

An Introduction to

Microwave Cooking

This booklet has been written as a guide to help you to benefit from your new microwave cooker. The family will be able to enjoy all of their old favourite recipes, as well as many new ones, and cooked in just a fraction of the time normally spent in meal preparation.

The kitchen will remain cooler as with microwave cooking the heat is generated only in the foods being cooked. There may be some transfer of heat from foods to dishes, but the air inside the oven remains cool. Microwave cooking is so convenient. Some foods can be cooked in their serving dishes. Many foods can be prepared ahead of time and reheated without loss of quality, colour or flavour. A latecomer can have a piping hot meal in a matter of minutes, by simply placing the complete meal onto a plate in the microwave cooker and setting the time for 4 or 5 minutes. For quick heating, even paper plates can be used.

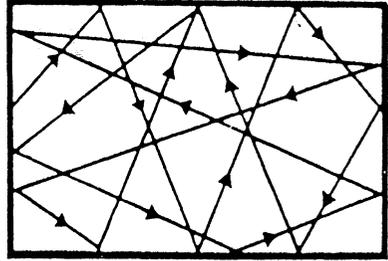
The microwave cooker is so easy to keep clean. No harsh scrubbing or lengthy cleaning sessions. Since there is little heat in the oven, spillage and splatters will not burn on. Soap and water cleaning is all that should be necessary.

Microwave cooking is so fast, some foods taste better. When foods are cooked quickly, they retain their natural flavour and moisture. Before starting to cook with your new microwave cooker, we would suggest that you read this booklet. In this book there are many general cooking hints to help you make the best use of this exciting new appliance.

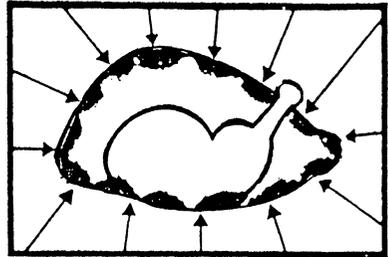
We hope that you enjoy your new microwave cooker. Our staff, whether Home Economist, Sales or Service will always be pleased to give advice that will help you to get the maximum satisfaction from your cooker.

What is Microwave Energy?

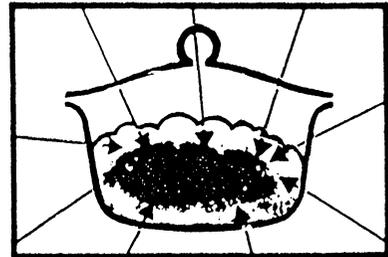
Microwave energy is produced by high frequency radio waves. These waves enter the oven cavity and are reflected from metal, but will pass through materials such as paper, glassware, china, pottery, plastic and wooden baskets. As the waves come into contact with the food, they are converted into heat energy. Only when these waves are absorbed is heat produced.



The process of microwave cooking differs from that of conventional cooking. In the conventional oven, the air inside the oven must be heated and then this heat is transferred to the food product. In microwave cooking, heat energy is produced directly as the microwaves are absorbed by the food resulting in a faster and more efficient method of cooking.



The energy must penetrate the food from the outer surface; thus, the outer surface of the food may receive more heat than will the centre. This is why some recipes will recommend stirring foods during cooking and a 'heat equalizing time' is suggested at the completion of the microwave cooking. The automatic turntable which rotates the food during cooking gives more even results.



Changes which take place in the food are similar to those which occur in conventional cooking.

Installation of the Microwave Cooker

WARNING: THIS APPLIANCE MUST BE EARTHED

IMPORTANT

This microwave cooker has been designed for use in a domestic household. Therefore the guarantee supplied with this appliance may be invalidated if it has been used in a commercial or catering application.

If this appliance is fitted with a non-rewireable plug for which your socket is unsuitable the plug should be cut off and an appropriate plug fitted. The removed plug should be disposed of as insertion of the plug into a 13 A socket is likely to cause an electrical hazard. If it is necessary to change the fuse in a non-rewireable plug the fuse cover must be refitted. If the fuse cover is lost or damaged the plug must not be used until a replacement is obtained. Replacement fuse covers are available from TEDAS, Limberline Road, Hilsea, Portsmouth, Hants. Tel: 0705 664466. It is important that the colour of the replacement fuse cover corresponds with the coloured insert or as embossed in words on the base of the plug.

IMPORTANT: The wires in the mains lead 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 which is marked with the letter 'E' or by the 'Earth' symbol or coloured green 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.

The appliance must be protected by a 13 A ASTA approved (BS1362) fuse if a 13 A (BS1363) plug or a non-rewireable plug is used or if any other type of plug is used by a 15 A fuse either in the plug or adaptor or at the distribution board.

We recommend that the installation be checked by a qualified electrician who can ensure that the appliance is operating satisfactorily and that it has not been damaged in transit.

A minimum air space of 2" (5 cms) must be maintained between the sides and back of the appliance and adjacent vertical surfaces and between the top of the appliance and any overhanging horizontal surfaces such as shelves.

Ensure that there are no restrictions preventing air circulation to the cooling vents on the top, rear and base of the appliance. Do not place tea towels or utensils over the cooling vents.

The BEAB approval of this appliance only remains valid if the appliance is installed in accordance with the above installation instructions or in accordance with the installation instructions for a BEAB approved built in kit specifically intended for use with this appliance.

SAFETY:

DO NOT OPERATE THE COOKER WHEN EMPTY (See page 39)

Ensure that the door seal is clean before use, clean with a warm soapy cloth. Do not use abrasives. The door seal should be checked for damage at regular intervals. Do not operate the oven if the door seal is damaged until it has been repaired by a service technician trained by TEDAS Ltd. It is dangerous for anyone other than a service technician trained by TEDAS Ltd., to perform repair service on this appliance. For service contact the nearest TEDAS Service Depot.

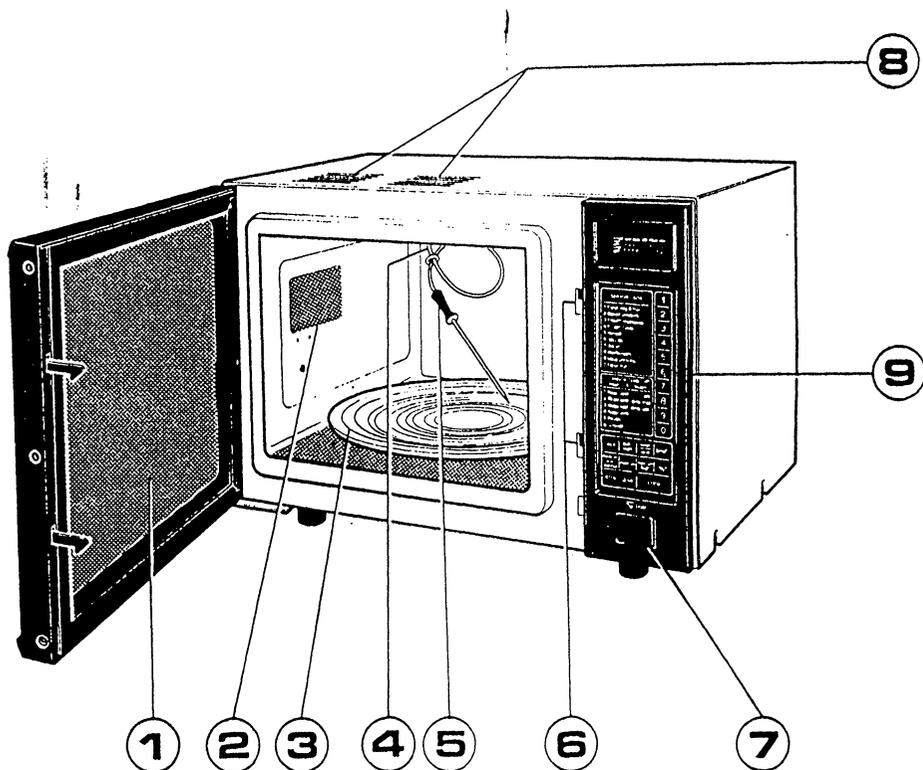
This appliance complies with the Radio Interference requirements
of EEC Directive 82/499/EEC

