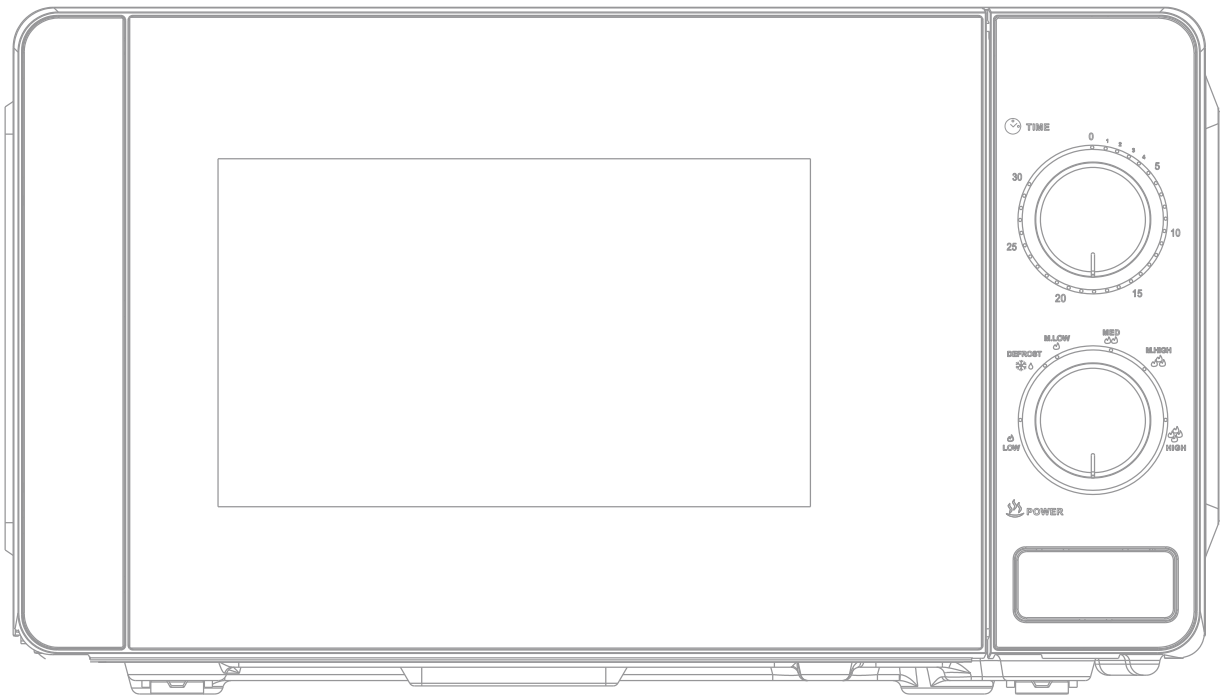


Goodmans

MICROWAVE OVEN



Welcome

Thank you for choosing this Goodmans product. We've been making electronics for British people for 90 years. Each of our projects has been carefully designed to be great at what it does and this one is no exception. We hope you enjoy your new Microwave Oven.

