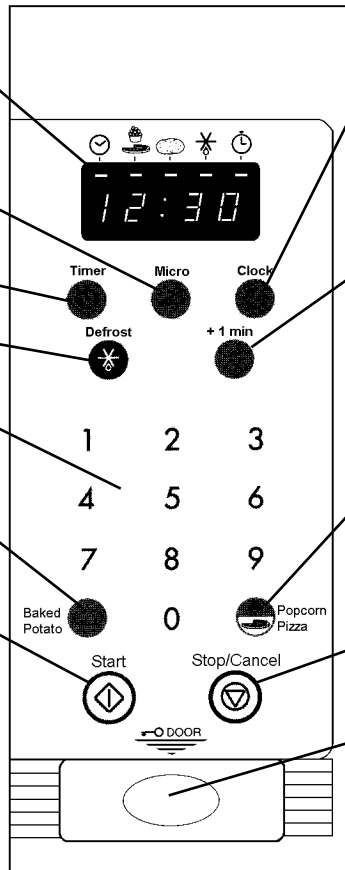
Clock button. Use this button to select the 24 hour clock and set the time of day.

+ 1 min button. Use this button to cook for one minute at full cook power or to add an extra minute to your cooking cycle.

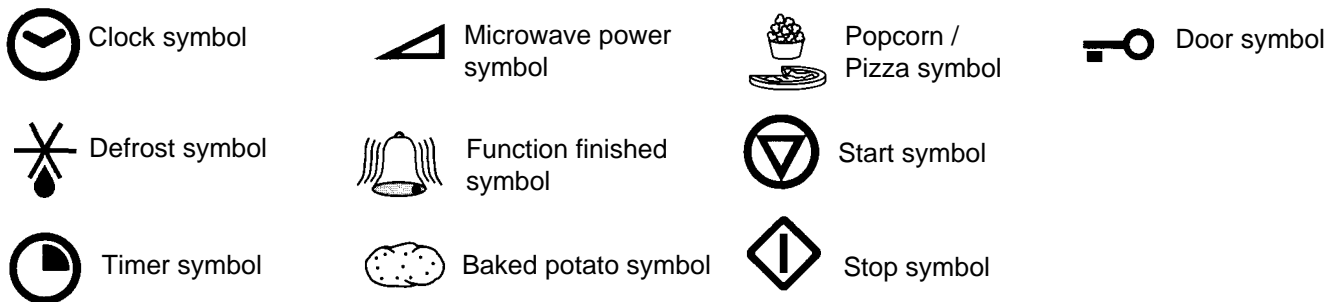
Popcorn / Pizza button. Use this button pop one bag of microwave popcorn or to cook one frozen pizza in your microwave oven (the oven will automatically heat for a preset time at a preset cook power).

Stop button. Use this button to stop or reset any of the oven functions.

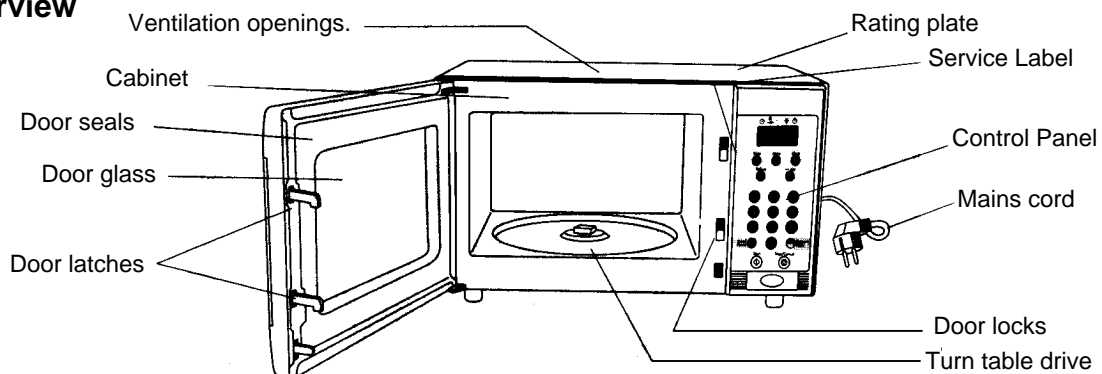
Door button. Use this button to open the door.



Symbol description



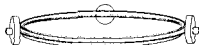
Oven overview



Standard accessories

Turn table support

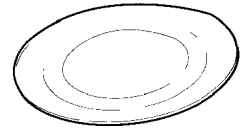
Use the Turn table support under the Glass Turn-table. Never put other utensils than the Glass Turn-table directly on the Turn table support. The Turn table support may be cleaned in dishwashers.