Features and Specifications

Features

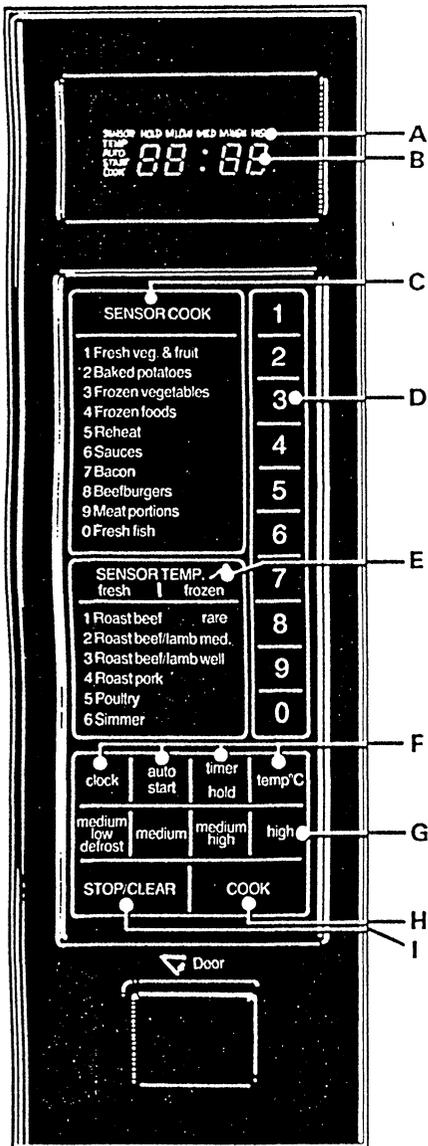
- The Tricity 2066 senses the vapour and gas given off from food during cooking and automatically calculates cooking time and power level. This takes out the calculation or guesswork from microwave cookery – the 2066 decides for how long, on what power level for a given quantity of food.
- There are 10 Sensor Cook Programmes which cover ten popular food categories. The foods categorised under the various sensor cook programmes are only guidelines. You may wish to experiment and cook foods on different settings if they are not cooked to your satisfaction on the suggested setting. When using sensor cook settings ensure you follow the guidelines laid down on page 24.
- There are 6 Sensor Temperature Fresh and 5 Sensor Temperature Frozen settings. These settings automatically decide correct cookery time and power level for all joints of meat.
- The touch control microprocessor control panel makes possible a wide variety of cooking programmes. This includes the multisequence cooking feature.
- Removable temperature probe for cooking by temperature.
- Variable power cooking control for choosing rate of microwave cooking: HIGH, MEDIUM HIGH, MEDIUM, MEDIUM LOW DEFROST and HOLD.
- Automatic defrost cycle at MEDIUM LOW DEFROST setting.
- Auto start for delayed cooking.
- The glass turntable provides uniform cookery as it automatically turns the food.
- Lighted digital display for accurate, precise time and temperature settings and cooking instructions.
- Oven lamp to view foods as they cook.

Oven Diagram



- 1 Oven door with see through window.
- 2 Oven lamp. The lamp will light when the door is opened or when oven is in operation.
- 3 Removable glass turntable.
- 4 Temperature probe receptacle.
- 5 Removable temperature probe.
- 6 Door latches. The oven will not operate unless the door is securely closed.
- 7 One touch push button door. Push to open door.
- 8 Exhaust vents.
- 9 Touch control panel.

Touch Panel



A INDICATORS

Indicator lights for variable cooking, sensor, temp, auto start and cook.

B LIGHTED DIGITAL DISPLAY

Shows readout of cooking time, temperature, sensor setting or time of day. Also gives cooking instruction e.g. probe, stir, stand cover, turn over etc.

C SENSOR COOK PAD

Touch to select Sensor Cook setting 1-0.

D NUMBER PADS

Touch to enter cooking times, temperature settings, clock time or sensor settings.

E SENSOR TEMP PAD (FRESH/FROZEN)

Touch to select Sensor Temp settings for fresh or frozen meats, poultry or simmering. Insert temperature probe when indicated on display.

F PROGRAMME SELECTOR PADS

Touch to set clock, auto start, timer/hold or temperature.

G VARIABLE COOKING CONTROL PADS

Touch to select power setting. If not touched, HIGH is automatically selected.

H COOK PAD

Touch to start oven.

I STOP/CLEAR PAD

Touch to erase during programming. Touch once to stop operation of oven during cooking; touch twice to cancel cooking programme.

Steps for Cooking

Throughout your Tricity Microwave Cookbook you will find step by step directions for each recipe. Basic instructions follow.

1. Make sure the cooker is plugged into a power point. When the cooker is plugged in, the display will show **88.88** , flashing on and off each second. Touch the **CLEAR** pad; **1:00** will appear.
2. Always make certain the glass turntable is seated and in place. The cooker should not be used without the turntable in place, and it should never be restricted so that it cannot rotate.
3. The Variable Cooking Control on your Tricity Microwave cooker allows you to select the amount of microwave energy and the rate of cooking or defrosting. There are five levels or settings for cooking: HIGH, MEDIUM HIGH, MEDIUM, MEDIUM LOW DEFROST, AND HOLD.
4. Be sure to select the recommended power level before beginning to cook. Refer to Operation of Touch Control Panel for proper procedure. If you do not touch a setting on the Variable Cooking Control Panel, the oven will automatically cook on HIGH (100%). As you become more familiar with the use of the Variable Cooking Control and microwave cooking, you will be able to judge which power level to use for various foods.
5. If food does not seem to be heating properly, check the Variable Cooking Control is on the proper setting.
6. The cooker is programmed by touching the appropriate Touch pads. Read Operation of Touch Control Panel for complete instructions.

Microwave energy does not enter the oven until the door is closed, the cooker is programmed, and the 'COOK' button touched. Whenever the door is opened, there is no more energy being produced in the oven. The screen on the door is designed to allow you to check foods periodically during the cooking process. The screen will reflect the energy away from the door.

Although the microwave energy passes through most cooking utensils without heating them, for long cooking times the dishes will become heated by the natural transfer of heat from the food to the dish and the use of oven gloves is advisable. After longer cooking times, the removable glass turntable may be hot. Some utensils, however, may be removed from the oven without the use of oven gloves.

Operation of Touch Control Panel

Your new Tricity 2066 Gas Sensor Microwave cooker uses a microprocessor, the electronic brain that provides a wide variety of cooking programmes which could not be achieved by conventional cooking methods. The operation of the cooker is controlled by touching the appropriate pads arranged on the surface of the control panel. The lighted digital readout will display the cooking time, temperature, memory or time of day, and indicator lights show the variable cooking setting or cooking function you have programmed.

An audible entry signal tone should be heard each time you touch the control panel to make a correct entry. If you do not hear this sound

- 1) you have not used enough pressure in touching the pad,
- 2) you have made more entries than the control panel will accept,
- 3) you have made an incorrect entry.

In addition to the entry signal tone, an audible signal will sound for approximately 2 seconds at the end of the cooking cycle.

The following pages give complete instructions for using the Touch Control system. Please use these instructions and practice programming the cooker step by step until you are thoroughly familiar with its operation.

In giving directions, examples of foods have been used so that you may become familiar with the practical uses for these features. However, we suggest that you first practice operating the cooker with one cup of water inside rather than food. Do not operate the cooker empty.

- * You cannot programme the cooker if the door is not closed tightly.
- * During cooking, the programme cannot be changed until the door is opened, or STOP/CLEAR pad is touched. All functions are locked in to prevent accidental changes.

To Set the Clock

Your microwave cooker functions as a clock to keep the time of day. To set the clock, follow this procedure. When cooker is plugged in, the display will show **88:88**, flashing on and off each second. Touch the **CLEAR** pad; **1:00** will appear.

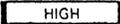
★ Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.)

Steps	Procedure	Pad Order	Display
1.	Touch the CLOCK pad.	CLOCK	0
2.	Enter the correct time of day by touching the numbers in sequence.	1 2 3 0	12 30
3.	Touch the CLOCK pad again	CLOCK	12 : 30

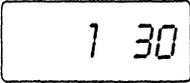
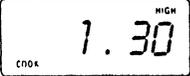
The clock is now set and will keep the time of day. If power to the unit is interrupted, the display will intermittently show **88:88** after the power is reinstated. To reset the clock, touch **CLEAR** pad and then repeat the steps above.

NOTE: This is a 12 hour clock. **ERROR** will appear in the readout if you attempt to enter an incorrect clock time. For example, if you attempt to enter 8:61 or 13:00, **ERROR** indicating an error will appear. To erase **ERROR** touch **CLEAR** pad. If you accidentally touch more than 4 number pads, the last 4 numbers you have touched will appear on the display.

To Cook at Full Power

Many foods are cooked at HIGH (100% power) for best results. The Variable Cooking Control allows you to select the rate of microwave cooking, but the cooker will automatically operate at HIGH if no Variable Cooking Control pad is touched. If you wish to cook on HIGH, it is not necessary to touch the  pad. For other Variable Cooking Controls levels, the desired setting must be entered.