Your Microwave Oven

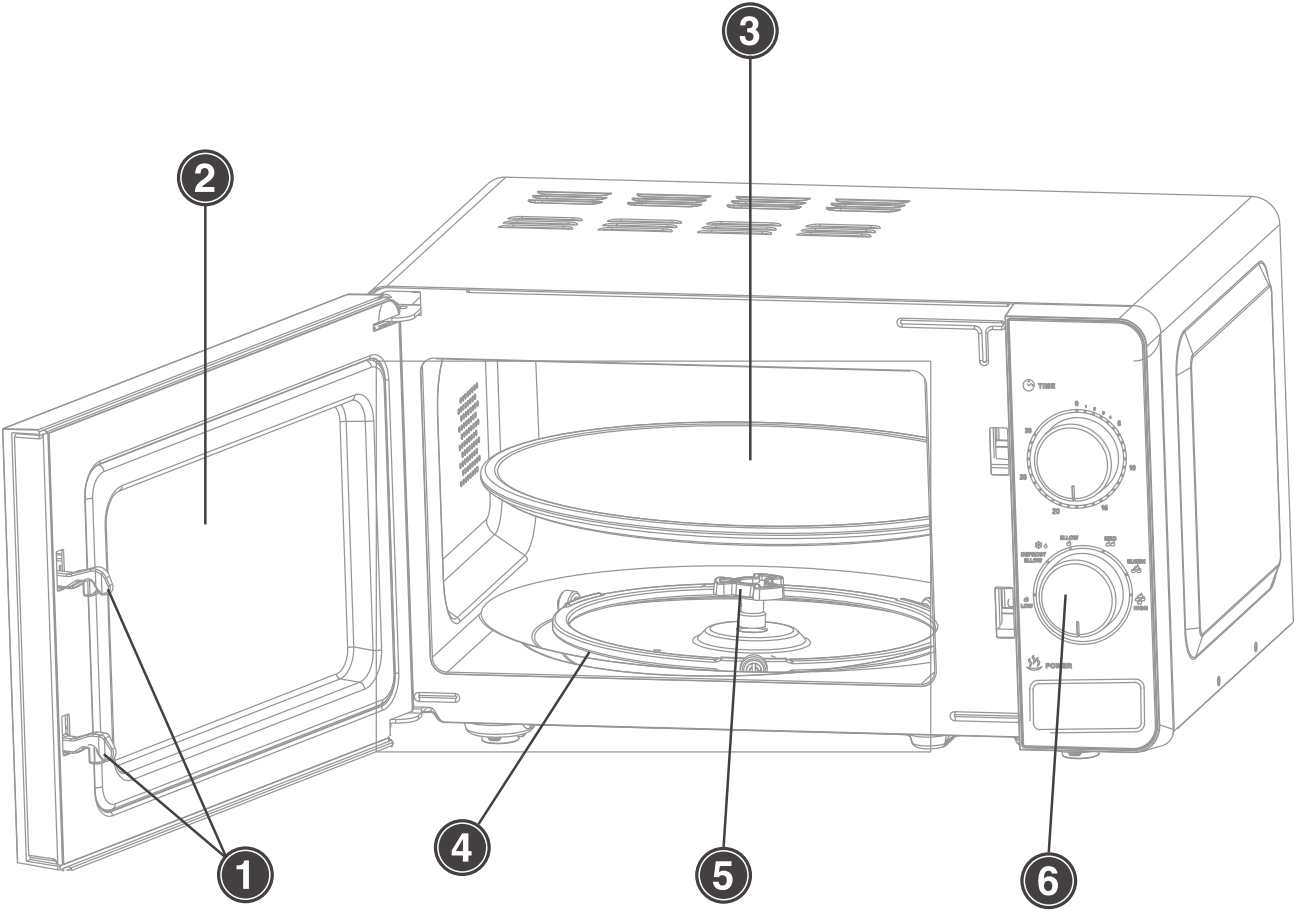
In The Box

Carefully remove your Microwave Oven from the box:

- Microwave oven
- Glass Turntable
- Turntable roller
- Safety & Guarantee booklet
- Instruction Manual

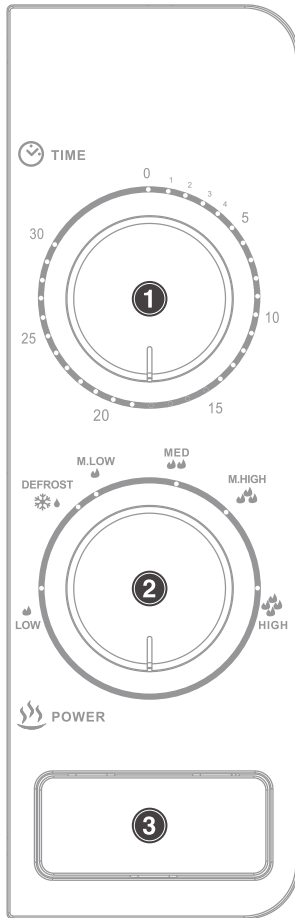
If any of these items are missing contact Customer Support at goodmans@bmstores.co.uk

Description Of Parts



- ① Safety interlock latches
- ② Oven Window
- ③ Glass turntable
- ④ Turntable ring
- ⑤ Turntable coupling
- ⑥ Control panel
- ⑦ Plastic Waveguide cover

Control Panel



- ① **Timer**
 - The maximum cooking time that can be set is 30 minutes.
 - Each setting is 1 minute
 - A tone will sound once the timer is finished and will return to 0 position.

- ② **Microwave Function**
There are 6 power levels:

HIGH	100% power output	(Quick cooking)
M.HIGH	85% power output	(Normal cooking)
MED	66% power output	(Slow cooking)
M.LOW	40% power output	(Drinks or soup)
DEFROST	37% power output	(Defrost)
LOW	17% power output	(Keep warm)

- ③ **Push button door**
Push this button to open the microwave oven door.

Microwave Cooking Principles

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 12.5cm).

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.

IMPORTANT: Microwaves cannot pass through metal, so metal cookware and utensils can never be used in a microwave. The inside of the microwave is lined with metal. The door is lined with a fine metal mesh which stops microwaves getting through. This means that when the microwave door is shut, there is no possibility that microwaves can be released.

Unpacking your microwave

Before you use your microwave oven:

1. Remove all the packaging. Do not remove the large piece of plastic from the right hand side of the cavity wall. This is called a waveguide cover and allows the microwaves to pass through to cook the food.