* Fit the Turn table support on its locator in the oven.

Glass turn-table

Use the Glass Turn-table with all cooking methods. The Glass Turn-table collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven. The Glass Turn-table may be cleaned in dishwashers.



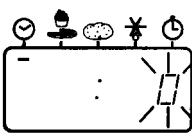
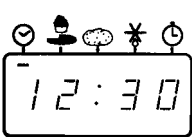
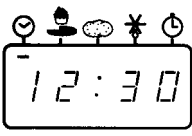
* Place the Glass Turn-table on the Turn table support.

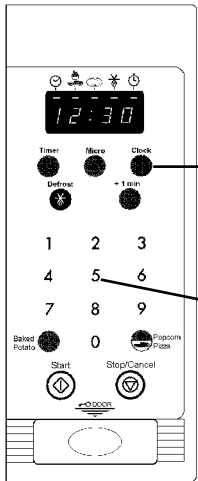
Clock display

When the appliance is first plugged in or after a power failure, the display shows 88:88. Follow this procedure to set the clock.

Note:

The clock function is a 24 hour version.

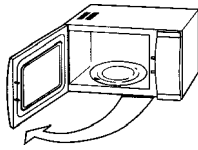
User action	Oven reaction
1. Press the CLOCK button	 <p>* The clock indicator is lit.</p>
2. Enter the time of day on the keypad..	
3. Press the CLOCK button.	 <p>* The Clock operates.</p>



Cooking interruption

To interrupt the cooking process:

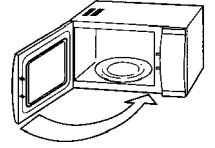
If you wish to check, stir or turn the food just open the door and the cooking process automatically stops. When the door is opened the cooking time and functions remain set. If you open the door please consider the following:



To restart the cooking process:

Close the door and press the START button.

Note: The cooking process continues from where it was interrupted



If you don't want to continue cooking:

Remove the food, close the door.

Time and power

	User action	Oven reaction
	1. Press the TIMER button.	<p>* Maximum microwave power level is automatically set.</p>
	2. Enter the desired cooking time on the keypad.	<p>* The cooking time is displayed.</p>
	3. Press the MICRO button if a power level other than full power is desired.	
	4. Enter the desired power level on the keypad.	<p>* The power level is displayed.</p>
	5. Press the START button.	<p>* The cooking time is displayed counting down</p> <p>When the cooking time has elapsed an acoustic signal sounds and the cooking process is switched off.</p>

Note:

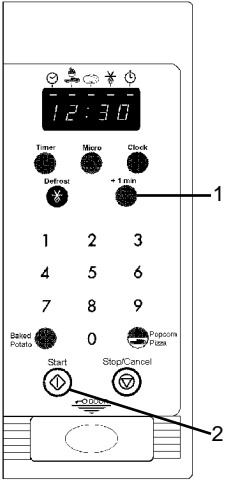
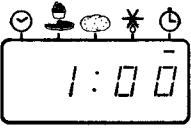
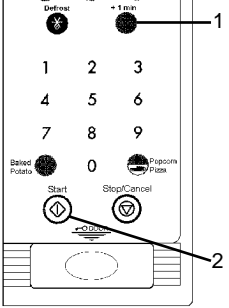
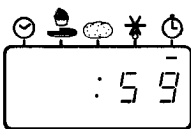

Pressing the Power button once during cooking displays the current Power level for a few seconds.

You can also change the power level during cooking by pressing the power button and enter a new level on the keypad.

+ 1 min function

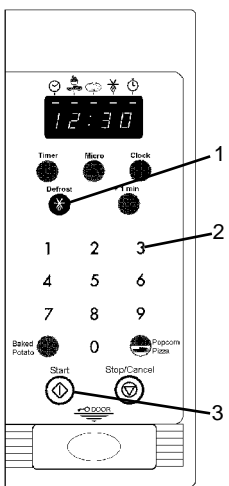
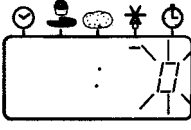
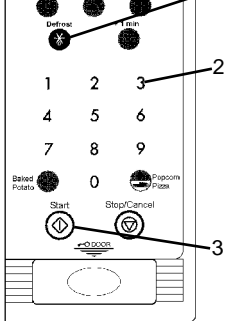

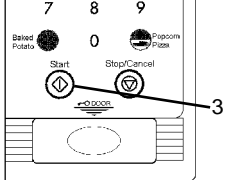
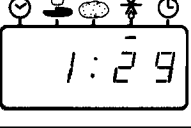

The **+ 1 min function** lets you cook food for one minute for full cook power or add an extra minute to your cooking cycle. You can also use it to extend cooking time in multiples of one minute.