★ Suppose you want to heat 2 cups coffee for 1 minutes 30 seconds at HIGH (100%)

Steps	Procedure	Pad Order	Display
1.	Enter desired cooking time.	  	
2.	Touch COOK pad.		

The cooking time will count down to zero. When the timer reaches zero, the indicator will go out and signal will sound. The time of day will reappear on the display. Microwave energy will stop.

Variable Power Cooking

The Variable Cooking Control on your oven allows you to select the rate of cooking.

Approximate percentage of Microwave power

HIGH	100%
MEDIUM HIGH	70%
MEDIUM	50%
MEDIUM LOW DEFROST	30%
HOLD	0%

Some foods give best results when cooked more slowly at a lower cooking power. Your cookbook will indicate the recommended variable setting for each recipe. See your Tricity Microwave Cookbook for guidelines on how to use the Variable Cooking Control.

★ Suppose you want to heat soup for 2 minutes 15 seconds at MEDIUM HIGH.

Steps	Procedure	Pad Order	Display
1.	Enter desired cooking time.	<div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">2</div> <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">1</div> <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">5</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; text-align: center;">2 15</div>
2.	Select desired Variable Cooking Control setting.	<div style="border: 1px solid black; padding: 2px; width: 60px; text-align: center;">MEDIUM HIGH</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; text-align: center;">2. 15 ^{M HIGH}</div>
3.	Touch Cook pad.	<div style="border: 1px solid black; padding: 2px; width: 60px; text-align: center;">COOK</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; text-align: center;">COOK 2. 15 ^{M HIGH}</div>

The cooking will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: If you accidentally touch the wrong Variable Cooking Control pad, immediately touch the correct pad. The last pad touched will be the setting the cooker accepts. For example, if you touch **MEDIUM HIGH** pad and then immediately touch **MEDIUM** pad, the cooker will cook at MEDIUM.

To Cook by Temperature

Your cooker is equipped with a removable temperature probe which is plugged into the receptacle in the top centre of the oven cavity when cooking by temperature. Directions for correct use of the temperature probe are on page 19.

The internal temperature of the food will be displayed in the range of 30°C to 110°C. The maximum temperature for cooking which can be entered is 93°C. If a temperature setting above 93°C is entered, **ERROR** indicating an error will appear on the display. The **CLEAR** pad must be touched in order to reprogramme the cooker.

The display will show **LO C** until the temperature reaches 30°C. This indicates that the temperature is below 30°C.

★ Suppose you want to roast whole chicken to 85°C on MEDIUM HIGH.

Steps	Procedure	Pad Order	Display
1.	Place probe in meat. Insert probe plug into the receptacle in the top centre of the oven cavity. Enter desired temperature.	<div style="border: 1px solid black; padding: 2px; width: 40px; margin: 5px auto;">8</div> <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 5px auto;">5</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; text-align: center; margin: 5px auto;">85</div>
2.	Touch TEMP setting to select temperature cooking.	<div style="border: 1px solid black; padding: 5px; width: 60px; text-align: center; margin: 5px auto;">TEMP °C</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; text-align: center; margin: 5px auto;">TEMP HIGH 85°C</div>
3.	Select Variable Cooking Control setting.	<div style="border: 1px solid black; padding: 5px; width: 60px; text-align: center; margin: 5px auto;">MEDIUM HIGH</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; text-align: center; margin: 5px auto;">TEMP HIGH 85°C</div>
4.	Touch the COOK pad. When the internal temperature reaches 30°C, the readout will display the actual temperature of the food as it increases to 85°C. When it reaches 85°C as detected by the temperature probe, the cooker will automatically cut off and the end of cooking signal will sound. All indicator lights will go out. The time of day will reappear on the display.	<div style="border: 1px solid black; padding: 5px; width: 60px; text-align: center; margin: 5px auto;">COOK</div>	<p>When the food temperature is lower than 30°C.</p> <div style="border: 1px solid black; padding: 5px; width: 100px; text-align: center; margin: 5px auto;">TEMP HIGH COOK LO C</div>
5.	If you wish to now monitor the changes in temperature after cooking.	<div style="border: 1px solid black; padding: 5px; width: 60px; text-align: center; margin: 5px auto;">TEMP °C</div>	The actual temperature will be displayed.
6.	To return to the time of day.	<div style="border: 1px solid black; padding: 5px; width: 60px; text-align: center; margin: 5px auto;">CLEAR</div>	The time of day will appear on the display.

To Check Programmed Temperature During Cooking

If you are in the process of cooking using the temperature probe and wish to check the temperature you have programmed, simply touch **TEMP °C** pad. As long as your finger is touching the **TEMP °C** pad, the final temperature will be displayed.

★ Suppose you programmed temperature at 70°C on HIGH.

Steps	Procedure	Pad Order	Display
1.	Touch TEMP pad.		 <p>When your finger is removed, current temperature of the food will reappear on the display.</p>

To Monitor Temperature

If the temperature probe is plugged into the top centre of the oven cavity and the probe is placed in water or food, the temperature of the water or food can be monitored on the readout.

Steps	Procedure	Pad Order	Display
1.	Touch TEMP pad.		Temperature detected by temperature probe will appear on display. 30°C to 110°C will be displayed.
2.	To return to the time of day.		The time of day will reappear on the display.

Temperature Followed by Time

Your cooker can be programmed to maintain any temperature from 30°C to 93°C for up to 99 minutes, similar to the automatic thermostat on a conventional cooker. This feature can be used to keep food warm at the desired serving temperature until ready to eat, or food can be simmered to a specific temperature for up to 99 minutes.

★ Suppose you want to heat a bolognese sauce to 80°C on MEDIUM HIGH and then maintain exactly 80°C for 1 hour to blend the flavours and thicken the sauce.

Steps	Procedure	Pad Order	Display
1.	Place probe in casserole of bolognese sauce. Insert probe into the receptacle in the top centre of the oven cavity. Enter desired temperature.	<div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">8</div> <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">0</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">80</div>
2.	Touch TEMP setting to select temperature cooking.	<div style="border: 1px solid black; padding: 2px; width: 40px; margin: 0 auto;">TEMP °C</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">TEMP HIGH 80°C</div>
3.	Select desired Variable Cooking Control setting.	<div style="border: 1px solid black; padding: 2px; width: 40px; margin: 0 auto;">MEDIUM HIGH</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">TEMP HIGH 80°C</div>
4.	Enter desired cooking or "holding" time. To maintain 80°C for 1 hour.	<div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">6</div> <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">0</div> <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">0</div> <div style="border: 1px solid black; padding: 2px; width: 40px; margin: 2px;">0</div>	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">60 HIGH 00</div>
5.		<div style="border: 1px solid black; padding: 2px; width: 40px; margin: 0 auto;">COOK</div>	<p>When oven temperature is lower than 30°C.</p> <div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">TEMP HIGH COOK 10 C</div> <p>When the internal temperature reaches 30°C, the readout will display the actual temperature of the food as it increases to 80°C.</p> <p>When it reaches 80°C.</p> <div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">TEMP HOLD COOK 80 00</div>

The cooking time will count down to zero. When the timer reaches zero, all indicator lights will go out and an audible signal will sound.

The time of day will reappear on the display.

NOTE: In the above example, if the actual temperature drops below 80°C during the 60 minute "holding" time, microwave energy will come on long enough to boost the temperature back up to 80°C. The HIGH indicator will light momentarily while the microwave energy is on.

The programmed temperature can be checked during cooking or during the "holding" time by touching **TEMP °C** pad. As soon as your finger is removed from **TEMP °C** pad, the display will resume counting down to zero.

Multiple Sequence Cooking

Your cooker can be programmed for up to 3 automatic cooking sequences, switching from one variable power setting to another automatically. For example, you can programme the oven to defrost on MEDIUM LOW DEFROST to cook on HIGH and then to cook on MEDIUM.

The cooker can also switch from one temperature setting to another automatically, and it can maintain a specific temperature for up to 99 minutes. Since the temperature probe cannot be inserted into solidly frozen foods, it is not practical to programme the oven to defrost and then cook by temperature. The food should be defrosted before the probe is inserted.

Some of the sequences you might use in cooking include:

FIRST SEQUENCE	SECOND SEQUENCE	THIRD SEQUENCE
Defrost	COOK by time 1st variable setting	COOK by time 2nd variable setting
COOK by time 1st variable setting	COOK by time 2nd variable setting	COOK by time 3rd variable setting
TEMP 1st variable setting	HOLD temperature up to 99 minutes	
COOK by time 1st variable setting	TEMP 2nd variable setting	HOLD temperature up to 99 minutes
TEMP 1st temperature and variable setting COOK by time 1st variable setting	TEMP 2nd temperature and variable setting HOLD time	HOLD 2nd temperature up to 99 minutes COOK by time 2nd variable setting

You are not limited to the above sequences, but they are most practical.

