

30 Litre microwave oven

User manual



Important safety instructions, please read carefully and keep them for future reference

For Customer Services & Spare Parts please call

0845 209 7461

Opening times: Monday – Friday 9am – 6pm & Saturday 9am – 1pm Or visit us at **www.productcareuk.com** 

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### About this microwave oven

Microwaves are high-frequency electromagnetic waves similar to radio waves. While radio waves may vary in length from one metre to many kilometres, microwaves are very short (less than 12.5 centimetres). Microwaves do not make any heat themselves but only cause water molecules in food to vibrate. This vibration produces heat that cooks the food. This is why your food will come out of the microwave piping hot, when your utensils inside the oven stay much cooler. The microwaves do not stay in the air or in the food when you open the microwave oven door.

The microwave oven will work using an ordinary household electrical socket. Inside the microwave oven is the magnetron, which turns the electrical energy into microwaves. Microwaves cannot go through metal, so the inside of the oven is lined with metal. The door is lined with a fine metal mesh which stops microwaves getting through. This means that when the microwave oven door is shut, there is no possibility that microwaves can be released. This is why the microwave oven has been made so that it will not work when the door is open.

# Unpacking your microwave oven

Before you use your microwave oven

1. Remove all the packaging. **Do not** remove the small piece of card from the right hand side of the cavity wall. This is called a wave-guide cover and allows the microwaves to pass through to cook the food. **Please ensure you keep this cover clean at all time.** 

- 2. Check the oven after unpacking for any visual damage such as:
- A misaligned door
- Any damage to the door
- Dents or holes in the door window and screen
- Dents in the inside
- If you can see any damage do not use the oven

This microwave oven weighs approximately **20kg** so you must put it on a horizontal surface that is strong enough to support this weight.

The oven must be placed away from high temperatures and steam. Do not put anything on the top of the microwave oven.

To reduce the risk of fire, electric shock, other injuries and exposure to excessive microwave oven energy, follow these basic precautions:

 $\succ$  Do not use the oven for any reason other than preparing food, such as for drying clothes, paper or any other non-food items, or for sterilising purposes.

> Do not use the oven when it is empty. This could damage the oven.

> Do not store anything in the oven, such as papers, cookbooks and so on.

 $\succ$  Do not cook any food surrounded by a membrane, such as egg yolks, potatoes, chicken livers, ready meals and so on without piercing them several times.

 $\succ$  Ensure you do not use any corrosive chemicals or vapours in the appliance. It is not designed for industrial or laboratory use.

> Never put any objects into the openings on the outer case.

To reduce the risk of fire, electric shock, other injuries and exposure to excessive microwave oven energy, follow these basic precautions:

> Do not use this oven near water, in a wet basement, or near a swimming pool

 $\succ$  Failure to keep the oven clean could lead to deterioration of the surface. This could badly affect the life of the appliance, and potentially be harmful.

> Never remove parts from the oven such as the feet, screws and so on.

- > Only use microwave safe utensils, in line with these instructions, whilst cooking.
- > Do not try to deep-fry foods in this oven.
- Only use the accessories supplied by the manufacturer

> Heat from the contents of a container may be transmitted to the container itself, so please be careful when removing it from the oven. Please remember that the food or liquid inside will be releasing some steam or will be spitting. Never cover any container fully, always leave a gap for steam to escape.

 $\succ$  Cooking utensils may become hot because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. You may need oven gloves to handle the utensil.

 $\succ$  The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature should be checked before consumption, in order to avoid burns.

> Always test the temperature of cooked food, never eat or drink food or liquid straight from the oven, it may be extremely hot. Allow it to stand for a few minutes and stir to distribute the heat evenly.

> Food containing a mixture of fat and water (e.g. stock) should stand for 30 to 60 seconds in the oven after it has been turned off. This is to allow the mixture to settle and to prevent it from bubbling when a spoon is placed in it, or a stock cube is added.

 $\succ$  When heating or cooking food or liquid, remember that there are certain foods (such as Christmas puddings, jam and mincemeat) which heat up very quickly.

> When heating or cooking foods that contain a lot of fat or sugar, do not use plastic containers.

> Always have the glass tray and turntable support in place when using the oven.

> Do not cook food directly on the glass tray. Put food on a suitable plate or in a bowl before putting it in the oven.