Use this function for quick reheating of foods such as clear soups, coffee, tea or other foods with high water content.

User action		Oven reaction
	1. Press the + 1 min button.	 <ul style="list-style-type: none"> * The Power level is set to maximum. * The cooking time is displayed.
	2. Press the START button.	 <ul style="list-style-type: none"> * The cooking time is displayed counting down. <div style="text-align: center; margin: 10px 0;">  </div> <p>When the cooking time has elapsed an acoustic signal sounds.</p> <p>To extend cooking time in multiples of one minute, touch + 1 min repeatedly during cooking.</p>

Defrost function

Your microwave oven has a defrosting function, which provides you with good end results.

User action		Oven reaction
	1. Press the DEFROST button.	 <ul style="list-style-type: none"> * The defrost indicator is lit.
	2. Enter the time needed to defrost the food.	 <ul style="list-style-type: none"> * The defrost time is displayed.
	3. Press the START button.	 <ul style="list-style-type: none"> * The defrosting process begins. * The defrosting time is displayed counting down
		<div style="text-align: center; margin: 10px 0;">  </div> <p>When the Defrost program is finished an acoustic signal is heard</p>

Stage function

The **Stage function** is a temporary memory which is always ready to be reprogrammed when the cooking sequence is finished or the Stop button is pressed.

Use the Stage function when you want to cook with different methods in sequence. It is excellent to use the second or third Stage as an automatic standing time function for foods which do well with a standing time after cooking. Simply enter a time and no power in the last Stage to achieve this.

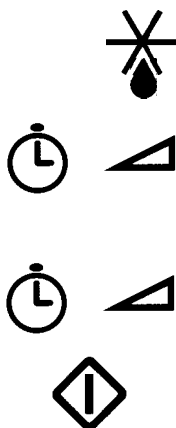
You may select up to four stages to be run in sequence. We have chosen to describe a full sequence in order to show you the principle for handling the Stage function.

1. Follow the DEFROST function procedure described earlier and instead of pressing the start button proceed with step two.

3. Once more follow the TIME AND POWER function procedure described earlier.

2. Follow the TIME AND POWER function procedure described earlier and instead of pressing the start button proceed with step three.

4. Press START button.
* the Stage cooking process begins.



When Stage 1 is finished an acoustic signal is heard and the oven immediately starts Stage 2.



When Stage 2 is finished an acoustic signal is heard again and the oven immediately starts Stage 3



When Stage 3 is finished an acoustic signal is heard and the oven switches off.



Pizza / Popcorn function

Popcorn:

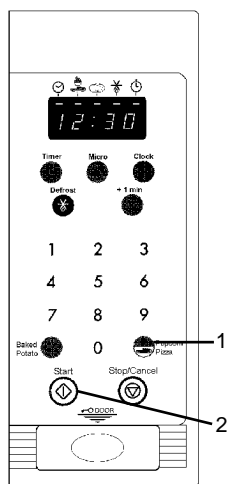
The **popcorn function** quickly cooks a bag of popcorn (100 g).

The **Pizza function** quickly cooks a pizza (350 g).

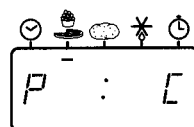
POPCORN

User action:

Oven reaction:

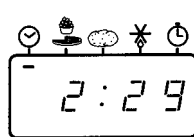


1. Press the PIZZA / POPCORN button.



* "C" is displayed indicating popcorn.

2. Press START button.



* The cooking process begins.
* The cooking time is displayed.

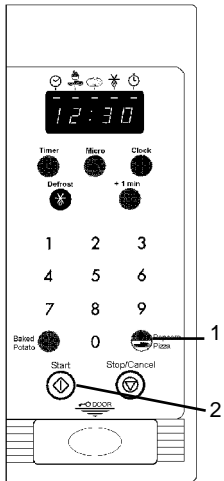


When the Popcorn function is finished an acoustic signal is heard.

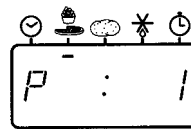
PIZZA

User action:

Oven reaction:

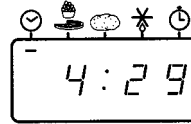


1. Press the PIZZA / POPCORN button twice.



* "1" is displayed indicating pizza.

2. Press START button.



* The cooking process begins.
* The cooking time is displayed.