AUTO START

If you wish to programme your cooker to automatically begin cooking at a designated time of day, follow this procedure:

★ Suppose you want to start cooking a stew for 85 minutes on MEDIUM at 4:30 this afternoon. Before setting, check to make sure the clock is showing the correct time of day.

Steps	Procedure	Pad Order	Display
1.	Enter the desired start time.	<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px; text-align: center;">4</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px; text-align: center;">3</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px; text-align: center;">0</div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">4 30</div>
2.	Touch AUTO START pad.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">AUTO START</div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <small>AUTO START</small> 4 : 30 </div> <small>The colon(:) will flash on and off.</small>
3.	Enter the desired cooking time.	<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px; text-align: center;">8</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px; text-align: center;">5</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px; text-align: center;">0</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px; text-align: center;">0</div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <small>AUTO START</small> 85 00 </div>
4.	Select desired MEDIUM setting.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">MEDIUM</div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <small>AUTO START</small> <small>MED</small> 85 · 00 </div>
5.	Touch COOK pad.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">COOK</div>	<p>Suppose you are setting at 1:00 p.m.</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;"> <small>AUTO START</small> 1 : 00 </div> <p>It comes on 4:30 p.m.</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <small>AUTO START COOK</small> <small>MED</small> 85 · 00 </div>

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

TO CHECK AUTO START TIME

Once you have correctly programmed the cooker for Auto Start, the correct time of day (not the Auto Start time) will appear on the display. To check the already programmed Auto Start time, follow these steps:

★ Suppose you have already set the Auto Start time at 4:30 p.m.

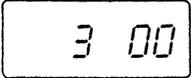
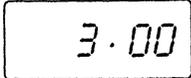
Steps	Procedure	Pad Order	Display
1.	Touch AUTO START pad.	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> AUTO START </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <small>AUTO START</small> 4 : 30 </div> <p style="font-size: 0.8em; margin-top: 5px;">The colon (:) will flash on and off.</p>

NOTE: Checking the Auto Start time will not interfere with the operation of the oven. The oven will still start at the designated time of day and perform the cooking sequences you have programmed.

MINUTE TIMER

The Touch control panel can be used as a timer for timing up to 99 minutes, 99 seconds. There is no cooking involved.

★ Suppose you want to time a 3 minute long distance phone call.

Steps	Procedure	Pad Order	Display
1.	Enter desired time.	  	
2.	Touch TIMER pad. HOLD		

The timer will begin counting down to zero. When the timer reaches zero, the signal will sound. The time of day will reappear on the display.

To cancel the minute timer during operation, simply touch  pad and the time of day will reappear.

ELECTRICAL POWER INTERRUPTIONS

If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show  after the power is reinstated. If this occurs during cooking, your cooking programme will be erased. The time of day will also be erased.

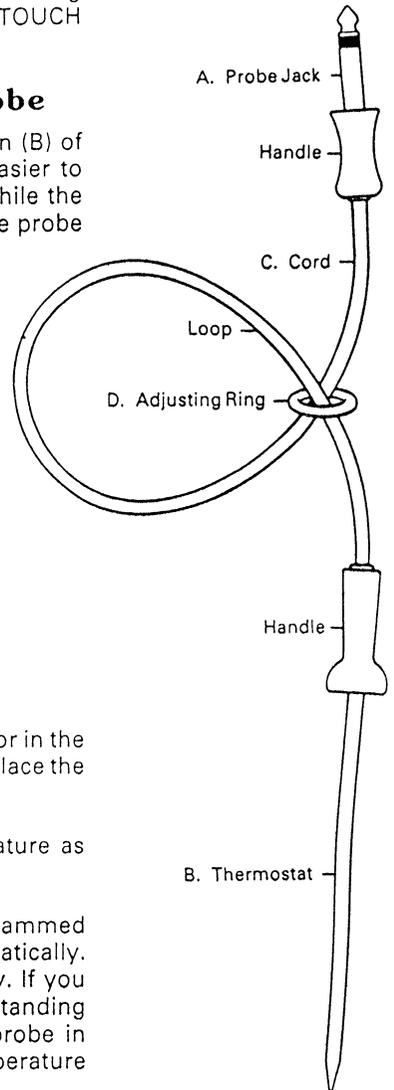
Simply reset the clock for the correct time of day.

Temperature Probe

Your Tricity Microwave cooker is equipped with a removable temperature probe. Procedure for programming the oven for cooking by temperature using the probe is given in the OPERATION OF TOUCH CONTROL PANEL.

To Use the Tricity Temperature Probe

1. Insert the pointed metal thermometer portion (B) of the temperature probe into the food. It is easier to position the probe correctly if this is done while the food is outside the oven. Be sure to insert the probe at least 25 mm/1 in into the food.
For casseroles, place the thermometer in the centre of the food. When cooking meat the probe should be inserted from the side so that the tip of the probe penetrates to the centre of the meat, away from boney or fatty sections. For poultry, insert between the inner thigh and body of the bird.
2. Place the food on the turntable inside the cooker.
3. Plug the probe jack (A) into the receptacle in the top centre of the oven cavity (ceiling of oven). Be sure the probe is securely inserted. This portion rotates as the food turns on the turntable.
4. Avoid placing the rubber cord (C) directly on or in the food. By using the adjusting ring it is easy to place the probe at the desired angle.
5. Programme cooker for Cooking by Temperature as explained on page 12.
6. When the food reaches the programmed temperature, the cooker will turn off automatically. The time of day will reappear on the display. If you wish to check the temperature during the standing time, leave the food in the oven with the probe in place. You can monitor any changes in temperature by simply touching the **TEMP** pad.
7. Unplug the probe jack from the receptacle before removing the food from the cooker.



TEMPERATURE PROBE

Use and Care of Temperature Probe

1. DO NOT OPERATE THE COOKER EMPTY WITH THE TEMPERATURE PROBE INSIDE. TO AVOID THIS POSSIBILITY, DO NOT LEAVE THE PROBE IN THE COOKER WHEN NOT IN USE.
2. The temperature probe should be unplugged and removed from the cooker when not in use. Store the probe in a safe, convenient place outside the cooker.
3. Carefully wash the temperature probe in warm sudsy water and wipe dry. It is immersible, but should not be soaked. Do not wash in dishwasher.
4. Insert the thermometer portion of the probe at least 25 mm/1 in into the food.
5. The temperature probe should never be allowed to touch the interior walls or door of the cooker.
6. Do not use the temperature probe when using a browning dish.
7. The Tricity temperature probe is designed specifically for use in this Microwave cooker. Do not substitute any other probe for this one. The probe cannot be used in conventional cooking or in other microwave cookers.
8. Avoid harsh treatment of the probe. Do not drop the probe. It is a thermometer; handle it carefully.
9. Oven gloves may be needed when removing the temperature probe.
10. Do not remove the probe from the receptacle or from the food by pulling on the cord. Use the insulated handle.
11. Do not try to force the temperature probe into solidly frozen food.
12. Temperatures are displayed in the range of 30°C to 110°C. The maximum temperature which can be entered is 93°C.
13. Temperature readings are given for some recipes which should be cooked covered. If you wish to use the probe, cover the food with cling film and insert the probe through the cling film.
14. You will often notice a change in the temperature readout after stirring. This is normal and occurs in conventional cooking also.

IMPORTANT

Only the Tricity temperature probe Cat. No. SD51F-S supplied with this cooker must be used. Should a replacement probe be required it must be the correct type and obtainable from THORN EMI Service Centre.

Probe - General Guidelines

1. Always insert the probe into the centre of the leanest/thickest part of the food.
2. Try to ensure the probe doesn't touch any bone and isn't inserted through any fat. This tends to give a false reading.
3. To begin with try and calculate the time first. If the temperature is rising too quickly then the probe is not in the correct position. Re-position the probe, with experience you'll know exactly where to position the probe.
4. The probe only works well with foods of the same densities e.g. a solid joint of meat (preferable without bone) or all liquid. Not cubes of meat in liquid.
5. Temperatures for all foods other than meat are only a guideline. Adjust to suit your own personal preference.
6. Ensure probe is fitted so that the metal point doesn't come into contact with the sides of the cooker.

