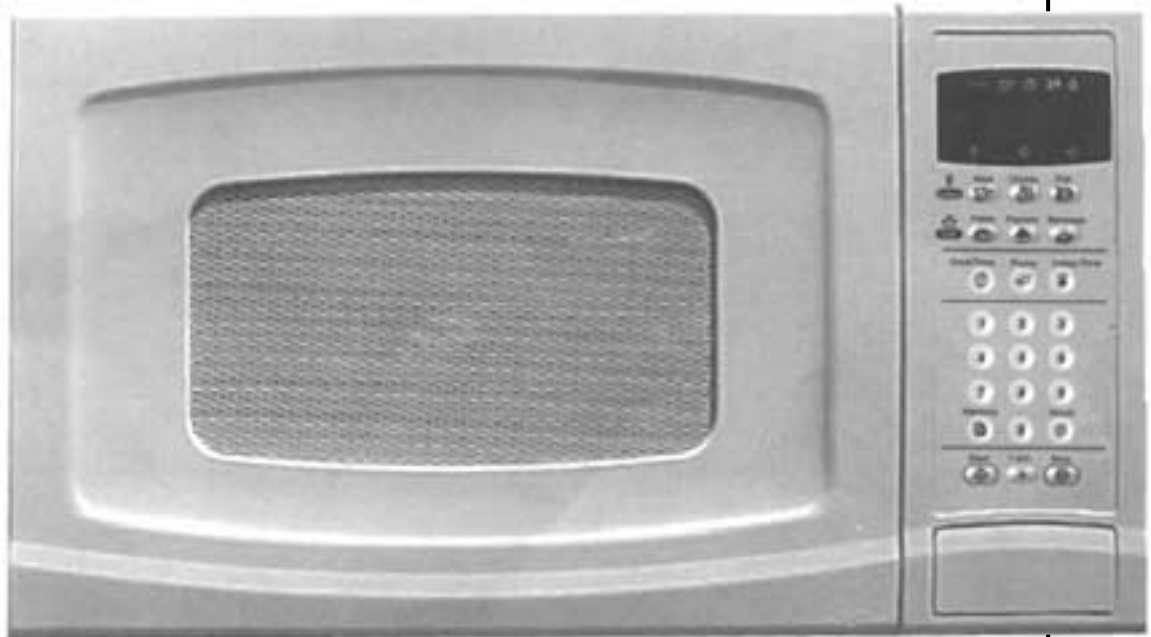


**Instruction
For
Use**

PMO-758



For customer service or product assistance
please telephone our call centre

1300 657 888

www.palsonic.com.au

CONTENTS

The sections have been so arranged that you can find everything referring to you **PMO-758** microwave . We recommend you do NOT LOSE any item of this User Guide, because if you have any problems you will find the answers here. If after consulting the User Guide you cannot find an answer to your problem or worry, contact our Customer After-Sales Service.

INSTALLATION

- Before installing the oven
- Place
- Electrical installation

OPERATION

- Use of the microwave
- What are microwaves?
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- Programming the clock
- Programming the time and power
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 - Cooking with different sequences
 - To interrupt cooking
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USEFUL HINTS

About

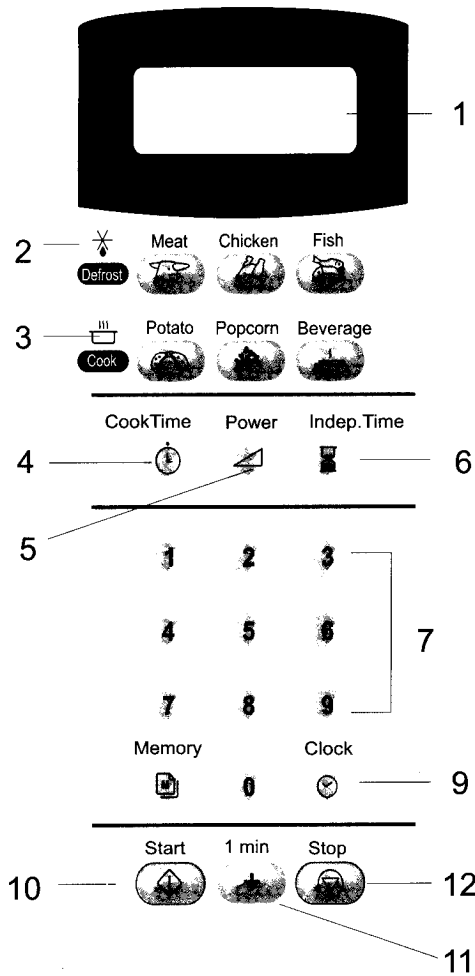
- Use of the microwave
- When cooking food
- Manual defrosting
- The amount of food
- The humidity content
- Pressure in foods
- The standing time
- Arranging food
- The tools and containers to use
 - How to check whether a container is suitable for microwave cooking
 - Container shape
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TECHNICAL SPECIFICATIONS