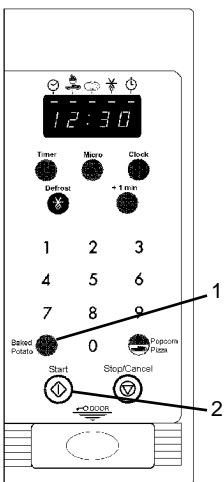
When the Pizza function is finished an acoustic signal is heard.

Baked potato function

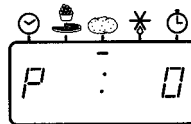
The Baked potato function is designed for two potatoes weighing approximately 200 g each.

User action:

Oven reaction:

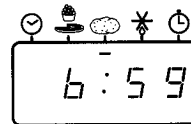


1. Press the BAKED POTATO button.



* "0" is displayed indicating baked potato.

2. Press START button.



* The cooking process begins.
* The cooking time is displayed.



When Baked potato function is finished an acoustic signal is heard.

How to choose power level?

P 10

- Fast reheat of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.

P 9 - P 8

- To be used for cooking of vegetables, fish, meat etc.

P 7 - P 6

- To be used when cooking dishes not possible to stir.

P 5 - P 4

- To be used when more careful cooking is required e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.

P 3 - P 2

- To be used when simmering stews.

Defrost

- To be used for manual defrosting.

P 1

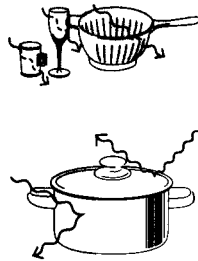
- To be used for softening butter, cheese and ice cream, or for defrosting sensitive food.

Working with microwaves

Microwaves - what are they?

Microwaves are like TV waves or light waves. You cannot see them, but you can see their effect.

Just like ordinary daylight passes through glass, clear plastic and air, the microwaves have the ability to go through materials like paper, glass, porcelain, plastic and air. These materials do not contain water or metal and will consequently not be heated up by the microwaves. The microwaves are reflected by metal in the same way as light is reflected by a mirror.



Food always contains water. When we heat the food with microwaves the water molecules in the food are excited and heat is produced. The microwaves reach into the food and at the same time enters the food from all directions.



Microwave heating

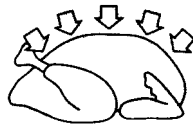
That's why the food is heated so rapidly.

You save time when cooking with a microwave oven. You usually also save energy, especially when cooking small amounts of food.

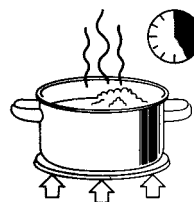
If you boil fish in a sauce-pan with water, the electrical energy must first heat the hot-plate. The heat must transfer from the hot-plate to the sauce-pan and from the sauce-pan to the water which then will heat the fish.

In a microwave oven the electrical energy is converted to microwaves and almost all of the microwave energy is then converted to heat inside the food

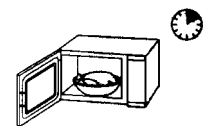
When we heat food with infra waves (Grill or hot air), in a normal oven, the heat is applied on the surface of the food and then conducts (transfers) to the centre of the food. Food has a rather poor ability to conduct heat and it therefore takes a long time to heat the food.



Grill heating



Cook time
20 - 25 min.



Cook time
10 min.

Which utensils can be used in the oven?

Utensils and cooking containers used in a microwave oven should be of a material that allows microwaves to pass freely through them. Generally this means that you should cook in either (paper), plastic, glass or ceramic.

Utensils made of china and ceramic are excellent to use in your microwave oven. Most types of glass are also very good. Lead crystal glass can crack and should therefore, not be used. Coloured glass or glass with decorations shall be avoided since metal e.g. gold, might be part of the decoration and such decorations will be damaged.

Plastics and paper can also be used, provided they can withstand the temperature of the heated food. For cooking only use plastics, which will withstand a temperature of over 120° C. Some plastic materials, e.g. melamine, will be heated by the microwaves, and be damaged.

Round or oval shapes give the most even cooking. Square or rectangular containers may over-cook foods in the corners because more energy is absorbed there. Shallow containers give more even cooking results.



Suitable



Not suitable

Metal containers, e.g. saucepans or frying pans should not be used in microwave ovens.

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven just as they bounce off the metal walls of the oven and cause "arcing", a phenomenon that resembles lightning.

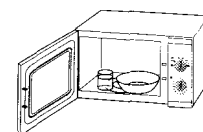
Small pieces of aluminium foil can be used, but only to shield the areas that would over-cook (e.g. for covering chicken wings, leg tips and fish tails) but the foil must not touch the side of the oven as arcing (damage) may occur.