Temperature Probe Cooking Chart

FOOD	PRESET TEMP	HOLDING TIME	NOTES
Beverage -All water e.g. Tea ½ water, ½ milk e.g. Coffee All milk e.g. Chocolate	80°C 75-80°C 70°C	-	
Chicken (whole) Chicken portion (breast)	85-90°C 85-90°C	10 mins 5 mins	Insert probe into leanest part of leg joint
Fish	64-67°C	-	Insert in thickest part of fish
Lamb (med, well) (well done)	68-71°C 74-77°C	-	Choose leanest joint e.g. fillet. Use 70% power
Mince Meals e.g. Savoury Mince Bolognaise Sauce	70°C	5 mins	
Pork Loin Roast Ham Boil in Bag	77-79°C 77-79°C	10 mins 10 mins	Insert probe into leanest part Insert probe into leanest part Use 70% power
Turkey Boneless Roasts Whole Turkey	65-70°C 85°C	10 mins 15 mins	Use 70% power Cook breast side down first until temp reaches 50-55°C. Turn the right way up. Remove wings. Continue cooking.
Soup	75-80°C		Stir well, halfway through cooking and at end.
Tinned Foods (Savoury) e.g. Baked Beans, Spaghetti	80°C		Stir well, halfway through cooking and at end.
Tinned Foods (Sweet) e.g. Tinned Rice, Custard	80°C		Stir well, halfway through cooking and at end.

The Turntable

The turntable in this model, practically eliminates the need to turn dishes during the cooking, defrosting or reheating process. The turntable automatically revolves slowly in a anti-clockwise direction when the microwave cooker is switched on to 'COOK'. The food or dish must always be placed on the turntable. The cooker should not be used without the turntable in position and ensure that there is nothing to restrict its rotation. The turntable is removable for cleaning and may be used in a dishwasher.

Variable Power

The variable cooking control feature enables more flexibility and control of the cooking speed. Some foods need slower cooking to help tenderise them, such as the less expensive cuts of meat and poultry. Slower cooking also allows food flavours to blend thoroughly, such as meat sauces and onions.

When a setting other than HIGH is selected, the microwave energy into the microwave cooker cycles on and off at varying rates depending on the setting chosen. At the lower settings the energy is off longer than it is on. At MEDIUM setting the microwave energy on and off time is approximately the same. As the control is moved onto the higher settings, the energy is on longer than it is off. When on HIGH the energy is on all the time.

Cooking Control	Approximate percentage of microwave energy
HIGH	100%
MEDIUM HIGH	70%
MEDIUM	50%
MEDIUM LOW DEFROST	30%
HOLD	0% for use with probe and multisequence cooking

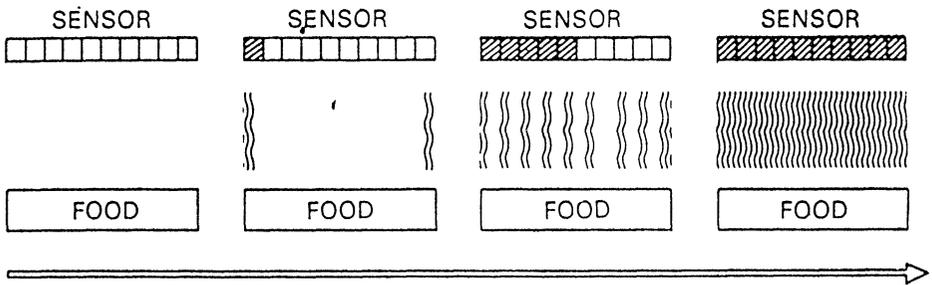
The variable cooking control is easy to use. After setting the desired cooking time, select the cooking control setting required. The timer will not stop and start but will continue to count down while the energy switches on and off in the oven.

Operation for Sensor cooking

The Tricity 2066 Electronic Sensory Processor is a semi-conductor device that detects the vapour (steam etc) emitted from food as it heats. The Sensor adjusts cooking times and the variable power setting for various foods and quantities. By incorporating this system the Tricity 2066 takes the guess work out of microwave cookery.

How Gas Sensor operates

1. As a food is cooked it gives off vapour. At the start of the cook time and depending on the type of food, the rate at which the vapour is given off is slow.
2. The Sensor detects the degree of vapour and from that calculates the cooking time and variable power setting.



□ Cook Time

▨ = Amount of vapour past the sensor

Before you use Sensor Settings

1. The cooker should not be operated on SENSOR COOK immediately after plugging in. Wait for 5-10 mins for the SENSOR to regulate itself to the conditions of the environment for SENSOR COOK settings 1, 3, 4, 5 and 6. We recommend that the cooker be plugged in for 24 hours before operating on SENSOR COOK settings, 2, 7, 8, 9 and 0. Interruption of the electrical supply for a prolonged period will require a repeat of the above.
2. Ideally the cooker should not be installed in an area where heat and steam are generated, e.g. next to a conventional cooker or hob.
3. Exhaust vents are provided at the back and top of the microwave cooker for cooling and air flow in the cavity. To allow adequate ventilation ensure these vents are not blocked by any means. There should be minimum air space of 5cm (2") around the microwave cooker.
4. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or kitchen roll. Failure to do so will cause a false reading and foods will probably be undercooked. The same principle applies with foods such as baked potatoes which are not covered with cling film. Ensure that they are perfectly dry before cooking.
5. If cooking two or three batches of food on the same sensor programme e.g. chicken joints on SC9, ensure that any juices or drippings are removed each time otherwise a false reading will be given and the food will probably be undercooked.
6. For some foods the rate at which the vapour is given off has to be controlled. This is achieved by covering the container the food is to be cooked in with cling film and making a slit in it approx. 2-3 cm (1") in size.

Selecting Foods

Important:

The foods categorised under the various sensor cook programmes are only guidelines. You may wish to experiment and cook foods on different settings if they are not cooked to your satisfaction on the suggested setting.

1. The sensor works with foods at normal storage temperatures, for example, chicken pieces would be at refrigerator temperature and canned foods at room temperature.
2. Foods weighing less than 100g (4oz) should be cooked by time and the appropriate variable power setting.
3. Avoid using liquid or food with high alcohol content.

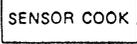
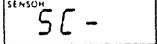
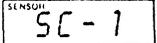
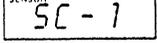
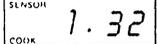
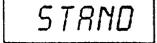
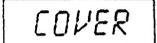
Using Sensor Settings

1. During the first part of sensor cooking, sc. and the sensor setting number will appear on the display. Do not open the cooker door or touch STOP/CLEAR pad during this time. If this is done the measurement of vapour will be interrupted. The door may be opened when the remaining cooking time appears on the display. At this time you may open the door to stir and season the food as desired.
2. Avoid using aerosol sprays or cleaning solvents near the cooker whilst using the sensor settings. The sensor may detect the vapour given off by the spray and turn off before the food is properly cooked.

To Cook with Sensor

There are ten different Sensor settings to cook most popular foodstuffs. You don't need to calculate cooking time or decide on variable power level. Just select the appropriate Sensor setting and the oven does the rest.

★ Suppose you want to cook fresh vegetables with Sensor Cook 1.

Steps	Procedure	Pad Order	Display
1.	Touch SENSOR COOK pad.*		
2.	Select desired Sensor setting. Touch 1 to cook fresh vegetables.		
3.	Touch COOK pad. When sensor detects the vapour emitted from the food, remainder of cooking time will appear (ex. remainder of cooking time is 1 min. 32 sec.). The timer will begin counting down to zero. When the timer reaches zero, an audible signal will sound.	 and	    They will be displayed continuously.

Open oven door or touch STOP/CLEAR pad. The time of day will reappear on the display.

NOTE: Avoid opening the oven door or touching STOP/CLEAR pad when SC- and the sensor setting number is displayed. If this occurs,  will appear and Sensor cooking will be interrupted. To continue cooking, touch STOP/CLEAR pad.  indicator will go out. Select cooking time and variable power level. Cooking with a Sensor setting at this point may result in overcooking.

When the display switches over to remaining cook time, you can open the oven door and stir food, turn it over or season, as desired.

If you touch the wrong Sensor setting, retouch the correct setting. Selected setting will appear on the display.

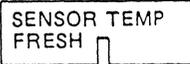
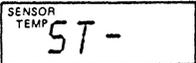
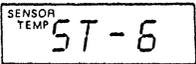
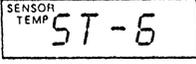
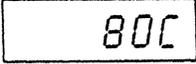
* If temperature probe is plugged into the receptacle in the top centre of the oven cavity,  will flash.

Remove the probe;  will go out and  will appear on display.

To Cook with Sensor Temp Fresh 6 (Simmer)

SENSOR TEMP FRESH 6 is used for slow cooking. Sauces, stews or meats that benefit from slow cooking can be done very easily. SENSOR TEMP will bring the food quickly up to temperature and maintain it for up to 4 hours.

