

MICROWAVE OVEN

OWNER'S MANUAL

PHILCO



Famous for Quality the World Over

PMD 2011 W
PMD 2011 B

**Dear customer,
Thank you for buying a PHILCO brand product. So that your appliance serves you well, please read all the instructions in this user's manual.**

CONTENTS

IMPORTANT SAFETY INSTRUCTIONS	2
OTHER RECOMMENDATIONS	5
EARTHING INSTRUCTIONS	7
INSTALLATION.....	7
SPECIFICATIONS	8
FEATURES DIAGRAM	10
OVEN OPERATION.....	11
CARE OF YOUR MICROWAVE OVEN	12
BEFORE YOU CALL FOR SERVICE	14
CARING FOR YOUR MICROWAVE OVEN.....	15
QUESTIONS AND ANSWERS	16
COOKING INSTRUCTIONS	17
USE YOUR MICROWAVE OVEN SAFELY	18
MICROWAVING PRINCIPLES	19
CONVERSION CHARTS	21
COOKING TECHNIQUES	21
DEFROSTING GUIDE	23
COOKING & REHEATING CHART.....	25
VEGETABLE CHART	27

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND STORE FOR FUTURE USE

- This appliance may be used by children 8 years of age and older and by persons with physical or mental impairments or by inexperienced persons, if they are properly supervised or have been informed about how to use the product in a safe manner and understand the potential dangers.
- Children must not play with the appliance.
- Cleaning and maintenance performed by the user must not be performed by unsupervised children.
- In the event that the power cord is damaged, have it repaired at a professional service centre to prevent causing a dangerous situation. It is forbidden to use the appliance if it has a damaged power cord.



Warning:

If the door or the door gasket seal is damaged then the oven must not be used until repaired by an authorised service centre.



Warning:

It is dangerous for any untrained person to carry out any repairs or maintenance whatsoever that leads to the removal of any cover providing protection against microwave energy radiation.



Warning:

Liquids or other food must not be heated in closed containers as they could explode.

- This appliance is intended exclusively for use in the home and not in similar areas such as:
 - kitchens in stores; offices and other work environments;
 - in agriculture;
 - guests of hotels, motels and other accommodation environments;
 - in bed and breakfast establishments.
- To ensure sufficient air circulation, free space must be left around the microwave oven. Ensure free space of 30 cm above the top surface of the oven, 20 cm on the sides. Do not block any opening of the oven. Do not remove the feet of the oven.
- Metal food and beverage containers are not permitted for microwave cooking.
- Use only containers that are suitable for use in microwave ovens.
- Do not use any of the following kitchen cookware, tableware or utensils in the microwave oven:
 - metal pans and crockery with metal handles or with metal decorations;
 - clamps on plastic bags;
 - dishes with melamine surface treatment;
 - standard thermometers, such as are used for measuring the temperature of meat, etc.
- When heating a meal on plastic or paper dishes, frequently check the oven to prevent them from catching on fire.
- The microwave oven is designed for heating food and beverages. Dehydrating food or drying clothes and heating up heating cushions, home footwear, washing sponges, damp textiles and similar items may lead to an injury hazard, ignition or fire.

- If smoke is being created, turn off the appliance or pull the plug out of the power socket and leave the door closed to prevent any potential fire from spreading.
- Microwave heating of drinks may cause a delayed boil, which must be considered when holding the container. Therefore, be careful when handling the container.
- The contents of baby bottles and baby food must be stirred through or shaken up and their temperature must be checked prior to consumption to prevent burns.
- Eggs in their shells and whole hard boiled eggs must not be heated in the microwave oven because they could explode even after the microwave heating process has finished.
- Regularly clean any food remains from the door and the window of the oven from both sides, the door gasket seal and neighbouring parts. For cleaning, we recommend the use of a weak kitchen detergent solution. Ensure that remains of the cleaning agent do not remain on the inside wall.
- Clean the oven regularly according to the above mentioned instructions and remove any food that remains inside it. Failure to keep the oven clean could lead to surface damage, which could adversely affect the lifetime of the appliance and could lead to a dangerous situation.
- The appliance must not be cleaned using a steam cleaner.
- This microwave oven is intended for use as a free-standing appliance. It is not designed to be installed into a cabinet.
- The microwave oven must not be placed into a cabinet.
- The microwave oven is intended to be placed on a countertop at a maximum height of 900 mm.
- This product contains LED lighting with energy efficiency class G.