Material	Microwave cooking
Glass (general)	Yes (1)
Glass (heat resistant)	Yes
Glass-ceramic and ceramic (heat resistant)	Yes (1)
Earthenware	Yes
China (heat resistant)	Yes
Plastic (general)	Yes (2)
Plastic (heat resistant)	Yes (2)
Aluminium foil containers / aluminium foil	Yes (3)
Metal (pots or pans)	No
Paper	Yes

- Without metal parts or metal trims.
- Some plastics are heat-proof only to certain temperatures.
- It is possible to use aluminium foil to shield delicate areas of food (this prevents over-cooking).

To find out if a certain container is suitable, the following simple test can be made:

Place the empty container and a glass of water inside the microwave oven. The water is needed because the oven must not be operated empty or with empty containers. Let the oven work on full power for one minute. A suitable container will only be lukewarm.



CAUTION!

There are a number of accessories available on the market. Before you buy, make sure they are suitable for microwave use.

When you put food in the microwave oven, make sure that food, food supports or covering do not come in direct contact with any of the internal walls or the ceiling of the cavity.

Aluminium foil containers and microwaves

It is now possible to use disposable aluminium foil containers in this new generation of microwave ovens, providing these simple rules are followed:

- * Always remove foil-laminated fibre board lid from the container before heating, otherwise oven damage can occur.
- * Only undamaged foil containers may be used.
- * Aluminium foil containers with a height exceeding 3 cm should be avoided and the container must be at least 2/3 full.
- * There must be a minimum of 1 cm between the aluminium foil container and the walls of the oven, to avoid sparking.

* Aluminium foil containers should always be used singly in a microwave oven, and placed on the glass turn-table provided.

- * Follow the instructions provided by the food producer to ensure thorough heating of the food product throughout. If you are using a foil container for self produced foods they may take longer to heat than when using plastic, glass, porcelain or paper containers. Always ensure the food is piping hot (minimum 72° C) before serving.

A useful tip is to place the foil container in a heat resisting glass or plastic bowl, adding some hot water (not more than 1 cm deep) to provide heating for the foil container base. Stir if appropriate or let the food stand for 2-3 minutes after heating, to assist heat distribution within the container.

Hints

Points to remember when defrosting manually

- * The shape of the package alters the defrosting time. Shallow rectangular packets defrost more quickly than a deep block.
- * Separate pieces as they begin to defrost; free-flow slices defrost more easily.
- * Shield areas of food with small pieces of foil if they start to become warm. Wooden toothpicks may be used to hold the foil in place.
- * When defrosting, it is better to under-thaw the food slightly and allow the process to finish during the standing time.

The amount of food

The more food you want to prepare the longer it takes. A rule of thumb is that double amount of food requires almost double the time. If one potato takes four minutes to cook, approximately seven minutes are required to cook two potatoes.

Moisture content:

Because microwaves are attracted to moisture, cooking time will vary according to water content. Naturally moist foods such as vegetables, fish and poultry will cook quickly and evenly; drier foods such as rice or dried beans require added moisture for microwave cooking.

Condensation:

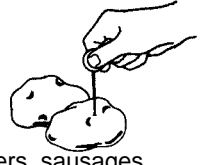
Humidity and moisture in foods will sometimes cause condensation on the walls of the oven or inside the door. This is normal with cooking. Generally, covered foods will cause less condensation than uncovered foods.

Sugar:

When cooking foods with a high sugar or fat content, such as Christmas pudding, mince pies and fruit cake follow the recommended cooking instructions carefully. Exceeding the recommended cooking times may result in burning of the food and damage to the oven.

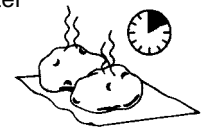
Releasing pressure in foods

Several foods are tightly covered by a skin or membrane. These foods should be pricked with a fork or cocktail stick to relieve the pressure and to prevent bursting, as steam builds-up within them during cooking. This applies to jacket potatoes, potatoes, chicken livers, sausages, egg yolks and some fruits.



Standing time

Always allow the food to stand for some time after using the oven. Standing time after defrosting, cooking/reheating always improves the result since the temperature will then be evenly distributed through out the food.

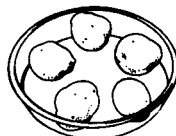


In a microwave oven foods continue to cook even when the microwave energy is turned off. They are no longer cooked by microwaves, but they are still being cooked by the conduction of the high residual heat to the centre of the food. The length of the standing time depends on the volume and density of the food. Sometimes it can be as short as the time it takes you to remove the food from the oven and take it to the serving table. However, with larger, denser foods, the standing time may be as long as 10 minutes. The food will finish cooking during this time.