To reduce the risk of fire in the oven cavity:

> Do not overcook food.

 $\succ$  Do not leave the microwave oven unattended while you are using it and if using paper or plastic containers check regularly to ensure they do not ignite.

> Remove wire twist-ties from bags before putting the bag in the oven.

 $\succ$  If materials inside the oven smoke or catch fire, keep the oven door closed to stifle the flames, turn the oven off at the wall switch, or shut the power off at the fuse or circuit-breaker panel.

>If the supply cord is damaged, it must be replaced by the manufacturer, a qualified service engineer, or a similarly qualified person, in order to avoid a hazard.

Warning: Children should not use this microwave oven.

**Warning:** This appliance is not intended for use by any person (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to make sure that they do not play with the appliance.

**Warning:** It is dangerous for anyone, other than a qualified person to carry out any service or repair which involves the removal of the cover. This cover gives protection against exposure to microwave energy.

**Warning:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by an engineer. The door seals are located around the window on the inside of the door. These seals are not airtight, although no microwaves can be released, it is normal for small amounts of air or steam to escape when the oven is in use.

**Warning:** Liquids and other foods must not be heated in sealed containers as they are liable to explode.

Warning: Do not use the microwave when it is empty.

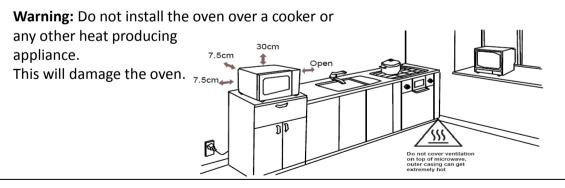
## Microwave oven installation

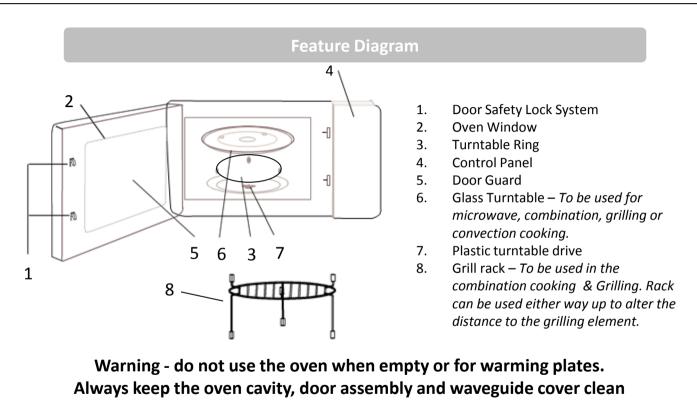
➤ Place on a level surface that provides enough space for the outlet vents.

➤ A minimum clearance of 7.5cm is required between the oven and any adjacent walls. One side must be open. Leave a minimum clearance of 30cm above the oven.

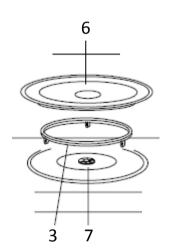
 $\succ$  Place the oven as far away from radios and TV's as possible. Using the oven may cause interference with the reception.

> Plug the oven into a suitable 13 amp mains socket, make sure the voltage is the same as on the rating label (do not use extension cables or mains socket adaptors).





### Turn table installation



 $\succ$  Before first use, check that any securing tape has been removed from the glass tray and turntable ring assembly. These parts must never be restricted from rotating.

➤ Never place the glass tray upside down.

➢ Both the glass tray and turntable ring assembly must always be used during cooking.

 $\succ$  Do not place the food directly onto the glass tray, always place on, or in, a suitable microwaveable cookware.

> If the glass tray or turntable ring assembly has been damaged in anyway, please use the contact details at the bottom of this page.

# **Control Panel**



**MENU ACTION SCREEN** Cooking time, power, action indicators, and clock time are displayed.

CLOCK/KITCHEN TIMER Press this button to set the clock.

MICROWAVE Press this button to use the microwave function.

**GRILL/COMBI** Press this button to use the grill and combination cooking. The grill element is located on the top of the cavity.

**CONVECTION** Press this button to use the convection function, an element at the back of the unit is used for convection cooking

W.T./TIME/DEFROST Press this button for the defrost function.