OTHER RECOMMENDATIONS

- Before connecting the appliance to a power socket, check that the voltage on its rating label matches the electrical voltage in the power socket.
- Connect the appliance only to a properly grounded socket.
- Do not use the microwave oven outdoors or subject it to the effects of the outdoor environment.
- Do not place the microwave oven on window sills, kitchen sink drainboards or unstable surfaces. Always place it on a stable, even and dry surface.
- Never use the microwave oven in the direct vicinity of a bath, shower or swimming pool.
- Do not use the microwave for industrial or laboratory purposes.
- Kitchen dishes may become hot as a result of the heat transferred from the heated food. Sometimes it is necessary to use kitchen gloves.
- Do not attempt to use the microwave oven with the door open. You could expose yourself to the harmful effect of microwaves. Do not run the microwave oven when it is empty.
- Be especially careful when handling heated beverages and foodstuffs as hot steam may be released from them.
- Do not fry food in the microwave oven. Hot oil may damage parts of the oven, dishes or may also cause skin burns.
- Before cooking, prick food that has a thick peel, such as potatoes, pumpkins, apples.
- When not using the oven, do not leave paper materials, kitchen dishes or food inside.

- Do not use the microwave oven if the power cord or power plug is damaged, if it is not working correctly, if it is damaged or if it has been dropped on the floor. Any repair of the microwave oven or replacement of a damaged power cord may only be carried out by an authorised service centre, as this will prevent a dangerous situation from occurring.

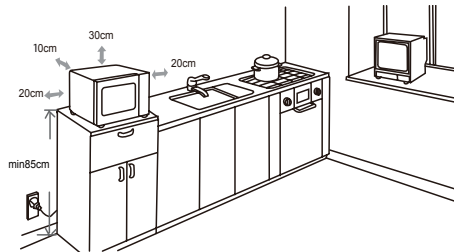
**PLEASE READ AND FOLLOW THE INSTRUCTIONS BELOW.
SAVE THE INSTRUCTIONS IN CASE YOU NEED THEM AGAIN.**

EARTHING INSTRUCTIONS

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

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

INSTALLATION



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

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

2. Ventilation

Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure. For proper ventilation, allow above 20cm of space between oven sides, rear and the minimum height of free space necessary above the top surface of the oven is 30cm.

3. Steady, flat location

This oven should be set on a steady, flat surface. This oven is designed for counter top use only. The microwave oven shall not be placed in a cabinet unless it has been tested in a cabinet.

4. Leave space behind and side

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

5. Away from radio and TV sets

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

6. Away from heating appliance and water taps

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

7. Power supply

- The voltage used must be the same as specified on this oven. Using a higher voltage may result in a fire or other accident causing oven damage. Using low voltage will cause slow cooking. We are not responsible for damage resulting from use of this oven with a voltage of ampere fuse other than those specified.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified persons in order to avoid a hazard.

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

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

SPECIFICATIONS

POWER SUPPLY	230V AC, 50Hz with grounding
MICROWAVE POWER CONSUMPTION	1050 W
MICROWAVE OUTPUT POWER	700 W
MICROWAVE FREQUENCY	2450 MHz
OUTSIDE DIMENSIONS (W X H X D)	439.5 x 334.2 x 258.2 mm
CAVITY VOLUME	20 L
NET WEIGHT	11 Kg
POWER LEVELS	5 LEVELS

* Specifications are subject to change without notice.