Arranging Food

The best results are achieved if the food is evenly distributed on the plate. This is done in several ways in microwave cooking to give more even cooking results.

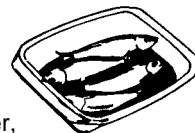
If you are cooking several items of the same food such as jacket potatoes, place them in a ring pattern for uniform cooking.



When cooking foods of uneven shapes or thickness, place the smaller or thinner area of the food towards the centre of the dish where it will be heated last.

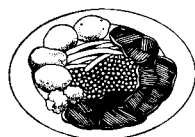


Uneven foods such as fish should be arranged in the oven with the tails to the centre.



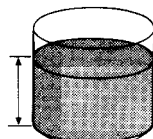
If you are saving a meal in the refrigerator or "plating" a meal for reheating, arrange the thicker, denser foods to the outside of the plate and the thinner or less dense foods in the middle.

Place thin slices of meat on top of each other or interlace them.



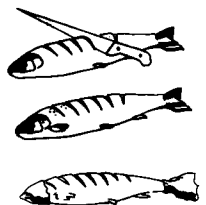
Thicker slices such as meat loaf and sausages have to be placed close to each other.

Gravy or sauce should be reheated in a separate container.



Choose a tall, narrow container rather than a low and wide container. When reheating gravy, sauce or soup, do not fill the container more than 2/3

When you cook or reheat whole fish, score the skin - this prevents cracking.



Shield the tail and head with small pieces of foil to prevent over-cooking but ensure the foil does not touch the sides of the oven.

Composition of the food

Food with a lot of fat and sugar will be heated faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water in the cooking process. The more dense the food, the longer it takes to heat. "Very dense" food like meat takes longer time to reheat than lighter, more porous food like bread.

Size and shape

Smaller pieces of food will cook faster than larger pieces and uniform pieces of food cook more evenly than irregularly shaped foods. To ensure even cooking, cut all pieces of food into similar sizes and shapes.

Stirring, turning of foods during cooking

Stirring and turning of foods are techniques used in conventional as well as in microwave cooking to distribute the heat quickly to the centre of the dish and avoids over-cooking at the outer edges of the food. turning foods is especially important here because it allows for more even cooking. As in conventional cooking, foods such as roasts need to be elevated so they are not allowed to steam in their own juices.

COOKING CHART

Food	Power level	Cooking time
BEEF		
1 lb (500g) ground beef	P - 10	3-5 minutes
1 lb (500g) meatballs	P - 10	9-12 minutes
1 lb (500g) hamburgers	P - 10	4-5 minutes
1 lb (500g) meat loaf	P - 10	15-20 minutes
Steaks	P - 10	2-4 minutes per lb (500g)
PORK		
Bacon	P - 10	1/2-3/4 minutes per slice
1/2 lb (225g) pork sausages, raw	P - 10	2-4 minutes
Pork chops	P - 10	10-12 minutes per lb (500g)
Pork roast	P - 10	10-12 minutes per lb (500g)
LAMB		
Roast leg or shoulder	P - 9	8-10 minutes per lb (500g)
VEAL		
Roast shoulder	P - 9	9-10 minutes per lb (500g)
Lamb/veal cutlets/chops (3-4 pieces)	P - 10	6-8 minutes
POULTRY		
Chicken pieces	P - 10	2-3 minutes per piece
Whole chicken	P - 10	9-10 minutes per lb (500g)
Stewing, cut up	P - 8	12-14 minutes per lb (500g)
Turkey breasts	P - 8	8-9 minutes per lb (500g)
FISH		
1 lb (500g) fillets/steaks	P - 10	7-9 minutes
1 lb (500g) whole fish	P - 10	7-9 minutes
EGGS		
Scrambled	P - 10	1-2 minutes per egg
Poached	P - 10	1-2 minutes per egg
Omelette	P - 10	3/4-1 1/2 minutes to melt butter 1-2 minutes per egg
Custard (8x8 in) (20x20 cm)	P - 8	15-19 minutes
VEGETABLES		
Vegetables (1-2 lb) (500-1000g) water 1/4 cup	P - 10	8-19 minutes
Potatoes (1 lb) (500g) baked	P - 10	8-16 minutes
Corn-on-the-cob		
- fresh husk 2	P - 10	5-5 1/2 minutes
- frozen 2	P - 10	4-6 minutes
CEREAL		
1/2 cup quick oatmeal, water 1 cup	P - 10	1-2 minutes
1/2 cup long cooking oatmeal, water 1 cup	P - 10	2-5 minutes
1/2 cup cornmeal, water 2 cups	P - 10	2-3 minutes
CAKES		
Carrot cake (10x6 in) (25cm x 15cm)	P - 10	9-12 minutes
Basic butter or chocolate 8-1/2 in (21cm) round dish	P - 10	5-6 minutes
Ring cake	P - 10	5-5 1/2 minutes
Cupcakes (6)	P - 6	2-2 1/2 minutes
Bar cookies 8 in (20cm) square dish	P - 8	3-6 minutes
SOUP/BEVERAGE		
1 cup water based	P - 10	1-2 minutes
1 cup milk based	P - 8	1-2 minutes