AUTO MENU Turn the dial to access the auto menu.

TIMER/WEIGHT This rotational dial is used for a number of functions.

**STOP/CLEAR** Press the Stop/Clear button to clear everything.

**START/+30 SEC/CONFIRM** Press this button to start the cooking process.

# How to use the microwave oven

### **Clock Setting**

When the microwave oven is first turned on, the oven will display "0:00", the buzzer will ring once.

1) Press "CLOCK/KITCHEN TIMER" once. "00:00" is shown.

2) Turn the "TIMER/WEIGHT" dial to adjust the hour figures, the input time should be within 0 - 23(24-hour).

3) Press " CLOCK/KITCHEN TIMER" button again and the minute figures will flash.

4) Turn the "TIMER/WEIGHT" dial to adjust the minute figures, the input time should be within 0 - 59 (60-minutes).

5) Press " CLOCK/KITCHEN TIMER" to finish the clock setting procedure. The ":" will flash.

#### Note:

1) If the clock is not set, it will not function when powered.

2) During the process of clock setting, if you press " STOP/CLEAR ", the oven will go back to the previous status.

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## How to use the microwave oven

#### **Kitchen Timer**

1) Press " CLOCK/KITCHEN TIMER " twice, LED will display 00:00.

2) Turn "TIMER/WEIGHT" dial to enter the desired time. (The maximum time is 95 minutes.)

3) Press " START/+30SEC./CONFIRM" to confirm setting.

4) When the kitchen time is reached, the buzzer will ring 5 times to indicate the time is complete.

Note: The kitchen Timer is for use alongside other kitchen appliances. It's an additional function to the cooking.

### Microwave Cooking

1) Press the "MICROWAVE " button once, and "P100" will be displayed.

2) Turn the "TIMER/WEIGHT" to select the microwave power. "P100", "P80, "P50", "P30" and, "P10" will be displayed.

3) Press "START/+30 SEC./CONFIRM" to confirm.

4)Turn the "TIMER/WEIGHT" dial to adjust the cooking time. (The time setting should be between 0:05-95:00.)

5) Press "START/+30 SEC./CONFIRM" to start cooking.

Press power button	Cooking power	
P100	100%	
P80	80%	
P50	50%	
P30	30%	
P10	10%	

To stop the cooking process at anytime press the "STOP/CLEAR" button.

#### **Grill Cooking**

1) Press the "GRILL/CONV./COMBI." button once, and "G-1" will be shown.

2) Press "START/+30 SEC./CONFIRM" button to confirm.

3) Turn "TIMER/WEIGHT" to adjust the cooking time. (The time setting should be 0:05- 95:00.)

4) Press "START/+30 SEC./CONFIRM" button to start the cooking process.

**Note**: Half way through the grill time, the unit will pause and sound twice to tell you to turn the food over. In order to achieve more even grilling, you should turn the food over, close the door, and then press "START/+30 SEC./CONFIRM" to continue cooking. If the food is not turned, the oven will wait one minute and the grilling will resume automatically.

#### Combination Cooking (Microwave + Convection)

1) Press the "GRILL/COMBI." button once, and "G-1" will display.

2) Turn the "TIMER/WEIGHT" dial to select the combination preferred cooking method. Stop turning when "C-1","C-2","C-3" and "C-4" are on the display. The table below indicates what functions will be activated in the cooking process.

3) Press the "START/+30 SEC./CONFIRM" button to confirm.

4)Turn "TIMER/WEIGHT" dial to adjust the cooking time. (The time setting should be 0:05-95:00).

5) Press "START/+30 SEC./CONFIRM" to start the cooking process.

Display	Microwave cooking Grill cooking		Convection
C1	•		•
C2	•	•	
C3		•	•
C4	•	•	•

#### **Convection Cooking (with preheating function)**

The convection cooking allows you to cook food using the unit as a traditional oven, the microwave function is not used. It is recommended that you preheat the oven to the appropriate temperature before placing the food in the oven.

1) Press the "CONVECTION" button once, and "140", the cooking temperature will flash.

2) Turn the "TIMER/WEIGHT" dial to select the desired convection function temperature. Note: the temperature can be chosen from 140 degrees to 230 degrees, in 10 degree intervals.

3) Press the "START/+30 SEC./CONFIRM" button to confirm the chosen temperature.