COMPONENTS

Control panel

1. Digital display
2. Automatic defrost push-button
3. One Touch push-buttons
4. Cooking time selector switch
5. Power selector switch
6. Independent timer selector switch
7. Time and Power setting keys
8. Memory push-button
9. Clock push-button
10. START push-button
11. "+ 1 minute" push-button
12. Door open key



Symbols

- | | | | |
|--|-----------------|--|-----------------|
| | Clock | | Cancel |
| | Defrost | | Start |
| | Cooking time | | Acoustic signal |
| | Microwave power | | |



"+ 1 minute" function



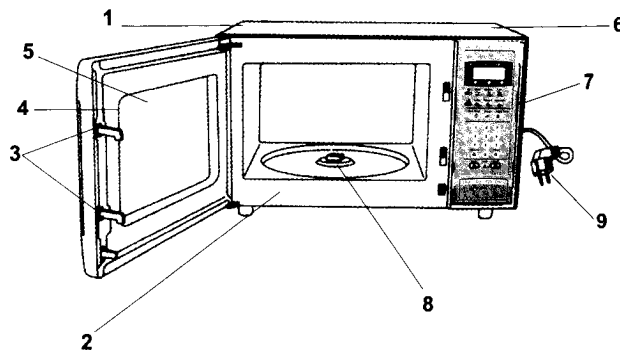
"One Touch" function



"Independent timer" function

Cabinet

1. Ventilation openings
2. Cabinet
3. Safety latches
4. Door seal
5. Door glass
6. Sticker with After-sales service code number
7. Control panel
8. Turntable support plate
9. Mains cord



Ventilation grid (rear)

INSTALLATION

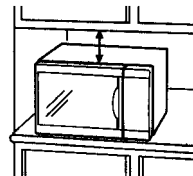
• BEFORE INSTALLING THE OVEN

Make sure that the oven door closes correctly and that the seal is not damaged.

• PLACE

Take account of the following recommendations when installing the microwave:

1. Keep it away from heat sources (e.g. oven). Heat affects correct appliance operation.
2. Keep a distance of about 3 cm between the wall and the back part. Allow a minimum space of 3 cm between the microwave top and the unit, if the appliance is to be installed below a unit. Taking account of these recommendations guarantees suitable ventilation.

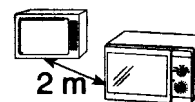


3. Place the microwave on a flat and stable surface that is strong enough to hold the oven and the additional weight (food-utensils). Remember that the control panel side is the heavy side.

4. The oven ventilation openings must NOT be covered. Blocking the ventilation or the openings may affect correct oven operation and give poor cooking results.



5. Install the oven at least 2 m from radio, television or aerial to avoid interference.



• ELECTRICAL INSTALLATION

Before connecting the microwave oven

- Check that the electrical supply voltage is correct.
- Have a socket with earth discharge suitable for the product's power.
- Use protective fuses for the line.

Do NOT Change the plug for any reason, shortening the mains cord.

Do not use multiple sockets or adapters to make the connection, either.

N.B.:

If you do not have a socket with earth, contact a specialist to make a correct earth connection.

This recommendation is for SAFETY REASONS. UNDER NO CIRCUMSTANCE change the plug, shortening the mains cord, or use adapters to make the connection.

Important:

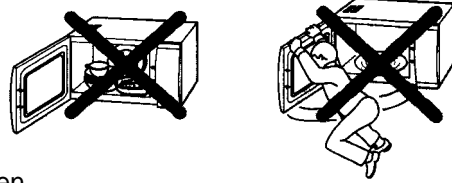
All our units are manufactured to the strictest safety standards.
For total user protection THIS APPLIANCE MUST BE EARTHED.

If you do not have a correct earth connection, contact a specialist for its installation. The manufacturer will accept no responsibility for injury to persons or damage to objects arising from the non-observance of this requirement, even with the additional protection of a differential circuit breaker.

OPERATION

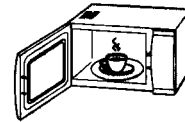
• USE OF THE MICROWAVE

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



- Make sure that children do not swing on the door when it is open.

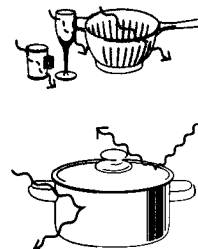
The oven should **not be operated empty** when using microwaves. Operation in this manner is likely to damage the appliance. If you want to practice programming, put a glass of water inside the oven, to absorb the microwaves.



• WHAT ARE MICROWAVES?

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

Just as ordinary daylight passes through glass, plastic or air, microwaves pass 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. Microwaves are reflected by metal in the same way as light is reflected by a mirror.