DEFROSTING CHART

Food	Recommended Time	Suggestions
MEAT		
1 pack bacon	2-3 1/2 minutes	Leave packages unopened when defrosting. Microwave till foods can be separated.
Frankfurters	2-3 1/2 minutes per lb (500g)	"
Spare-ribs	5-6 minutes per lb (500g)	"
Ground meat	6-8 minutes per lb (500g)	Turn over after half of defrosting time.
Roast beef	4-6 minutes per lb (500g)	Unwrap roast and place in cooking dish. Defrost till half of defrosting time and turn it over. Stand for ten minutes
Pork	7-9 minutes per lb (500g)	"
Lamb	7-9 minutes per lb (500g)	"
Steaks, chops and cutlets	3-6 minutes per lb (500g)	Separate pieces after half of defrosting time.
Sausages	3-4 minutes per lb (500g)	Turn over after half of defrosting time.
POULTRY		
1 whole chicken (2 1/2-3 1/2 lb)		
(1 1/4-1 1/2 kg)	13-16 minutes	Place wrapped whole bird in oven when defrosting.
Turkey	6-8 minutes per lb (500g)	"
Chicken pieces	4-6 minutes per lb (500g)	Separate during half of defrosting time. Stand to complete defrosting
Turkey parts	6-8 minutes per lb (500g)	"
FISH AND SEAFOOD		
1 lb (500g) fillets	6-7 minutes	Leave package unopened when defrosting. Stand in cold water to separate
1 lb (500g) steaks	1-2 minutes	No manipulation
8-10 oz (225-282) whole fish	2-4 minutes	Place fish in cooking dish. Turn over once half way through defrosting time. Rinse cavity of fish with cold water.
1 lb (500g) small pieces of seafood, e.g. shellfish, shrimps, crab meat, oysters, etc.	4-6 minutes	Break-up after half of defrosting time.
6-9 oz (170-255g) lobster tails	4-6 minutes	No manipulation
1 1/2 lb (750g) whole lobster or crab	12-13 minutes	Turn over after half of defrosting time
BREAD AND CAKES		
7 oz-1 lb (190-500g) bread, buns, rolls	1-3 minutes	
Doughnuts	1/4 minute each	
12-17 oz (340-482g) pound cake/coffee cake, frosted, cream filled, or topped	1-3 minutes	
17-19 oz (482-539g) cheesecake	3-5 minutes	
8 in (20 cm) fruit or nut pie	6-7 minutes	
14 oz (395g) cream or custard pie	1-2 minutes	
Cup cakes	1/4/3/4 minute	
VEGETABLES		
Vegetables are preferably cooked from frozen. Add 1-2 tablespoons of water		

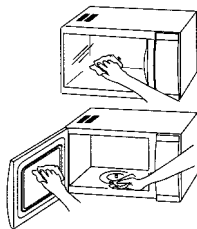
RE-HEATING CHART

	Food	Power level	Cooking time
1 serving	Plate of food	P - 10	2-3 minutes
1-2 servings	Saucy main dish	P - 10	7-9 minutes
2-4 servings	Thick meat slices, such as hamburaers. meat loaf slices	P - 10	3-5 minutes
2-3 servings	Thin meat slices, such as beef, ham, pork, turkey	P - 8	2-3 minutes
2-3 servings	Chicken pieces	P - 9	3-4 minutes
2 servings	Casserole	P - 8	9-12 minutes
2 servings	Vegetables	P - 10	3-4 minutes
1-2 ears	Corn-on-the-cob	P - 10	3-4 minutes
2-3	Rolls	P - 10	3/4-1 minute
1	Whole pie	P - 10	3-7 minutes
1-2 slices	Pie	P - 10	1-2 minutes
3-4	Sausages	P - 10	1-2 minutes
4	Hot dogs	P - 10	1-2 minutes

Maintenance

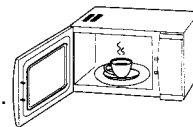
Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.

Do not use metal scouring pads on the inside of the oven cavity. They will scratch the surface.