4) Press the "START/+30 SEC./CONFIRM" button to start the preheating. When the preheating temperature is reached, the buzzer will sound twice to remind you to place the food in the oven. The preheated temperature will display and flash. Open the door and place the food in the microwave oven.

5) Put the food into the oven and close the door.

Turn "TIMER/WEIGHT" dial to adjust the cooking time. (The maximum time available is 95 minutes.)

6) Press the "START/+30 SEC./CONFIRM" button to start cooking.

#### Note:

**a.** The cooking time cannot be put in until the preheating temperature is achieved, Once the temperature is achieved the door must be opened to input the cooking time.

**b.** If the time is not put in during 5 minutes of reaching the temperature, the oven will stop preheating. The buzzer sound five times and turn back to waiting states.

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### Convection Cooking( Without pre-heating function)

1) Press the "CONVECTION" button once, and "140", the cooking temperature will flash.

2) Turn the "TIMER/WEIGHT" dial to select the desired convection function temperature. Note: the

temperature can be chosen from 140 degrees to 230 degrees, in 10 degree intervals.

3) Press the "START/+30 SEC./CONFIRM" button to confirm the chosen temperature.

4) Turn the "TIMER/WEIGHT" dial to adjust the cooking time. (The maximum setting time is 95 minutes.)

5) Press the "START/+30SEC./CONFIRM" key to start cooking.

#### Multi-Stage Cooking

Two stages can be set. If one of the stages is for defrosting this should be programmed to come on first . The buzzer will ring once after each stage and then the next stage will start.

Note: The Auto menu or the pre heating functions cannot be set as one of the multi-stage cooking. Example: if you want to defrost the food for 5 minutes, then to cook with 80% microwave power for 7 minutes. The steps are as following:

1) Press "W.T./TIME DEFROST " twice, the screen will display "d-2";

2) Turn the "TIMER/WEIGHT" dial to adjust the defrost time to 5 minutes;

3) Press the "MICROWAVE" button once;

4) Turn the "TIMER/WEIGHT" dial to choose 80% microwave power till "P80" display (see earlier instructions for power levels)

5) Press "START/+30SEC./CONFIRM" to confirm;

6) Turn the "TIMER/WEIGHT" dial to adjust the cooking time of 7 minutes;

7) Press "START/+30SEC./CONFIRM" to start cooking.

#### **Quick Start cooking**

- 1) Press the "START/+30SEC./CONFIRM" key to cook with 100% power level for 30 seconds. Each press on the same key can increases the cooking time by 30 seconds. The maximum cooking time is 95 minutes.
- 2) During the microwave,grill,convection and combination cooking process, press the "START/+30SEC./CONFIRM" key to cook with 100% power level for 30 seconds. Each press on the same key can increase the microwave cooking by 30 seconds.

Note: this function cannot work under defrost and auto menu cooking.

#### **Timed Quick Start cooking**

- 1) Turn the "TIMER/WEIGHT" dial to anti clockwise to adjust the cooking time. (The maximum setting time is 95 minutes.). Reduce the cooking time by rotating further anti clockwise.
- 2) Press the "START/+30SEC./CONFIRM" key to start the cooking process on 100% power level.

### Defrosting by Weight

1) Press " W.T./Time DEFROST" button once, the oven will display "d 1".

2) Turn the "TIMER/WEIGHT" dial to select the weight of the food. At the same time, "g" will illuminate in red.

The weight should be set between 100-2000g.

3) Press the "START/+30SEC./CONFIRM" key to start defrosting.

### **Defrosting by Time**

1) Press " W.T./TIME DEFROST " key twice and the oven will display "d 2"

2) Turn the "TIMER/WEIGHT" dial to select the cooking time. The maximum setting time is 95 minutes.

3) Press " START/+30SEC./CONFIRM" key to start the defrosting process.

#### Auto Menu

1) Turn the "TIMER/WEIGHT" dial clockwise to choose the required function, and "A1", "A2", "A3"...."A10" will be displayed.

2) Press the "START/ +30 SEC./CONFIRM" button to confirm the menu you need.
3) Turn the "TIMER/WEIGHT" dial to choose the weight of menu, and "g" indicator will light.
4) Press "START/ +30 SEC./CONFIRM" to start the cooking process.