IMPORTANT

The wires in this mains lead fitted to this appliance are coloured in accordance with the following code.

Green-and-yellow : Earth

Blue : Neutral

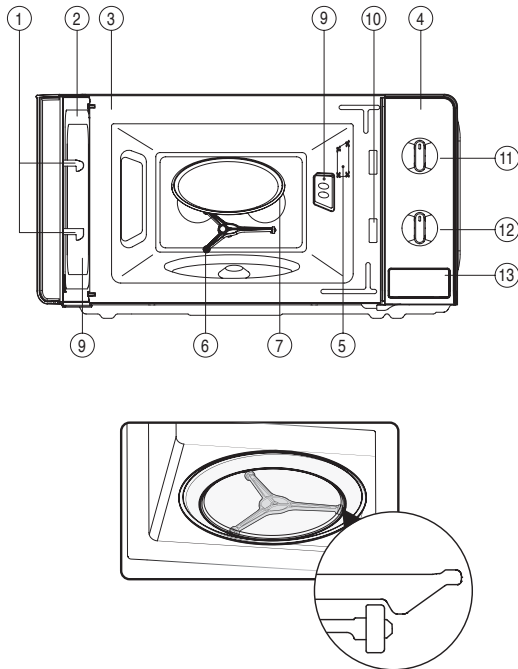
Brown : Live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows: the wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter 'E'; the earth symbol or coloured green-and-yellow. The wire which is coloured blue must be connected to the terminal which is marked with the letter 'N' or coloured black.

The wire which is coloured brown must be connected to the terminal which is marked with the letter 'L' or coloured red.

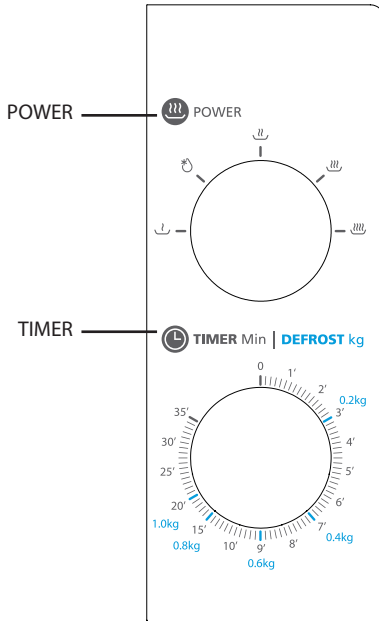
WARNING: This appliance must be earthed.

FEATURES DIAGRAM



- ① **Door latch** - When the door is closed, it will automatically shut off. If the door is opened while the oven is operating, the magnetron will automatically shut off.
- ② **Door seal** - The door seal surfaces prevent microwaves escaping from the oven cavity.
- ③ **Oven cavity**
- ④ **Control panel**
- ⑤ **Oven lamp** - Automatically turns on during oven operating.
- ⑥ **Roller guide** - This must always be used for cooking together with the glass cooking tray.
- ⑦ **Glass cooking tray** - Made of special heat resistant glass. The tray must always be in proper position before operating. Do not cook food directly on the tray.
- ⑧ **Viewing screen** - Allows viewing of food.
The screen is designed so that light can pass through, but not the microwave.
- ⑨ **Waveguide cover** - Protects the microwave outlet from splashes of cooking foods.
- ⑩ **Safety interlock system**
- ⑪ **Variable power control knob** - Used to select a microwave power level.
- ⑫ **Timer knob** - Used in setting cooking time for all functions.
- ⑬ **Door open button** - To open the door push the door open button.

OVEN OPERATION



1. To set cooking power by turning the power knob to desired level.
2. To set the time of cooking by turning the timer knob to desired time per your food cooking guide.
3. The microwave oven will automatically start cooking after power level and time are set.
4. After the cooking time is up, the unit will "Dong" to stop.
5. If the unit is not in use, always set time to "0".