Microwaves are absorbed by water, oil and fat. The water, oil and fat molecules are excited by microwaves and rub against each other, thus producing heat, and the rubbing speed determines the temperature. This is why the food heats so quickly. Microwave energy is not hot. It simply causes the food to produce its own heat.

When we heat food with infrared waves (e.g. GRILL) in a traditional oven, the heat reaches the food surface and then reaches its centre by conduction. Food has a rather poor ability to conduct heat and thus needs a long time to heat up.

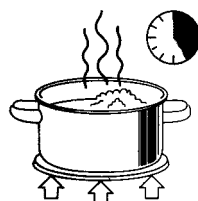


Using microwaves saves time. You save time and electricity, especially when cooking small amounts of food.

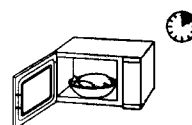


An example:

If you boil fish in a sauce-pan with water, the energy must first heat the pan and then the water which will heat the fish. In a microwave oven nearly all the energy is converted into heat inside the food which cooks more quickly, saving electricity and a lot of time.



Cooking Time: 20-25 min.



Cooking time: 10 min.

OPERATION

• ACCESSORIES

Turntable support

- Use the support under the glass turntable.
- Do not put any tool on the support, only the glass turntable.
- The support can be washed in the dishwasher.

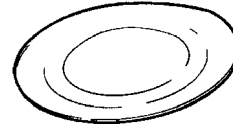


Positioning:

- Put the support on the seat in the bottom of the microwave (internal cavity).

Glass turntable

- Use the turntable with all cooking methods. The turntable collects the dripping juices and food particles that otherwise would stain the inside of the oven.
- The turntable can be washed in the dishwasher.



Positioning

- Put the glass turntable on the support.

• PROGRAMMING the CLOCK

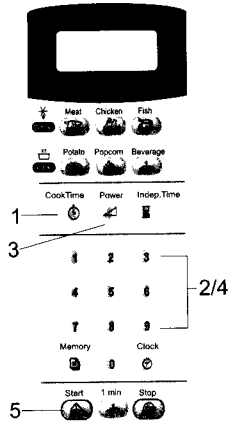
When the microwave is first plugged in or after a power failure, the display shows: "..."

	User action	Oven reaction	
	1. Press the Clock push-button.		The clock indicator is lit
	2. Using the Time and Power setting keys, enter the exact time.		
	3. Press the Clock push-button.		The clock starts to work.

- If an incorrect time is entered when entering the time, an acoustic signal is heard and the Digital Display will show "Err".

OPERATION

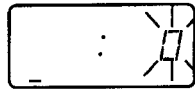
• PROGRAMMING TIME AND POWER



User action

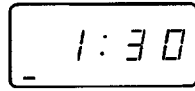
Oven reaction

1. Press the Cooking Time Selector switch.



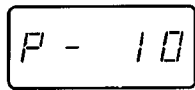
Maximum microwave power level is set automatically.

2. Enter the desired cooking time by means of the Time and Power Setting Keys.



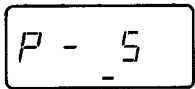
The time selected will be shown on the Digital Display.

3. Press the Power Selector switch, if a power level other than maximum is desired.

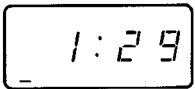


The Digital Display will show the power level selected.

4. Enter the power level desired using the Time and Power setting keys.



5. Press the START push-button.



The microwave will start to work. The count down will be shown on the Digital Display.

- 6.



When the cooking time has elapsed an acoustic signal is heard.

• To select the **Power Level** remember that:

P1: * is used to melt butter, soften cheese and ice creams
* to defrost delicate foods in manual defrost..

P2-P3: * to gently reheat stews.
* for manual defrost.

P4-P5: * for sauces, dishes based on egg and cheese.
* to finish cooking stews.

P6-P7: * to cook foods which cannot be stirred.

P8-P9: * to cook vegetables, fish, meat, etc.

P10: * for quick heating of drinks, water, light soups, coffee, tea and other foods with high water content.
* if the food contains eggs or cream select a lower level.

OPERATION

- To alter the power level during cooking, there is no need to stop microwave operation.

To do this:

1. Press the Power Selector switch
2. Select the new power by using the Time and Power setting keys.
3. The microwaves will continue, cooking at the new power set.

- **To cook in sequences or different stages in the same operation.**

This microwave oven accepts the programming of cooking divided into sequences or different stages within the same operation.

As an example:


For preparation which requires total cooking divided into two stages each with different time and power, in the first stage 4 minutes at maximum power and second stage 3 minutes at minimum power.

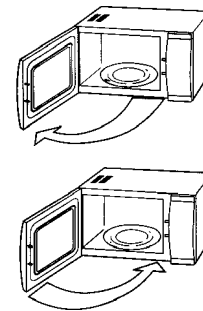
To do this:

1. Perform all the steps of the time and power programming for the first stage, in our case 4 minutes at maximum power.
2. Then program time and power for the second stage, in our case 3 minutes at minimum power.
3. Press the START push-button, to start the cooking.