Note: When you choose A9 cake, please do not put the cake mix in to the oven immediately. The oven needs to be preheated to 180 degree first. After several minutes, the buzzer sounds twice to remind you to put the cake into the oven. After putting the cake in the oven, please press start again.

The timer will count down, and the cake will be cooked perfectly.

	Display	Weight	Power
A1 Pizza	200	200	C-4
	300	300	
	400	400	
A2 Potatoe	1	1 (230g)	100%
	2	2 (460g)	
	3	3 (690g)	
A3 Meat	150	150	100%
	300	300	
	450	450	
	600	600	
A4 Fish	150	150	80%
	250	250	
	350	350	
	450	450	
	650	650	
A5 Vegetable	150	150	100%
	350	350	
	500	500	
A6 Beverage	1	1 (240ml)	80%
	2	2 (480ml)	
	3	3 (720ml)	
A7 Pasta	50	50 (add 450ml of water)	
	100	100 (add 800ml of water)	
	150	150 (add 1200ml of water)	
A8 Popcorn	50	50	100%
	100	100	
A9 Cake	475	475	Preheat to
A10 Chicken	500	500	C-4
	750	750	
	1000	1000	
	1200	1200	

### **Inquiring Function**

- 1) During cooking state, press "CLOCK/KITCHEN TIMER" to check the current time. It will be displayed for 2-3 seconds.
- 2) In cooking state, press "MICROWAVE", the "GRILL/ COMBI." or the "CONVECTION", the current power level will be displayed for 2-3 seconds.

#### **Child lock**

Lock on: In waiting state, press "STOP/CLEAR" for 3 seconds, there will be a long "beep" as the lock activates a red key will illuminate in the display. LED will display current time or 0:00.

Lock off: In locked state, press "STOP/CLEAR" for 3 seconds, there will be a long "beep"

denoting that the lock is released, the lock symbol will disappear.

#### Specification

(1) The buzzer will sound once when turning the knob at the beginning;

(2) The "START/ +30 SEC./CONFIRM" button must be pressed again to continue cooking if the door is opened during a cooking cycle.

(3) Once the cooking programme has been set , if the "START/ +30 SEC./CONFIRM" button is not pressed

in 5 minutes. The current time will be displayed and the setting will be cancelled.

(4) The buttons will beep if they are pressed correctly, they will not beep if not.

(5) The buzzer will sound five times to remind you when cooking is finished.

# **Cleaning and care**

➤ Before you clean the oven, turn it off and unplug it.

 $\succ$  Keep the inside of the oven clean. When food or liquids stick to the oven walls, wipe with a damp cloth. We recommend that you do not use harsh detergent or abrasives.

> On the right hand side wall of the cavity is the wave guide cover, microwaves are passed through this to enable your food to cook. It is important that this wave guide cover is kept clean at all times. To do this wipe with mild detergent and water, then dry.

 $\succ$  You should clean the outside of the oven with a damp cloth. Don't allow water to seep into the ventilation openings.

 $\succ$  Do not allow the control panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the control panel.

 $\succ$  If steam builds up inside or around the outside of the oven door, wipe with a soft cloth. This may happen when the microwave oven is used in humid conditions.

# **Cleaning and care**

> Regularly remove the glass turntable to clean it, and wash it in warm soapy water.

 $\succ$  Ensure that the turntable support and oven floor are cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and water, then dry. You can wash the turntable support in mild soapy water.

> When removing the turntable support of the oven, make sure you put it back properly.

> If the inside of the oven smells, put a cup of water with the juice and skin of one lemon in a deep microwave bowl. Microwave it for three minutes, wipe thoroughly and then dry with a soft cloth.

 $\succ$  Failure to maintain the oven in a clean condition, especially if liquid is left under the turntable, could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous condition.

# Important utensil information

> Do not use metal pans or dishes with metal handles without food in the microwave/oven

> Do not use anything with a metal trim, without food in the microwave/oven.

> Do not use paper covered wire twist-ties on plastic bags.

> Do not use melamine dishes as they contain a material which will absorb microwave energy. This may cause the dishes to crack or burn, and will slow down the cooking speed.

➤ Use only cookware that is approved to be used in a microwave oven.