Function/ /Power	Output	Application
⚡	17% micro.	Soften ice cream
🔥	33% micro.	Soup stew, soften butter or defrost
☀️	55% micro.	Stew, fish
🔥	77% micro.	Rice, fish, chicken, ground meat
🔥⚡	100% micro.	Reheat, milk, boil water, vegetables, beverage

Notice: When removing food from the oven, please ensure that the oven power is switched off by turning the timer switch to 0 (zero).

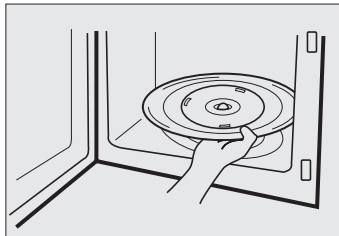
Failure to do so, and operating the microwave oven without food in it, can result in overheating and damage to the magnetron.

CARE OF YOUR MICROWAVE OVEN

The oven should be cleaned regularly and any food deposits removed.

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

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

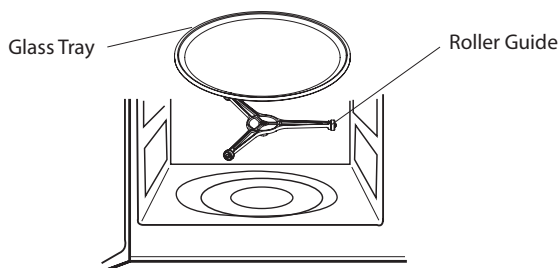


ROLLER GUIDE

- 1** The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
- 2** The ROLLER GUIDE MUST ALWAYS be used for cooking together with the Glass Tray.

GLASS TRAY

- 1** DO NOT operate the oven without the Glass Tray in place.
- 2** DO NOT use any other Glass Tray with this oven.
- 3** If Glass Tray is hot, ALLOW TO COOL before cleaning or placing it in water.
- 4** DO NOT cook directly on the Glass Tray. (Except for popcorn)



BEFORE YOU CALL FOR SERVICE

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

*** The oven doesn't work;**

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

*** Sparking in the cavity;**

1. Check that utensils are metal containers or dishes with metal trim.
2. Check that metal skewers or foil does not touch the interior walls.
3. Check if there is dirt or grease on waveguide cover.

Normal	
Microwave oven interfering TV reception	Radio and TV reception may be interfered when microwave oven operating. It is similar to the interference of small electrical appliances, like mixer, vacuum cleaner, and electric fan. It is normal.
Dim oven light	In low power microwave cooking, oven light may become dim. It is normal.
Steam accumulating on door, hot air out of vents	In cooking, steam may come out of food. Most will get out from vents. But some may accumulate on cool place like oven door. It is normal.
Oven started accidentally with no food in.	It is forbidden to run the unit without any food inside. It is very dangerous.

Trouble	Possible Cause	Remedy
Oven can not be started.	(1) Power cord not plugged in tightly.	Unplug. Then plug again after 10 seconds.
	(2) Fuse blowing or circuit breaker works.	Replace fuse or reset circuit breaker (repaired by professional personnel of our company)
	(3) Trouble with outlet.	Test outlet with other electrical appliances.
Oven does not heat.	(4) Door not closed well.	Close door well.



According to Waste of Electrical and Electronic Equipment (WEEE) directive, WEEE should be separately collected and treated. If at any time in future you need to dispose of this product please do NOT dispose of this product with household waste. Please send this product to WEEE collecting points where available.

CARING FOR YOUR MICROWAVE OVEN

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

1. It is important not to defeat or tamper with safety interlocks.
2. Do not place any object between the oven front face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and dry. Never use abrasive powders or pads.
3. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damage to the door. Do not operate the oven if it is damaged, until it has been repaired by a competent service technician.
It is particularly important that the oven closes properly and that there is no damage to the:
 - i) Door(bent)
 - ii) Hinges and Hooks(broken or loosened)
 - iii) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except a properly competent service technician.
5. The oven should be cleaned regularly and any food deposits removed;
6. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation;

INSTRUCTIONS AND INFORMATION ON HANDLING USED PACKAGING

Dispose of used packaging material at a municipal waste disposal site.