★ Suppose you want to cook Beef Stew with Sensor Temp Fresh 6 (Simmer)

Steps	Procedure	Pad Order	Display
1.	Place probe in casserole. Insert probe plug into the receptacle in the top of the oven cavity. Touch SENSOR TEMP FRESH pad.		
2.	Touch 6 to simmer stew.		
3.	Touch COOK pad. When stew reaches 80°C, stew should be stirred. At that time, an audible signal will sound four times. Open the door and stir stew		  It will be displayed continuously.
4.	Touch COOK pad.		 80°C will be display for up to 4 hours *

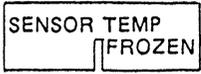
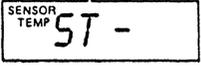
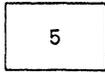
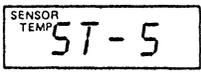
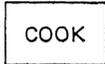
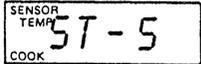
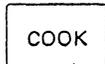
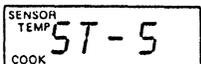
* If you want to simmer food for less than 4 hours, stop oven after desired simmer time.

NOTE: If you touch the wrong Sensor Temp setting, retouch the correct setting. If you select a setting higher than 6 (7,8,9,0),  will appear on the display.

To Cook with Sensor Temp Frozen

SENSOR TEMP FROZEN is used for cooking frozen roasts and poultry. The oven starts to defrost the food and signals when the probe should be inserted. Cooking continues as for SENSOR TEMP FRESH.

★ Suppose you want to cook Roast Chicken with SENSOR TEMP FROZEN 5.

Steps	Procedure	Pad Order	Display
1.	Touch SENSOR TEMP FROZEN pad.		
2.	Select desired Sensor Temp setting. Touch 5 to cook roast chicken.		
3.	Touch COOK pad.		 Sensor detects the progress of defrosting. Remainder of defrost time will appear and begin counting down. When the timer reaches zero, an audible signal will sound four times.
			 It will flash on and off. *At this point let the joint stand for 15-20 mins. Place temperature probe into the chicken. Insert probe plug into the receptacle in the top centre of the oven cavity.
4.	Touch COOK pad.		 Approximately halfway through the cooking time, the Chicken should be turned over. At that time, an audible signal will sound four times.
		and	  They will be displayed continuously.

Steps	Procedure	Pad Order	Display
5.	Touch COOK pad.	<div data-bbox="555 164 650 228" style="border: 1px solid black; padding: 2px; display: inline-block;">COOK</div>	<p data-bbox="680 161 1009 204">At this point the internal temperature will be displayed. For example</p> <div data-bbox="740 225 938 292" style="border: 1px solid black; padding: 5px; display: inline-block;"> <small>SENSOR TEMP</small> 42C <small>COOK</small> </div> <p data-bbox="680 304 930 347">The temperature will be displayed as it increases.</p>
	When final temperature is reached, an audible signal will sound.		<div data-bbox="740 363 941 427" style="border: 1px solid black; padding: 5px; display: inline-block;">STAND</div> <p data-bbox="680 435 717 456">and</p> <div data-bbox="740 459 941 523" style="border: 1px solid black; padding: 5px; display: inline-block;">COVER</div> <p data-bbox="680 536 997 560">They will be displayed continuously.</p>

Open oven door or touch STOP/CLEAR pad. The time of day will reappear on the display.

- * If temperature probe is plugged into the receptacle in the top centre of the oven cavity,

PROBE

 will flash.
Remove the probe;

PROBE

 will go out and

ST-_____

 will appear on display.

NOTE: Avoid opening the oven door or touching STOP/CLEAR pad when ST- and the Sensor setting number is displayed. If this occurs,

ERROR

 will appear and Sensor cooking will be interrupted. To continue cooking, touch STOP/CLEAR pad. Error indicator will go out. Select defrosting time and variable power level (MED LOW). After food is defrosted, continue as for SENSOR TEMP FRESH.

SPECIAL NOTE: It is most important that the joint is totally thawed before inserting the probe. This is achieved by allowing a 15-20 min standing period for smaller joints and 25-35 standing period for larger joints after the joint has finished the defrost part of the programme.

To use the STOP/CLEAR Pad

1. Erase if you make a mistake during programming.
2. Cancel minute timer.
3. Stop the oven temporarily during cooking.

To Cancel a Programme during Cooking.

If you are in the process of cooking and wish to stop the oven and cancel the entire cooking programme, follow either of the steps below:

1. Open oven door.
2. Close door.
3. Touch STOP/CLEAR pad
or touch STOP/CLEAR pad twice.

When Electrical Power is Interrupted

If the electrical power supply to your microwave oven should be interrupted, all digital display and indicator lights will appear after the power is reinstated. If this occurs during cooking, your cooking programme and the time of day will be erased.

Simply reset the clock for the correct time of day.

Sensor Cook Guide

Sensor Cook Setting	Food	Amount Min - Max	Procedure
1	Fresh Vegetables:- Broccoli Brussel Sprouts Cabbage Carrots Cauliflower-florettes Corn-on-Cob Courgettes Spinach Fresh Fruit:- Apples Apricots Blackcurrants Gooseberries Plums	150g-650g	1. Place in shallow casserole. 2. Add 15-30ml (1-2tbsp) water. 3. Cover with glass lid or cling film (pierce). 4. After cooking stand, covered for 3-5 mins.
2	Baked Potatoes Baked Apples	1-4 Potatoes	1. Scrub and dry thoroughly. 2. Prick with fork or score around centre. 3. Place directly on turntable. 4. After cooking stand for 5-10 mins.
3	Frozen Vegetables Broccoli Brussel Sprouts Carrots Cauliflower-florettes Corn (Kernel) Green Beans Green Peas Mixed Vegetables Corn-on-Cob	100g-400g 1-4	1. Place in shallow casserole. 2. Cover with glass lid or cling film (pierce). 3. After cooking stand, covered for 2-3 mins.
4	Frozen Foods Beefburgers Quarter-Pounders Small Pizzas Frozen Plate Dinner	1-4 1-2 1-2 1	1. Place on rack or plate. cover with cling film (pierce). 2. After cooking stand, covered for 3-5 mins.
5	Reheat Canned Foods e.g. Baked Beans, Soup etc.	200-500g	1. Place in suitable container. 2. Cover with lid or cling film (pierce). 3. Stir after heating.

Sensor Cook Guide

Sensor Cook Setting	Food	Amount Min - Max	Procedure
6	Casseroles Plate meals, left overs etc.	200-500g	<ol style="list-style-type: none"> 1. Cover with lid or cling film (pierce). 2. Stir after heating.
	Precooked Pies Hot Dogs Hamburgers	1-2 1-2 1-2	<ol style="list-style-type: none"> 1. Place on plate, cover with kitchen roll.
	Sauces Commercial e.g. White sauce, custard, blancmange, lemon pie filling etc.	250-500ml	<ol style="list-style-type: none"> 1. In a large bowl blend with liquid 2. When countdown appears on display whisk sauce thoroughly.
	Homemade e.g. White sauce etc.	250-500ml	<ol style="list-style-type: none"> 1. In a large bowl melt fat for 45-60 secs. 2. Blend in flour and liquid. 3. When countdown appears on display whisk sauce thoroughly.
	Breakfast cereals e.g. Ready Brek and Porridge	1-2 servings	<ol style="list-style-type: none"> 1. Mix cereal with milk <p>Stir after cooking.</p>
7	Bacon (not streaky)	3-6 rashers	<ol style="list-style-type: none"> 1. Place on plate. 2. Cover with kitchen roll.
8	Beefburgers Homemade 50-100g each	1-4	<ol style="list-style-type: none"> 1. Place on rack, cover with cling film (pierce). 2. After cooking stand covered for 2-3 mins.
	Frozen Fishcakes Frozen Fishfingers	2-4 4-8	<ol style="list-style-type: none"> 1. Place on plate, cover with cling film (pierce). 2. After cooking stand covered for 2-3 mins.
9	Meat Portions Chicken pieces	250g-1Kg	<ol style="list-style-type: none"> 1. Place in shallow casserole.. 2. Cover with cling film (pierce). 3. After cooking stand covered for 2-3 mins.
	Chops e.g. pork and lamb	1-4	As above

Sensor Cook Guide

Sensor Cook Setting	Food	Amount Min - Max	Procedure
9 contd.	Sausages	2-8	<ol style="list-style-type: none"> 1. Place on a plate. 2. Loosely cover with kitchen roll. 3. After cooking stand covered for 2-3 mins.
0	<p>Fresh Fish Thin fillets e.g. Plaice</p> <p>Fish steaks and whole fish e.g. Trout</p>	<p>100-200g</p> <p>100-400g</p>	<ol style="list-style-type: none"> 1. Arrange in shallow casserole or plate. 2. Cover with kitchen roll. 3. After cooking stand covered for 2-3 mins <ol style="list-style-type: none"> 1. Arrange in shallow casserole. 2. Cover with cling film, pierce. 3. After cooking stand, covered for 2-3 mins.