Note: to carry out cooking in sequences, repeat the time and power programming a maximum of 4 times.

- To interrupt cooking if you wish to check, stir or turn the food:

1. Open the microwave door - the cooking will stop.
When the microwave door is opened the cooking time and function selected remain set.
2. Check, stir or turn the food.
3. Close the oven door.
4. Press the START push-button, to start cooking again.
The cooking continues from where it was interrupted.
5. At the end of cooking an acoustic signal is heard 



- If you do NOT want to continue cooking.

1. Remove the food from the oven.
2. Close the microwave oven door.
3. Press the Cancel push-button.

OPERATION

• INDEPENDENT TIMER

- This is an extra clock which works independently of the microwave oven. Its purpose is to emit an acoustic signal which "advises" that a set time has passed.
- It is a timer where "an accessory time" can be programmed. When this has elapsed, a sound signal will warn that the time has passed.

To use the timer:

1. Push the Independent Timer selector Switch.
2. Enter the time required, using the Time and Power Setting Keys.
3. Push the START push-button.

• For a Programmed Start.

The Independent Timer function can be used for a Programmed Start.

For example:

You want the microwave to start working after 60 minutes. At the end of this time it begins cooking for 10 minutes at power P3.

Take into account that the food will be inside the microwave for 60 minutes and the microwave will automatically begin cooking.

To do this:

1. Press the Independent Timer Selector Switch.
2. Enter the time required, in our case 60 minutes.
3. Press the Cooking Time Selector switch.
4. Indicate the cooking time by using the Timer and Power setting keys, in our case 10 minutes.
5. Press the Power Selector switch.
6. Indicate the power required by using the Timer and Power setting keys, in our case P3.
7. Press the START push-button.

In agreement with our example:

During the first 60 minutes the microwaves do not work. When this time has passed the cooking process will begin automatically in agreement with the time and power programmed (10 minutes at power P3).

Note:

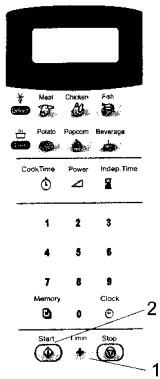
This function can program times of up to 99 minutes. 99 seconds.

OPERATION

• "+ 1 MINUTE" FUNCTION

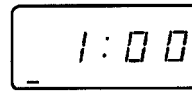
The "+ 1 minute" function lets you add "1 minute" to the cooking. This can be used to increase the cooking time in multiples of "1 minute". To do this, push the "+ 1 minute" push-button repeatedly. The "+ 1 minute" function lets you cook food for "1 minute" at maximum power.

User action

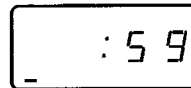


1. Press the "+ 1 minute" push-button.
2. Press the START push-button.
- 3.

Oven reaction



The power level will be set to maximum.
The cooking time is displayed maximum.



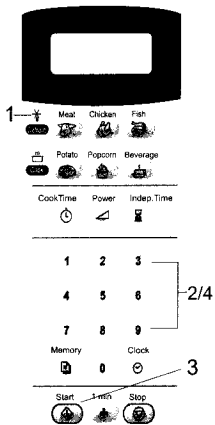
The microwaves begin to work. The Digital Display displays the cooking time, counting down.



When the cooking time has elapsed an acoustic signal is heard.

• AUTOMATIC DEFROSTING FUNCTION

User action

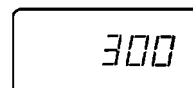


1. Select the type of food by pressing one of the Automatic Defrosting push-buttons. This microwave can choose between three different types of food: meat, chicken or fish.
2. Enter the food weight in grams (50-2000 g) using the Time and Power Setting Keys.
3. Press the START push-button.
- 4.

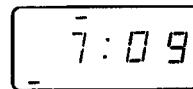
Oven reaction



The Digital Display lights up indicating defrosting.



The Digital Display displays the weight of the food in grams.



Defrosting begins. The Digital Display displays the defrosting time.



At the end of defrosting an acoustic signal is heard.

Note: When half the defrosting time has passed, an acoustic signal is heard to advise that the food should be turned, guaranteeing a better final result. To do this, open the microwave door, remove the food to turn it, close the door and press START to continue. If you do not want to turn the food, the microwave continues the process automatically.