QUESTIONS AND ANSWERS

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

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

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

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

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

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

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

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

Q: Why do eggs sometimes pop?

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

Q: Why this standing time recommended after the cooking operation has been completed?

A: Standing time is very important.

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

Q: What does “standing time” mean?

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

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

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

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

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

A: Yes. Never run it empty.

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

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

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

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

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

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

COOKING INSTRUCTIONS

Utensil Guide

Only use utensils that are suitable for use in microwave ovens.

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken choosing the utensil. If the utensil is marked microwave-safe, you do not need to worry. The following table lists various of utensil and indicates whether and how they should be used in a microwave oven.

Utensil	Safe	Comments
Aluminium foil	▲	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crisp plate	●	Do not preheat for more than 8minutes.
China and earthenware	●	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless deco-rated with a metal trim.
Disposable polyester cardboard dishes	●	Some frozen foods are packaged in these dishes.
Fast-food packaging	●	Can be used to warm food. Overheating may cause the polystyrene to melt. May catch fire. May cause arcing.
• Polystyrene cups containers	X	
• Paper bags or newspaper	X	
• Recycled paper or metal trims		
Glassware	●	Can be used, unless decorated with a metal trim. Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only.
• Oven-to-table ware	●	
• Fine glassware	●	
• Glass jars	●	

Utensil	Safe	Comments
Metal <ul style="list-style-type: none"> • Dishes • Freezer bag twist ties 	X X	May cause arcing or fire.
Paper <ul style="list-style-type: none"> • Plates, cups, napkins and Kitchen paper • Recycled paper 	●	For short cooking times and warming. Also to absorb excess moisture. May cause arcing.
Plastic <ul style="list-style-type: none"> • Containers • Cling film • Freezer bags 	● ● ▲	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic. Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape. Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	●	Can be used to retain moisture and prevent spattering.

- : Recommended use
 ▲ : Limited Use
 X : Not Recommended

USE YOUR MICROWAVE OVEN SAFELY

General Use

Do not attempt to defeat or tamper with safety interlocks.

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

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

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

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

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

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

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

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

Food

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

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

Heat small quantities of food or foods with low moisture carefully. These can quickly dry out, burn or catch on fire. Do not heat eggs in the shell. Pressure may build up and eggs can explode.

Potatoes, apples, egg yolks and sausages are examples of food with nonporous skins.

These must be pierced before cooking to prevent bursting.

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

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out, stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

Do not leave the oven unattended while popping corn.

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

The kernels can overheat and ignite a brown paper bag.

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

Do not exceed the Microwave Popcorn manufacturers suggested popping time.

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

Ensure all food deposits are cleaned off, as they can carbonize if left.

ARCING

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

Arcing is the microwave term for sparks in the oven.

Arcing is caused by:

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

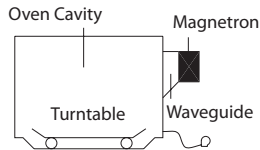
MICROWAVING PRINCIPLES

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

HOW MICROWAVES COOK FOOD

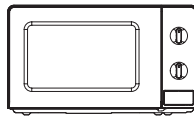
Microwave oven is a Group 2 ISM equipment in which radiofrequency energy is intentionally generated and used in the form of electromagnetic radiation for the treatment of material. This oven is a Class B equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

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



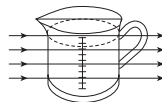
► REFLECTION

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



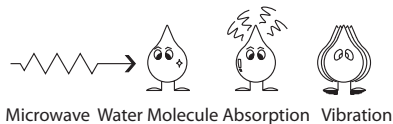
► TRANSMISSION

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



► ABSORPTION

The microwaves cause the water molecules to vibrate which causes FRICTION, i.e. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly.