> Do not cook using a container with a restricted opening, such as bottles, as they may explode.

 $\succ$  Do not heat baby bottles with the teat left on and remove if replacing the bottle back into the oven.

> Do not use the microwave oven for heating utensils.

# **Connection to the mains supply**

### WARNING- THIS APPLIANCE MUST BE EARTHED

This appliance is designed to operate from a mains supply of  $230V - 240V \approx 50$ HZ. Check that the voltage marked on the product corresponds with your supply voltage.

This product is fitted with a 13A plug complying with BS1363.

If this plug is unsuitable or needs to be replaced, please note the following:

Important: The wires in the mains lead are Coloured in accordance with the following code: GREEN/YELLOW-EARTH BLUE-NEUTRAL BROWN-LIVE



DANGER Electric Shock Risk

# **Connection to the mains supply**

For UK use only – Plug fitting details (where applicable):

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:

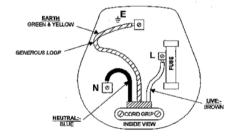
The GREEN/YELLOW wire is the EARTH and must be connected to the terminal which is marked with the letter E or by the earth symbol or coloured GREEN or GREEN/YELLOW.

The BLUE wire is the NEUTRAL and must be connected to the terminal marked with the letter N or coloured BLACK.

The BROWN wire is the LIVE wire and must be connected to the terminal marked with the letter L or coloured RED.

Always ensure that the plug cord grip is fastened correctly.

If a 13A (BS1363) fused plug is used it must be fitted with a 13amp fuse conforming to BS1362 and be BSI or ASTA approved.



# Non-rewireable mains plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead you will find that it incorporates a fuse, the value of which is indicated either on the base of the plug or on the fuse carrier. Should the fuse need replacing, you must use an ASTA approved fuse (conforming to BS1362) of the same rating.

If the fuse cover is lost the plug must not be used until a replacement is obtained from an electrical supplier.

If you need to remove the plug, cut it from the mains lead and dispose of it. Never attempt to re-use this plug or insert it into a socket outlet, as there is a very great risk of an electric shock.

# **Problem solving**

The microwave oven may cause interference to your radio, TV or similar equipment. If it does, you can get rid of the interference by moving the radio, TV or equipment as far away from your microwave oven as possible.

#### If the oven doesn't work -

➤ Make sure the mains plug is plugged in securely. If it is not, remove the plug from the socket, wait 10 seconds and plug it in again securely.

> Check the premises for a blown circuit fuse or a tripped main circuit breaker. If these seem to be working properly, test the socket with another appliance.

#### If the microwave power will not work -

➤ Check to see whether the timer is set.

 $\succ$  Make sure the door is securely closed. Otherwise, the microwave energy will not flow into the oven

### Guarantee

This product is guaranteed for 12 months from the date of the original purchase. If any defect arises due to faulty materials or workmanship, the faulty product must be returned to the place of purchase.

Refund or replacement is at the discretion of the store.

#### The following conditions apply:

- The product must be returned to the retailer with the original proof of purchase.
- The product must be installed and used in accordance with the instructions contained in this instruction guide and any other instructions for use which has been supplied.
- It must be used for domestic purposes only and for its intended use.
- This guarantee does not cover wear and tear, damage, misuse or consumable parts.

#### This does not affect your statutory rights.

# **Specifications**

Model Number: RHM3003B Rated Voltage: 230V – 240V ~ 50Hz Rated Input Power(Microwave): 1450W Rated Output Power(Microwave): 900W Rated Power(Grill): 1100W Rated Power(Convection): 2500W Oven Capacity: 30 L Turntable Diameter: 315 mm External Dimensions(LxWxH): 520mmX510mmX335mm Net Weight: Approx. 19.9 kg

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# Revision 1



This symbol is known as the 'Crossed-out wheelie bin Symbol'. When this symbol is marked on a product/batteries, it means that the product/batteries should not be disposed of with your general household waste. Only discard electrical/electronic/battery items in separate collection schemes, which cater for the recovery and recycling of materials contained within. Your co-operation is vital to make sure the success of these schemes and for the protection of the environment. For your nearest disposal facility, visit www.recycle-more.co.uk or ask in store for details.

We reserve the right due to possible changes to design to alter the instruction manual without prior notice.