OPERATION

• Manual defrosting

To do this:

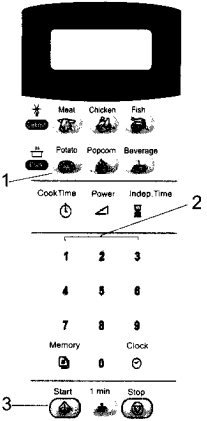

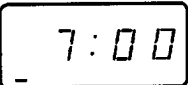

1. Enter the time required for defrosting by pressing the Cooking Time Selector Switch.
2. Select the Power Level.
P2 and P3 are generally the power levels recommended for defrosting, apart from delicate food, where power level P1 is recommended.
Press the START push-button, to start defrosting.
3. At the end of defrosting an acoustic signal is heard.

• "ONE TOUCH" FUNCTION FOR POTATOES, BEVERAGES AND POPCORN

The One Touch function is ideal when cooking potatoes and popcorn or heating beverages simply and quickly, with no need to program time or power.

• "One Touch" for Potatoes

The One Touch function for potatoes is designed for the cooking of about 200 grams weight.

User Action	Oven reaction
 <p>1. Press the One Touch push-button which indicates POTATOES.</p>	 <p>The Digital Display lights up indicating that you must enter the amount of POTATOES to be cooked.</p>
<p>2. Indicate the amount of potatoes to be cooked, using the Time and Power setting keys. Use only keys 1 - 2 - 3 and 4</p>	
<p>3. Press the START push-button.</p>	 <p>The Digital Display automatically displays the cooking time The microwave oven starts to work.</p>
<p>4.</p>	 <p>At the end of cooking an acoustic signal is heard.</p>

Note: When half the cooking time has passed, an acoustic signal is heard to advise that the food should be turned, guaranteeing a better final result. To do this, open the microwave door, remove the food to turn it, close the door and press START to continue. If you do not want to turn the food, the microwave continues the process automatically.

OPERATION

• "One Touch" for Heating Beverages

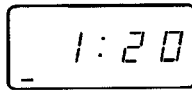
This function is designed to heat 1 CUP of Tea or Coffee with no need to enter time and power.



User Action

1. Press the COFFEE -TEA One Touch push-button.
2. Press the START push-button.
- 3.

Oven Reaction



The Digital Display automatically displays the cooking time.

The microwave oven starts to work.



At the end of cooking an acoustic signal is heard.

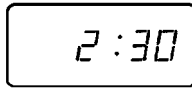
• "One Touch" for Cooking Popcorn



User Action

1. Press the One Touch push-button which indicates POPCORN
2. Press the START push-button.
- 3.

Oven Reaction



The Digital Display automatically displays the cooking time.

The microwave oven starts to work.



At the end of cooking an acoustic signal is heard.

• MEMORY FUNCTION

The MEMORY function can save a cooking or defrosting process which you use frequently in the memory. Once the process is saved, just press a key for the process to start.

How to program in MEMORY

1. Enter Time and Power (see Programming Time and Power).
2. Press the Memory push-button, hold it down for 2 seconds.
3. An acoustic signal will be heard indicating that the process has been stored.

How to activate a programmed memory to begin the process

1. Press the Cancel push-button.
2. Press the Memory push-button.
3. Press the START push-button. The process will begin automatically.

COOKING CHART

Food	Power level	Cooking time
Minced Beef		
500g minced beef	P10	4-6 minutes
500g meatballs	P10	9-12 minutes
500g hamburgers	P10	4-6 minutes
500g meat loaf	P10	15-20 minutes
Roast Beef		
Juicy (500g)		
Medium (500g)	P9	6-7 minutes
Well cooked (500g)	P9	7-8 minutes
Thin steaks (500g)	P9	10-12 minutes
Pork		
Bacon	P10	1/2-3/4 minutes
250g raw meat sausages	P10	2-4 minutes
Pork chops	P10	10-12 minutes
Pork roast	P10	10-12 minutes
Raw pork steaks (750g)	P10	12-16 minutes
Lamb		
Leg or shoulder (500g)	P9	8-10 minutes
Veal		
Roast shoulder	P9	9-10 minutes
Lamb/veal chops (3 or 4)	P10	6-8 minutes
Poultry		
Chicken pieces	P10	2-3 minutes
Whole chicken (500g)	P10	9-10 minutes
Stewing chicken (500g)	P8	12-14 minutes
Turkey breasts (500g)	P8	8-9 minutes
Fish		
500g fillets	P10	7-9 minutes
500g pieces	P10	7-9 minutes
Eggs and Cheese		
Scrambled	P10	1-2 minutes
Poached	P10	1-2 minutes
Omelette	P10	1-2 minutes
Vegetables		
Mixed vegetables (500-1000g)	P10	8-19 minutes
Water: 1/4 cup		
Baked potatoes (500g)	P10	8-12 minutes
Fresh corn-on-the-cob (2)	P10	5-5 1/2 minutes
Frozen corn-on-the-cob (2)	P10	4-6 minutes
Cereals		
1/2 cup quick porridge oats Water: 1 cup	P10	1-2 minutes
1/2 cup quick porridge oats Water: 1 cup	P10	2-4 minutes
1/2 cup quick porridge oats Water: 1 cup	P10	2-3 minutes
Biscuits/Cakes		
Carrot cake (25cm x 15cm)	P10	9-12 minutes
Chocolate cake (21cm)	P10	5-6 minutes
Cupcakes (8)	P6	2-2 1/2 minutes
Biscuits	P10	3-6 minutes
Soup/Beverages		
1 cup water based	P10	1-2 minutes
1 cup milk based	P8	1-2 minutes