CONVERSION CHARTS

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

FLUID MEASUREMENTS		
1 Cup	= 8 fl.oz.	= 240 ml
1 Pint	= 16 fl.oz. (UK 20 fl.oz.)	= 480 ml (UK = 560 ml)
1 Quart	= 32 fl.oz. (UK 40 fl.oz.)	= 960 ml (UK = 1 120 ml)
1 Gallon	= 128 fl.oz. (UK 160 fl.oz.)	= 3 840 ml (UK = 4 500 ml)

COOKING TECHNIQUES

STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meal, vegetables, fish etc require 2-5 minutes standing. After defrosting food, standing time should also be allowed. If food is not cooked after standing time, return to the oven and cook for additional time.

MOISTURE CONTENT

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

DENSITY

Porous airy foods heat more quickly than dense heavy foods.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the buildup of steam will be very hot.

SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.

SPACING

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

STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.

LIQUIDS

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

TURNING & STIRRING

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

ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are towards the outside.

QUANTITY

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

PIERCING

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.

COVERING

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

DEFROSTING GUIDE

Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Use only containers that are microwave-safe.

Begin defrosting whole poultry breast-side-down. Begin defrosting roasts fat-side-down.

The shape of the package alters the defrosting time. Shallow rectangular shapes defrost more quickly than a deep block.

After 1/3 of the defrost time has elapsed, check the food. You may wish to turn over, break apart, rearrange or remove thawed portions of the food.

During defrost, the oven will prompt you to turn the over. At this point, open oven door and check the food. Follow the techniques listed below for optimum defrost results. Then, close oven door.

When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes. After defrosting, allow food to stand 5-60 minutes if there are any icy areas. Poultry and fish may be placed under running cool water until defrosted

- **Turn over:** Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
- **Rearrange:** Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
- **Shield:** Use small strips of aluminum foil to protect thin areas or edges of unevenly shaped foods such as chicken wings. To prevent arching, do not allow foil to come within 1-inch of oven walls or door.
- **Remove:** To prevent cooking, thawed portions should be removed from the oven at this point. This may shorten defrost time for food weighing less than 3 lbs.(1350g).

DEFROSTING CHART

Item & Weight	Defrosting Time	Standing Time	Special Techniques
BEEF Minced beef 1 lb./450g	9-11 min.	15-20 min.	Break apart and remove thawed portions with fork.
Stew Meat 1 ½ lbs./675g	14-18 min.	25-30 min.	Separate and rearrange once.
Patties 4 (4oz./110g)	8-10 min.	15-20 min.	Turn over after half the time.
LAMB Spareribs 1 lb./450g	8-10 min.	25-30 min.	Separate and rearrange once.
Chops 4 (5oz./125g)	9-11 min.	25-30 min.	Separate and turn over once.
Minced lamb 1 lb./450g	9-11 min.	15-20 min.	Break apart and remove thawed portions with fork.
POULTRY Whole Chicken 2 ½ lbs./1125g	21-25 min.	45-90 min.	Break side down. Turn over after half the time. Shield as needed.
Chicken Breasts 1 lbs./450g	12-15 min.	15-30 min.	Separate and rearrange once.
Fryer Chicken (cut up) 2 lbs./900g	19-22 min.	25-30 min.	Separate and rearrange once.
Chicken Thighs 1 ½ lbs./675g	14-18 min.	15-30 min.	Separate and rearrange once.
FISH & SEAFOOD Whole Fish 1 lb./450g	7-9 min.	15-20 min.	Turn over after half the time. Shield as needed.
Fish Fillets 1 ½ lb./675g	10-12 min.	15-20 min.	Separate and turn over once.
Shrimp ½ lb./225g	3-4 min.	15-20 min.	Separate and rearrange once.

* The times are approximate because freezer temperatures vary.