Sensor Temp Guide

SPECIAL NOTE: It is most important that the joint is totally thawed before inserting the probe. This can be achieved by allowing a 15-30 min standing period after the joint has finished the defrost part of the programme.

Sensor Temp Setting	Food	Internal Temp at End of Cooking	Procedure
1	Roast beef (Rare) fresh	50°C	Tie meat and shield edge with foil. Place on rack in shallow dish and insert temp probe. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.
	frozen	50°C	Shield edge and side of frozen meat with foil and place on rack in shallow dish. Tie meat and insert temp probe after thawing. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.
2	Roast beef and lamb (Med) fresh	60°C	Tie meat and shield edge with foil. Place on rack in shallow dish and insert temp probe. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.
	Frozen	60°C	Shield edge and side of frozen meat with foil and place on rack in shallow dish. Tie meat and insert temp probe after thawing. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.

Sensor Temp Guide

Sensor Temp Setting	Food	Internal Temp at End of Cooking	Procedure
3	Roast beef and Lamb (Well) fresh	75°C	Tie meat and shield edge with foil. Place on rack in shallow dish and insert temp probe. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min. after cooking.
	frozen	75°C	Shield edge and side of frozen meat with foil and place on rack in shallow dish. Tie meat and insert temp probe after thawing. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.
4	Roast pork fresh	75°C	Tie meat and shield edge with foil. Place on rack in shallow dish and insert temp probe. Turn over and remove shield after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.
	Frozen	75°C	Shield edge and side of frozen meat with foil and place on rack in shallow dish. Tie meat and insert temp probe after thawing. Turn over and remove shield after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.

Sensor Temp Guide

Sensor Temp Setting	Food	Internal Temp at End of Cooking	Procedure
5	Poultry* fresh	80°C	Insert temp. probe into the fleshiest portion, and shield wing and leg tips with foil. Place breast side down on rack in shallow dish. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.
	frozen	80°C	Place frozen poultry on rack in shallow dish and shield wing and leg tips with foil. Insert temp probe into the fleshiest portion and replace breast side down after thawing. Turn over after oven signals four times. (Approximate half way of total cooking time). Stand covered with foil 10-15 min after cooking.
6	Simmer	80°C	Place temp probe in casserole. Stir and replace temp probe in casserole after oven signals four times. (When temp of food reaches 80°C). Stir some times if desired during cooking for up to 4 hours.
<p>* NOTE: We do not recommend the ST5 frozen programme for turkeys. Defrost naturally and cook as for fresh poultry.</p>			

Use of the Variable Power

1. Cooking less tender joints and cuts of meat for a longer period to assist in breaking down the connective tissues.
2. Cooking stews, soups or sauces for a longer period to help develop rich, full flavours.
3. Cooking or reheating dishes with a high proportion of milk, eggs, cream or cheese.
4. Cooking dishes that you would normally stew or simmer if using a conventional recipe.
5. Preventing overcooking of food items which have been started on HIGH. Reduce to lower setting thus preventing overcooking of the outside of the food before the centre is cooked through. You may need to reset the timer for a longer period.
6. Reheating dishes; particularly those food items which have been coated or service in a sauce, when if reheated on HIGH, the sauce would boil and overcook before the main ingredient is heated through.

The terms chosen to designate each power setting are intended as a guide for choosing the appropriate power or energy level. For example some foods may be defrosted on MEDIUM LOW DEFROST, but other foods are best defrosted on MEDIUM. Experiment using your own judgement and cooking experience as a guide.

HIGH

Energy on for approximately 100% of the time.

HIGH is the highest setting and will result in the fastest cooking. HIGH is generally used for:

- Fish
- Vegetables
- Fruits
- Hot beverages
- Some tender meats
- Bacon
- Preheating browning dishes
- Melting butter

MEDIUM HIGH

Energy on for approximately 70% of the time.

This setting is used primarily for baking or roasting and for reheating previously cooked foods. Foods retain more moisture on MEDIUM HIGH. Reducing the power means less stirring and watching. Use MEDIUM HIGH:-

- to reheat leftovers
- to warm pre-baked products (doughnuts, rolls, biscuits)
- to roast joints
- to cook some casseroles
- to cook foods which contain cheese, cream sauce or sour cream.

MEDIUM

Energy on for approximately 50% of the time.

The MEDIUM setting is extremely versatile. It can be used for some defrosting and roasting, as well as for simmering. Use for:-

- Soups
- Stews
- Braised Steak
- Defrost whole chickens
- Frozen casseroles (Defrost and reheat)
- Chuck steak (boneless)

MEDIUM LOW DEFROST

Energy on for approximately 30% of the time.

Even the MEDIUM LOW DEFROST setting is more flexible than the name implies. It can be used for cooking less tender cuts of meat, for softening cream cheese or butter, and for simmering at an even slower rate than on MEDIUM.

HOLD

Programme HOLD when a heat equalisation period is required, this is of particular benefit in multisequence.

Defrosting

The microwave cooker includes a defrost cycle, which is incorporated as part of the variable cooking control as described previously. The MEDIUM LOW DEFROST setting with 30% power level is suitable for defrosting most foods but the other settings i.e. MEDIUM HIGH or MEDIUM may also be used for defrosting depending on the type, shape and quantity of the frozen foods. Small frozen food items like vegetables, fruits, cakes, bread rolls etc., can be defrosted on HIGH in a matter of seconds or minutes without using a defrost setting.

When a defrost setting is selected the microwave energy into the oven is cycled on and off to allow heat 'equalising' or 'standing time'. In this way, surface heat is able to penetrate the frozen food gradually and no surface cooking should take place. Larger frozen items i.e. joints also require additional 'equalising' or 'standing' times when defrosting. This means you let it stand in or out of the oven as required for the length of time indicated on the 'Meat Defrosting Chart'.

Defrosting Hints

1. Some foods such as vegetables can be cooked directly from the frozen state, other such as fish can be cooked whilst partially frozen.
2. Large joints of meat and poultry should be completely thawed before cooking. For best results remove from the microwave whilst still cool to the touch and icy in the centre and allow a standing time or time to complete thawing at room temperature. The meat thermometer or probe may be used to determine if the centre is still frozen.
3. Foods should be turned over (top to bottom) once during defrosting to obtain the most even results. Frozen vegetables and casseroles should be stirred during the defrosting and heating process.
4. Meat, poultry, fish, casseroles, vegetables should be covered during defrosting. Rolls, bread and pastry items may be placed or wrapped in kitchen paper towels to absorb moisture. Cakes should be left uncovered. Foods should be removed from their package and separated into a single layer as soon as possible during defrosting.
5. If foods begin to thaw unevenly when some areas of food may thaw more quickly than others, small pieces of aluminium foil can be used to reflect the microwave energy away from the part which is beginning to cook (see page 43).
6. It is not ALWAYS necessary to allow standing time when thawing food using the defrost control. Food may be heated until thawed but a less even thawing will be obtained. As a general guide, when food feels warm to touch, remove from the microwave cooker and allow to heat equalise or rest at room temperature.
7. More specific information for defrosting is covered in the appropriate recipe section i.e. Fish, Meat, and the 'Convenience Foods Cooking Chart'.

Cooking in the Microwave Cooker

1. The cooking times given for all the recipes in this book are intended as a guide only, as the amount of microwave energy required differs according to sizes and types of dishes used, temperature of food on commencement of cooking and depth of food in the dish.
2. Do not use the cooker when empty as this could damage the unit and will invalidate the guarantee. A cup of water left in the unit when not being used for cooking will prevent damage in the event of the oven being switched on accidentally.
3. Do not use metal cooking utensils or metal trimmed dishes (see page 43).
4. Care should be taken when removing dishes from the cooker. Some dish materials absorb more microwave energy and may be hot to touch. Heat transfer from foods to the dish may also make dishes hot to touch and the use of oven gloves would be advisable.
5. Hard or soft cooked eggs in the shell should not be prepared in the microwave cooker as steam can build up in the shell and cause the eggs to burst.
6. Plastic food storage bags except boilable and oven type bags are not recommended for microwave cooking, as the heat from cooked food will melt the bags.
7. Deep fat frying must not be attempted as the temperature of the fat cannot be controlled.