DEFROSTING CHART

Food	Time	Suggestions
MEAT		
1 pack bacon	2-3 1/2 minutes	Leave packages unopened when defrosting. Microwave until the pieces can be separated easily. Then once half way through defrosting
Beef (500g)	6-8 minutes	idem
Pork chops (500g)	5-6 minutes	idem
Roast meat (500g)	4-6 minutes	Unwrap roast and place in cooking dish. Defrost till half of defrosting time then turn. Stand for 10 minutes inside the oven.
Roast Pork (500g)	7-9 minutes	idem
Roast Lamb (500g)	7-8 minutes	idem
Hamburges, steaks (500g)	3-6 minutes	Separate pieces after half of defrosting time.
Sausages (500g)	3-6 minutes	Turn over after half of defrosting time.
POULTRY		
1 whole chicken	13-16 minutes	Place wrapped whole bird in oven when defrosting.
Duck (500g)	3-4 minutes	Take the pieces out of their covering after half defrosting time. Protect the more sensitive parts with aluminium foil, Then keep covered with cold water.
Turkey (500g)	6-8 minutes	idem
Chicken pieces (500g)	4-6 minutes	Separate after half of defrosting time. Leave to stand in oven after defrosting is finished.
Turkey pieces (500g)	6-8 minutes	idem
FISH AND SEAFOOD		
500g fish fillets	6-7 minutes	No need to open the package to defrost. Leave to stand in cold water to separate the fillets
500g fish fingers	1-2 minutes	No handling necessary
225-280g fish	2-4 minutes	Turn over once half way through defrosting time. Rinse inside of fish with cold water.
1 lb (500g) small pieces of seafood, e.g. oysters, crab meat, shrimps, crayfish	4-6 minutes	Separate the pieces after half of defrosting time.
170-255g lobster	4-6 minutes	No handling necessary
1 1/2 lb (750g) whole lobster or crab	12-13 minutes	Turn after half defrosting time
BREAD AND CAKES		
500g bread, buns, rolls	1-3 minutes	
Doughnuts (1)	1/4 minutes	
350-450g plum cake	1-3 minutes	
450-550g cheese cake	3-5 minutes	
Fruit or nut cake (20cm)	6-7 minutes	
400g cream pie	1-2 minute	
VEGETABLES		We recommend cooking from frozen. Add 1-2 tablespoons of water

REHEATING CHART

Food	Power level	Cooking time
1 plate of food	P10	2-3 minutes
1-2 main dishes with sauce	P10	7-9 minutes
2-4 meat hamburgers	P10	3-5 minutes
2-3 thin slices of meat, pork, turkey	P10	2-3 minutes
2-3 chicken pieces	P8	2-3 minutes
2 vegetables portions	P10	3-4 minutes
1-2 corn-on-the-cob	P10	3-4 minutes
1 portion of pie	P10	3-7 minutes
1-2 portions of pie	P10	1-2 minutes
3-4 sausages	P10	1-2 minutes
4 hot dogs	P10	1-2 minutes

MAINTENANCE

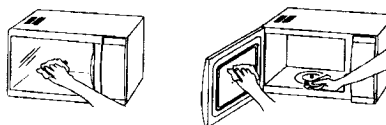
General recommendation

Always disconnect the microwave before any cleaning or technical check.

• CLEANING THE MICROWAVE

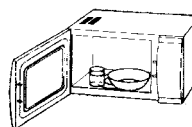
1. Clean at regular intervals, especially if spill-overs have occurred, or around the door if there are deposits of food.
2. Remove the turntable, for easier cleaning.
3. Do not use abrasive solvents or metal scouring pads. They will damage the microwave oven.

4. Clean inside and outside the oven using a sponge with a liquid detergent or a paper towel moistened with a window cleaning product. Sprinkle on the sponge or towel and not the oven directly.



5. For stubborn stains boil a cup of water in the microwave for 2 to 3 minutes.

6. To eliminate odours inside the oven, boil a cup of water with lemon juice in the microwave.



CHECK the door and door seals regularly. If you find any damage the appliance should not be operated until it has been repaired by a trained service engineer.