COOKING & REHEATING CHART

Cooking chart

Item	Power Level	Cooking Time Per lb./450g	Special Instruction
MEAT Beef joint - Rare - Medium - Well done Pork Joint Bacon joint	MEDIUM MEDIUM MEDIUM HIGH HIGH	8-10 min. 9-11 min. 11-13 min. 12-14 min. 8-10 min.	<ul style="list-style-type: none"> - Chilled meat and poultry should be removed from the refrigerator at least 30 minutes before cooking. - Always let the meat and poultry stand, covered after cooking.
POULTRY Whole chicken Portions chicken Breast (boned)	HIGH MEDIUM MEDIUM	6-8 min. 5-7 min. 6-8 min.	
FISH Fish Fillets Whole Mackerel, Cleaned and prepared Whole Trout, Cleaned & Prepared Salmon steaks	HIGH HIGH HIGH HIGH	4-6 min. 4-6 min. 5-7 min. 4-6 min.	<ul style="list-style-type: none"> - Brush a little oil or melted butter over the fish, or add 15~30ml (1-2 tbsp) lemon juice, wine, stock, milk or water. - Always let the fish stand, covered, after cooking
NOTE: The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the food. Frozen meat, poultry and fish must be thoroughly thawed before cooking.			

Reheating chart

- Baby food particularly needs to be checked carefully before serving to prevent burns.
- When heating pre-packaged ready-cooked foods, always follow the pack instructions carefully.
- If you freeze foods which were bought from the fresh or chilled counters, remember that they should be thoroughly thawed before following the heating instructions on the packet.
It's worth putting a note on them so that other members of the household will remember too.
- Remember metal ties and transfer all food from foil containers before reheating.
- Chilled (refrigerated) food takes longer to reheat than food at room temperature (such as just-cooled food or food from the store cupboard).
- All foods should be reheated using full microwave power.

Item	Cooking time	Special Instructions
Baby food 128g jar	30 sec.	Empty into a small serving bowl. Stir well once or twice during heating. Before serving, check the temperature carefully.
Baby milk 100ml / 4fl.oz. 225ml / 8fl.oz.	20-30 sec. 40-50 sec.	Stir or shake well and pour into a sterilized bottle. Before serving, shake well and check the temperature carefully.
Sandwich roll or bun 1 roll	20-30 sec.	Wrap in paper towel and place on glass microwaveable rack. * Note : Do not use recycled paper towels.
Lasagna 1 serving (10 ½ oz./300g)	4-6 min.	Place lasagna on microwaveable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1 1/2-3 min. 5-7 min.	Cook covered in microwaveable casserole. Stir once halfway through cooking.
Mashed potatoes 1 cup 4 cups	2-3 min. 6-8 min.	Cook covered in microwaveable casserole. Stir once halfway through cooking.
Baked beans 1 cup	2-3 min.	Cook covered in microwaveable casserole. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	3-4 min. 7-10 min.	Cook covered in microwaveable casserole. Stir once halfway through cooking.

Note:

The above cooking times are indicative only. They can vary depending on taste and preferences. The preparation time may vary depending on the shape and composition of the food.

VEGETABLE CHART

Use a suitable glass pyrex bowl with lid. Add 30-45ml cold water (2-3 tbsp.) for every 250g unless another water quantity is recommended - see table.

Cook covered for the minimum time - see table.

Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint : cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All vegetables should be cooked using full microwave power.

Cooking Guide for frozen vegetables

Vegetables	Weight	Time	Instructions
Spinach	0.3 lb./125g	2-3 min.	Add 15ml (1tbsp.) cold water.
Broccoli	½ lb./250g	3-4 min.	Add 30ml (2 tbsp.) cold water.
Peas	½ lb./250g	3-4 min.	Add 15ml (1 tbsp.) cold water.
Green beans	½ lb./250g	4-5 min.	Add 30ml (2 tbsp.) cold water.
Mixed vegetables (carrots/peas/corn)	½ lb./250g	3-5 min.	Add 15ml (1 tbsp.) cold water.
Mixed vegetables (Chinese style)	½ lb./250g	4-6 min.	Add 15ml (1 tbsp.) cold water.