For stubborn soil, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil.

Odours inside the oven can be eliminated by placing a cup of water with lemon juice added into the oven and boiling the mixture.



At regular intervals, especially if spillovers have occurred, remove the turn-table and wipe clean the base of the oven.

This oven is designed to operate with the turn-table in place.

Do not operate the microwave oven when the turn-table is removed for cleaning.

Use a mild detergent, water and a soft cloth to clean the interior surfaces front and rear of the door and the door opening.

Do not allow grease or food particles to build up around the door.

Important:

The door seals and the door seal areas must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

WARNING!

Abrasive cleaners, steel-wool pads, gritty wash cloths, etc can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or paper towel with spray glass cleaner. Apply spray glass cleaner to paper towel.

Do not spray directly on the oven

Service

If the oven does not work, do not make a service call until you have made the following checks:

- * The Turn-table and turn-table support is in place.
- * The Plug is properly inserted in the wall socket.
- * The Door is properly closed.
- * Check your Fuses and make sure that there is power available.
- * Wait for ten minutes and then try to operate the oven once more.

This is to avoid unnecessary calls for which you will be charged.

When calling for Service, please give the serial number and type number of the oven (see Service label).

Important:

If the mains cord needs replacing it should be replaced by the original mains cord which is available via our service organisation. The mains cord must only be replaced by a trained service technician.

WARNING!

Service only to be carried out by a service technician trained by the manufacture. It is dangerous for anyone other than a service technician trained by the manufacture to perform repair service.

Technical specification

Model	PMO-755
Supply voltage	240V / 50Hz
Current consumption	1330 W
Fuse	8A
Microwave power (acc. to IEC 705 1000g water)	
Full power	800 W
Timer	Electronic
Dimensions (Height x Width x Depth) in mm	
Outside dimensions	298 x 492 x 359
Oven cavity dimensions	195 x 300 x 320

This publication indicates basic characteristics subject to change without notification and is not binding for our organisation or our representatives.



WARRANTY

PALSONIC CORP. PTY. LTD. subject to the terms and conditions hereinbelow expressly set forth in paragraphs number "1" through "7" HEREBY WARRANTS that for a period of 12 months from the date of original purchase at retail it will repair or replace any part of the enclosed unit which proves defective by reason of improper workmanship and/or material, without charge for parts or labour.

1. Registration: The enclosed warranty registration card must be mailed to PALSONIC CORP. PTY. LTD. P.O. BOX 372, WATERLOO, NSW 2017 within 10 days from the date of purchase.
2. Original Purchaser: This warranty is limited to the original purchaser of the unit at retail. When requesting warranty service, proof of purchase must be submitted. A copy of the enclosed warranty registration card or sales receipt may be used for this purpose. Warranty does not apply if the unit is repossessed under any financing agreement.
3. Proper Delivery: The unit must be shipped, freight prepaid, or delivered to a facility authorised by PALSONIC CORP. PTY. LTD to render the services provided hereunder in either its original package or a similar package affording an equal degree of protection.
4. Unauthorised Repair, Abuse etc: The unit must not have been previously altered, repaired or serviced by anyone other than a service facility authorised by PALSONIC CORP. PTY. LTD. to render such service; the serial number on the unit must not have been

altered or removed; the unit must not have been subject to accident, misuse, abuse, undue wear and tear, dirt, neglect, or operated contrary to the instructions contained in the accompanying manual. The warranty does not apply to loose accessories.

5. Should the unit be damaged or become faulty due to being operated on a supply voltage other than specified on the product or in the manual this warranty is invalid.
6. The warranty covers the unit for normal household or domestic purposes. Units used in any other situation, commercially or for demonstration purposes shall have warranty limited to 90 days.
7. The warranty for this unit is valid only within Australia and New Zealand.

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CONGRATULATIONS ON YOUR CHOICE OF A PALSONIC PRODUCT

KEEP THIS CARD FOR YOUR RECORDS:

(It is a good idea to attach your purchase receipt to this card)

MODEL NO: PMO-755

SERIAL NO:

DATE OF PURCHASE

NAME OF STORE WHERE PURCHASED:

SUBURB OR LOCATION OF STORE:

IMPORTANT: Fill in the Warranty Registration Card below, tear off and send to Palsonic Corp. Pty. Ltd., 1 Joynton Avenue, Waterloo, NSW, 2017, (02) 9313 7111



WARRANTY REGISTRATION

Please complete and mail this card within 10 days of purchase to assure registration of your warranty.

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(Please Print)

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YOUR TELEPHONE NO:

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MODEL NO: PMO-755

PRODUCT SERIAL NO:

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