Do not use the microwave oven without the turntable, as the oven has been designed to work with the plate in its correct place.
Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

USEFUL HINTS

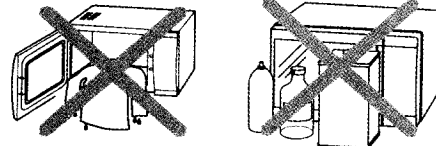
General recommendation:

Like other electrical appliances close supervision is necessary when the microwave oven is used by children.

• USE OF THE MICROWAVE

Use the microwave oven only for its intended use as described in this user guide. It must not be used for industrial or laboratory purposes, as it was designed to heat or cook food.

* Do not use the microwave oven to dry textiles, paper, spices, herbs, wood, flowers or other combustible materials. Fire could result.

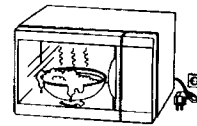


* Remove wire twist-ties from plastic or paper bags before placing bags in the oven.

* Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can burn and some plastics can melt when heated. Remember that melted plastic can contaminate food.

* If food or material inside the oven should ignite:

1. Keep the door closed.
2. Turn the oven off.
3. Unplug or disconnect the general house electrical supply.

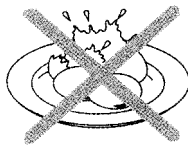
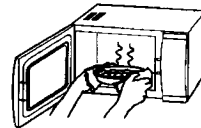


• WHEN COOKING FOOD

Consult the recipe book for more details or specifications about cooking food, especially that containing alcohol.

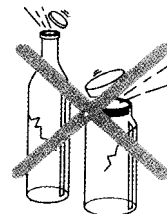
Turning the food half way through cooking ensures even and uniform cooking, as in traditional cooking. Foods like roasts should be lifted up so that they do not absorb too much cooking liquid.

* Use oven gloves. Microwave energy does not heat containers - if they are special microwave ones - but it heats food, which transmits heat by contact to the containers, increasing their temperature.



* Do not use the microwave to cook or heat whole eggs with or without shell.

* Do not heat foods or liquids in airtight sealed containers. The pressure increases and may cause damage when opening, or the container may explode.



* Do not over-cook food such as potatoes and sweet potatoes which could catch fire. Some foods which have a low water content, e.g. oil, chocolate and some pastries with filling, must be heated carefully. Do not use oil for deep frying, because you cannot control the temperature.

USEFUL HINTS

* When heating liquids, e.g. beverages or water, remember that the liquid can be heated beyond its boiling point without bubbles appearing. This could result in a sudden boil-over of the liquid.

To prevent this situation:

1. Avoid the use of narrow necked containers.
2. Stir the liquid before putting the container in the oven.
3. Leave the container to stand for a short time and stir again before removing the container from the oven.

• Liquids in baby bottles:

1. Remove the inner cap and teat before putting the bottle in the microwave oven.
2. When cooking is finished, check the liquid temperature. Do not serve without doing this.
3. Shake before serving to distribute the heat evenly, avoiding risk of burning.



• MANUAL DEFROSTING

Remember that the package shape affects the defrosting time:

- * Flat and rectangular packages defrost more quickly than thick blocks.
- * Separate the pieces when they begin to defrost, so that they defrost more quickly.
- * Shield areas of food with aluminium foil if they start to become warm. Use tooth-picks to hold the foil in place.
- * It is better to under-thaw the food slightly and allow the process to finish during the standing time.

• THE HUMIDITY CONTENT

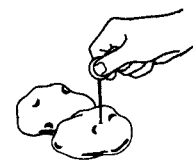
As microwaves are attracted by humidity, the cooking time varies depending on the food's water content.

- * Foods with a high water content, such as vegetables, fish and poultry, cook more quickly and evenly than drier foods such as rice and beans which require water for microwave cooking.
- * Humidity in foods can produce condensation on the walls of the oven or inside the door. This is normal during cooking. It can be reduced by covering the container during cooking.

• PRESSURE IN FOODS

Many foods are covered with a tight skin or a membrane. To relieve the internal pressure:

- * Pick the skin or membrane with a fork, preventing the food exploding and deforming, e.g.: potatoes, sweet potatoes, chicken livers, sausages, egg yolks and some fruits.



USEFUL HINTS

• THE STANDING TIME

To improve cooking or defrosting results and to enable an even temperature distribution in the food, when cooking calculate the standing time.

* Remember that in a microwave oven food continues to cook even when the microwaves are turned off. It is no longer cooked by the emission of microwaves but by the conduction of the high residual heat in the food.

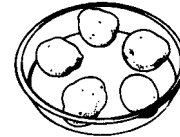
* The length of the standing time depends on the volume and density of the food. With very dense foods the standing time can be as long as 10 minutes. The food will finish cooking during this time.



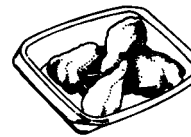
• ARRANGING FOOD

The best results are obtained if the food is evenly distributed on the dish. In microwave cooking this can be done in different ways.