Note:

The above cooking times are indicative only. They can vary depending on taste and preferences. The preparation time may vary depending on the shape and composition of the food.

Cooking Guide for fresh vegetables

Vegetables	Weight	Time	Comments
Broccoli	½ lb./250g 1 lb./500g	3-4 min. 5-7 min.	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	½ lb./250g	4-5 min.	Add 60-75ml (5-6tbsp.) water.
Carrots	½ lb./250g	3-4 min.	Cut carrots into even sized slices.
Cauliflower	½ lb./250g 1 lb./500g	3-4 min. 5-7 min.	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	½ lb./250g	3-4 min.	Cut courgettes into slices. Add 30ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg plants	½ lb./250g	3-4 min.	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	½ lb./250g	3-4 min.	Cut leeks into thick slices.
Mushrooms	0.3 lb./125g ½ lb./250g	2-3 min. 3-5 min.	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	½ lb./250g	3-4 min.	Cut onions into slices or halves. Add only 15ml (1 tbsp.) water.
Pepper	½ lb./250g	3-5 min.	Cut pepper into small slices.
Potatoes	½ lb./250g 1 lb./500g	3-5 min. 8-10 min.	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	½ lb./250g	5-7 min.	Cut turnip cabbage into small cubes.

Note:

The above cooking times are indicative only. They can vary depending on taste and preferences. The preparation time may vary depending on the shape and composition of the food.

TECHNICAL INFORMATION

Technical information can be found on the type plate on the inside of the appliance and on the energy label. The QR code, on the supplied energy label, contains a link to register the appliance in the EU Eprel database. Keep the energy label, the instructions for use, together with other documents supplied with the device.

TESTING INFORMATION

The delivered device is in accordance with EcoDesignem a EN 50564:2011:2011; EN 50242:2016; EN 60350-1:2016; EN 60350-2:2013+A11:2014.. If you have any further questions, please contact the manufacturer.

CUSTOMER CARE AND SERVICE

Always use original spare parts.

Model name and serial number can be found on the rating plate. Position of rating plate can be changed without notice.

The original spare parts for some specific components are available for a minimum of 7 or 10 years, based on the type of component, from the placing on the market of the last unit of the model.

When contacting our authorized service, have the model designation, serial number and defect description available.

To download documents, visit www.philco.cz.

To report a defect and obtain additional service information, visit <https://philco.cz/podpora-a-servis>.

Subject to change without notice.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of packaging material at a public waste disposal site.

DISPOSAL OF USED ELECTRICAL AND ELECTRONIC APPLIANCES



The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this product at your applicable collection point for the recycling of electrical & electronic equipment waste. Alternatively in some states of the European Union or other European states you may return your products to your local retailer when buying an equivalent new product. The correct disposal of this product will help save valuable natural resources and help in preventing the potential negative impact on the environment and human health, which could be caused as a result of improper liquidation of waste. Please ask your local authorities or the nearest waste collection centre for further details. The improper disposal of this type of waste may fall subject to national regulations for fines.

For business entities in the European Union

If you wish to dispose of an electrical or electronic device, request the necessary information from your seller or supplier.

Disposal in other countries outside the European Union

If you wish to dispose of this product, request the necessary information about the correct disposal method from local government departments or from your seller.



This product meets all the basic EU regulation requirements that relate to it

Changes to the text, design and technical specifications may occur without prior notice and we reserve the right to make these changes.

Original of this user manual is in czech language.

Výrobce/Manufacturer:
Fast ČR, a.s.
U Sanitasy 1621
Říčany 251 01, CZECH REPUBLIC

Distributor:
FAST PLUS, a.s.,
Vlčie hrdlo 324/90
821 07 Bratislava, SLOVAKIA

Distributor:
FAST POLAND Sp. z o. o.
Kwiatniowa 36
05-090 Wypędy, POLAND

PHILCO® 

is a pending or registered trademark of Electrolux Home Products, Inc. and used under a license from Electrolux Home Products, Inc.