8. When thawing frozen foods, remove any closures or ties which contain metal before placing them in the cooker.
9. If food begins to "pop" in the cooker it may be an indication that foods are overheating.
10. Ensure that joints and poultry are completely thawed before cooking.

Care and Cleaning

THE ELECTRICITY SUPPLY MUST BE SWITCHED OFF BEFORE CLEANING.

Clean all surfaces of the cooker with a cloth rinsed in warm soapy water, rinse with clear water and afterwards polish with a dry, soft cloth. If necessary a non-abrasive cleaner may be used to clean the surfaces. **DO NOT USE AEROSOL CLEANERS, CAUSTIC CLEANERS, ABRASIVES** or scrape the surface with knives or other utensils as they will damage the surface. If condensation is noticeable on the interior walls either during or after cooking is completed, dry with a soft cloth or kitchen paper towel. Condensation is quite normal and forms when moisture is present i.e. during cooking.

Care should be taken in cleaning the touch control panel. If the panel becomes soiled, open the oven door before cleaning. This will inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any scratch chemical cleaners. Avoid the use of excess water.

Ensure that the door sealing faces are clean.

The glass turntable may be removed and taken to the sink to be cleaned or washed in the dishwasher. Care should be taken to avoid dropping the glass turntable. Although it is made of toughened glass it will break if not handled with normal care.

Helpful hints

- ☆ After cooking with microwave energy, heat equalisation or standing time is recommended for some foods. This allows the distribution of heat evenly throughout the food.
- ☆ Some foods will cook more evenly if the mixture is stirred during cooking.
- ☆ Dinner rolls can be heated in a basket lined with a cloth or paper napkin and taken to the table. Frozen bread rolls can be thawed and heated quickly. Open the original wrapping and remove any paper/metal ties.
- ☆ Frozen or refrigerated cake icings and frostings may be softened for easy spreading.
- ☆ Freezer plastic wrap can be removed easily from frozen meat if heated in the microwave cooker until the wrapper looks moist.
- ☆ Before barbecuing over charcoal, cook chickens, joints, etc., in the microwave before placing them on the rotisserie or grilling over the outdoor charcoal fire. This will avoid excessive exterior charring.
- ☆ Scald milk for custard or a cup of milk for a hot milky drink.
- ☆ Melt butter or chocolate. Soften butter for creaming or for spreading on bread or toast.

- ☆ When foods are prepared in the microwave cooker many dishes can go from freezer to cooker to table.
- ☆ If a small amount of food is heated in the microwave cooker, such as a tablespoon of butter or a square of chocolate, place a cup of water in the oven to increase the cooking load.
- ☆ Foods may be cooked in advance and reheated in the microwave cooker. Do not overheat. Heat only until food is at serving temperature.
- ☆ Wooden spoons may be left in sauce etc. during cooking.
- ☆ If a member of the family is late for a meal, a plate of food may be heated and refreshed when they are ready to eat.
- ☆ Left over mashed potatoes may be quickly heated and refreshed in the microwave cooker.
- ☆ Several foods may be cooked in the cooker at one time. The exact time, however will depend on the amount and type of food. Remember when the amount of food placed in the cooker is increased, it is necessary to increase cooking times and these must be adjusted for each type of food.
It is important to remove each dish from the cooker as cooking is completed.
- ☆ When first using the microwave cooker, we would suggest cooking one type of food at a time until you are able to judge the appearance of foods when cooking is completed.
- ☆ Basic principles used to cook food in a conventional oven will also apply to microwave cooking, taking into consideration the short amount of time required to cook foods in the microwave cooker.

Cooking Utensils

Microwave energy passes through most cooking utensils without heating them. As cooking takes place in the microwave cooker there will be some heat produced by the natural conduction of heat from the cooked food. The following utensils are recommended for microwave cooking. Selection will depend on size of family and cooking habits.

Do not use dishes with metal trim of any type as this will cause sparking and may discolour and peel. Do not use metal cooking utensils except those recommended in this guide.
(See page 43).

Glass Ceramic Browning Dishes or Skillets

These are ceramic dishes which are especially designed to absorb microwave energy. They are pre-heated in the microwave cooker and then the food to be cooked is placed inside. The hot surface immediately seals the surface of the food - like a grill - while the microwave energy cooks the food. They are excellent for browning steaks, chops, sausages, chicken portions etc.

Glass

1. Any type of oven glass dish may be used, including glass ceramic ware, providing it has no metal trim.
2. The type of shape of the dish will depend on the type and quantity of food being cooked:
 - a) Casserole dishes may be used for vegetables, casseroles, sauces etc.
 - b) Oblong dishes may be used for casseroles, meat cooking, fish etc.
 - c) Measuring jugs may be used for heating liquids, making sauces or heating soups etc.
 - d) Plates may be used for heating individual portions.

Pottery

Casseroles and plates may be used in the same way as oven glassware.

Due to thickness of the dish and certain colours, it may be necessary to increase cooking time slightly.

Paper

Many individual servings of food may be heated on paper plates. However, wax coated plates and cups should not be used for longer periods as the wax could melt and penetrate the food.

Paper towels, napkins and waxed paper can be used over foods to prevent splattering.

Do not use paper plates or towels for long cooking operations with small amounts of food, as they could burn if allowed to heat too long. In addition, make sure that paper and metal twist ties are removed from plastic bags before heating foods, as these ties could burn in a very short time.

China

China dishes and plates without metal trim may be used to cook and heat individual portions of food.

Plastic

Heat resistant plastic dinnerware may be used for heating food. Plastic dishes may absorb some microwave energy and will be hotter to touch than other dishes.

DO NOT USE freezer containers or lighter weight plastic containers e.g. yoghurt pots, as heat from the foods will cause them to melt.

Plastic handle rubber scrapers or utensils can be used in the microwave cooker for stirring or mixing.

Wood and Straw

Wooden or straw baskets may be used for short heating periods when heating dinner rolls. Wooden spoons, or wooden handled rubber scrapers may be used in the cooker. If they contain moisture or grease they will become hot.

Metal

Metal containers may cause damage to the cooker if not used as directed. Microwave energy is reflected from metal.

Metal can be used only in the following instances and as described in specific recipes.

- ☆ Aluminium foil. Small smooth pieces may be used to cover bones or narrower ends of poultry or meats for part of the cooking time to prevent overcooking. Care should be taken to ensure that the foil is smoothed tightly around the ends. Foil should not be allowed to touch the sides, rear, door or top of the cooker.
- ☆ Metal skewers. These may be used if they are placed carefully in large joints. Do not allow the skewers to touch one another or the metal sides, back or door of the cooker. If sparking or arcing occurs, rearrange or remove the skewers.
- ☆ Meat or sugar thermometers must not be used with microwave energy unless specially designed e.g. the probe. Foods can be removed from the cooker and checked with a conventional thermometer.

Service Call Check

Please check the following before calling for service!

1. If display fails to light, check wall socket and fuse.
2. Open oven door and oven lamp should light, and fan should run. If fan runs and light does not come on, check bulb. This can be done by isolating microwave cooker from mains, and removing the single screw on the left hand side hatch. The bulb may now be unscrewed and examined. Should a replacement be required, the correct bulb is a 200/250V, 25W, E14 clear SES Pygmy bulb. If fan does not run call for service.
3. Place one cup of water in a glass measuring cup in the cooker and close the door securely. Oven lamp should go off if door is closed properly. Programme the cooker for one minute on .
Touch these pads:

100

HIGH

COOK

IF SERVICE IS NEEDED, PLEASE CONTACT YOUR NEAREST THORN EMI SERVICE CENTRE.

THORN EMI DOMESTIC APPLIANCES LIMITED SERVICE DEPOTS

ABERDEEN: 0224 572586

ALDERSHOT: Gordon House, Gordon Road, Aldershot, Hants GU11 1LD.

Tel: 0252 29555. Telex: 858876

BELFAST: Prince Regent Road, Castlereagh, Belfast BT5 6QR.

Tel: 0232 793209. Telex: 74695

BIRMINGHAM: Unit 15, Charlton Drive, Corngreaves Trading Estate, Cradley Heath, Warley, West Midlands B64 7BJ. Tel: 0384 64971. Telex: 336617

BRISTOL: 5th Floor, Beacon Tower, Fishponds Road, Bristol BS163HQ.

Tel: 0272 651341/4. Telex: 449202

CAMBRIDGE: 5A Buttermarket, Ely, Cambridgeshire CB7 4NY.

Tel: 0353 67821. Telex: 81312

CANVEY ISLAND: 2-4 Sandhurst, Kings Road, Canvey Island, Essex SS8 0QY.

Tel: 0268 694144. Telex: 99416

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Portsmouth PO3 5JJ Tel: 0705 667411. Telex: 86735

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