Several items of the same food (potatoes, sweet potatoes, etc.). Arrange them in a ring pattern for uniform cooking.



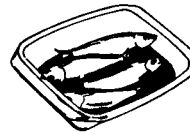
When cooking foods of uneven shapes and thickness (pieces of chicken) place the thinnest or smallest towards the centre of the dish, where they will be heated last.



Uneven foods (fish) should be arranged with the tails to the centre of the dish.

Score the skin so that the fish do not break apart.

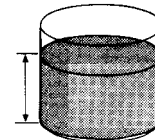
Protect the tail with small pieces of aluminium foil to prevent over-cooking.



Place meat steaks or slices on top of each other or interlace them. Thicker slice or sausages must be placed next to each other.



Gravy or sauces should be heated in a separate container. Choose a tall narrow container, rather than a low, wide one. Do not fill the container more than 2/3 full



• THE TOOLS AND CONTAINERS TO USE

Cooking containers must be of a material which allows the microwaves to pass. Generally this means that you can use paper, plastic, glass, ceramic and porcelain container.

* Porcelain and ceramic containers are ideal for use in microwave ovens.

* Glass containers are suitable. Do not use coloured glass or glass with metallic decorations in the microwave, because e.g. gold decorations could be spoilt.

* Crystal container could break. Their use is not recommended.

* Plastic and paper containers can be used if they can withstand the temperature of the hot food.

Plastic containers must withstand temperatures greater than 120°C

* Metal container, e.g. casseroles, must not be used in microwave ovens. Microwaves cannot penetrate the metals. They are rejected by any metal object, producing sparks.

USEFUL HINTS

* **Aluminium foil** must only be used to protect parts of food which could cook too much; e.g. chicken wings, the ends of chicken thighs and fish tails.

To avoid sparks, aluminium foil must not touch the oven walls. Food containers and other container must not come into contact with the oven walls, either.

• Aluminium containers:

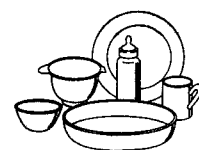
Throw-away aluminium containers can be used in the new generation of microwave ovens, always complying with the following recommendations:

1. Remove the container lid before heating it, so that the oven is not damaged.
2. Only use perfect aluminium foil containers.
3. We recommend using containers less than 3 cm high.
4. The container must be at least 2/3 full.
5. To avoid sparks, leave 1 cm between the container and the oven walls.
6. Use individual containers and place them on the microwave oven turntable.
7. Follow the instructions on the food package, for even heating.
8. Remember that if aluminium containers are used to heat cheese-based foods, the heating time will be longer than if other containers, e.g. glass, were used.
9. Check that the food is hot (at least 72^o C) before serving.
10. Useful advice: put the aluminium container in a bain-marie (maximum 1 cm water) in a glass container, so that the aluminium container base heats evenly.

• How to check whether a container is suitable for microwave cooking

1. Put a container, empty or with a cup of water, in the oven. The cup of water avoids the oven working empty.
2. Switch the oven on at maximum power for 1 minute.
3. At the end of the time take the container out of the oven.
4. Check that the container is lukewarm; this means that the container is suitable for microwave cooking.

Container material	Cooking with microwaves
Glass in general (1)	Yes
Heat-resistant glass	Yes
Heat-resistant glass-ceramic and ceramic (1)	Yes
Earthenware	Yes
Heat-resistant porcelain	Yes
Plastic in general (2)	Yes
Heat-resistant plastic (2)	Yes
Aluminium containers/foil (3)	Yes
Metal (casseroles, etc.)	No
Paper	Yes
(1) Without metal parts or metal edges. (2) Some types of plastic do NOT withstand high temperatures. (3) Aluminium foil can be used to protect the most delicate parts of the food, to prevent these cooking too much.	



Suitable



Not Suitable

USEFUL HINTS

- **Container shape**

Round or oval are the recommended shapes because they give better cooking results. With square or rectangular containers the food may over-cook in the corners, because they absorb more energy.

Depth: Shallow container give better cooking results.

- **TROUBLE SHOOTING**

Before making a service call make the following checks:

1. Check that the support and turntable are in place.
2. Check that the oven is plugged in properly.
3. Open and close the door again, making sure that the door was not incorrectly closed.
4. Check the fuses and socket.
5. Make sure that there is power available.

TECHNICAL SPECIFICATIONS

Microwave PMO-758 is characterised by its solidity, quality and functionality of design.

Model	PMO-758
Supply voltage	240V / 50Hz
Current consumption	1330 W
Fuse	8A
Microwave power in agreement with IEC 705 standards, 1000g of water)	
Full power	800 W
Timer	Electronic
Dimensions (Height x Width x Depth) in cm	
Outside dimensions	29.8 x 49.2 x 35.9
Oven cavity dimensions	20.9 x 30.0 x 34.0

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

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