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

- A misaligned door
- Damage to the door
- Dents or holes in the door window and screen
- Dents in the inside
- Damage to the door seals or door seal areas
- Damage to the supply cord
- If you can see any damage **do not use the microwave oven.**

Please email goodmans@bmstores.co.uk

Installation

- This microwave is only suitable for countertop use and must not be installed for built-in or enclosed cupboard usage. This microwave oven weighs approx. 10.5kg so you must put it on a horizontal stable surface that is strong enough to support this.
- Select a level surface that provides enough space for the outlet vents to ensure sufficient air flow. Leave a minimum clearance of 30cm above the microwave, 7.5cm behind, 7.5cm at one side and the other side should be kept open.
- Do not place the microwave directly over a cooker or other heating producing appliance. This will damage the oven and cause a safety hazard.
- Do not block the air vents on the top, sides or bottom of the oven. If air vents are blocked when the microwave is in use it may overheat and damage the unit.
- 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).

Turntable installation

- 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.
- Do not place the food directly onto the glass tray, always place on or in suitable microwaveable cookware.
- If food or cookware touches the oven walls causing the turntable to stop moving or become dislodged, open the door and reposition the food/cookware and restart.
- If the glass turntable is hot, allow to cool before placing in water or cleaning, as otherwise it may crack or shatter.
- Only use the glass turntable specifically designed for this microwave oven. Do not substitute with any other glass turntable.

Using Your Microwave

- Connect the main plug into a suitable mains socket.
- Select the desired microwave function by turning the dial clockwise.
- Turn the timer clockwise to set time for food to be cooked. The microwave will automatically start cooking. You can open the door anytime to check food and once you close the door, cooking will continue until timer goes off.
- When cooking has finished, the microwave will beep to prompt you to take your food out.
- If you remove food before the timer is finished, turn the timer anti-clockwise to set it back to 0 position so that the microwave does not operate empty.

General Guidelines

Arranging	Pieces of food such as meat chops or chicken pieces should be placed on a dish/in the container with the larger or thicker parts facing the outside of the dish. This ensures that it cooks more evenly rather than the smaller/thinner parts overcooking.
Checking Foods	It is vital that food is checked during and after the cooking programme, even during the Auto Cook Menus. Check the food as you would do when using a conventional oven. Continue the cooking time after as necessary.
Cling film	Please ensure that the cling film used is suitable for microwave use, check the packaging. Cling film is used to cover food to avoid spitting and is beneficial as it keeps in more moisture and the trapped steam speeds up the cooking time. The cling film needs to be pierced or a gap left so that excess steam can be released, otherwise it could burst causing injury. After cooking, take care when removing the cling film as the build up of steam underneath will be very hot.
Covering	Check that covers and lids for cookware are suitable for microwave use and always ensure lids are not fully pressed down and that a gap is left for steam to escape.
Density	Dense heavy food cook slower than porous airy foods, alter timing accordingly and check that airy foods do not overcook.
Dish size	Use a dish size that reflects the amount or size of food. An amount of food spread in a bigger dish will cook/reheat quicker.
Liquids	Liquids need to be stirred or shaken before, during and after heating. This is to avoid overboiling which can occur with no evidence of bubbling. Do not heat liquids that have already been boiled. Make sure liquids do not overheat. Make sure the metal spoon is removed before microwaving.
Moisture	Fresh and dry ingredients/foods contain different amounts of moisture so cooking times will vary. Fresh foods contain different amounts of moisture content depending on seasons, therefore cooking times may have to be adjusted throughout the year.
Piercing	The membrane or skin will cause steam to build up during cooking therefore the food must be pierced so that steam can escape. Foods include chicken with skin, sausages, egg yolks, potatoes, apples
Quantity	Smaller quantities of food /liquid cook faster than larger quantities. Small portion meals will reheat quicker than large meals.
Shape	Even shaped food cooks more evenly. Food will cook more evenly in a round container than a square/rectangular container.

Spacing	Do not pile food on top of each other. the food will cook more evenly and quickly when spaced apart.
Starting temperature	The colder the food the longer the time to heat up therefore food from the fridge will take longer to reheat/cook than food at room temperature.
Stirring and turning	Stir food during cooking if required. Meat and poultry should be turned halfway through cooking to ensure even cooking.

Utensils Guide

Please test whether your chosen dish is suitable for microwave use if it is not stated on the dish. You can use the below test to determine if the dish/container is suitable:

- Use a microwave safe measuring jug and fill it with 300 ml (1/2pt) of cold tap water.
- Place it on the turntable next to the dish that you wish to test. If the dish you are testing is a larger dish or container then place the measuring jug standing inside the empty dish/container.
- Set the microwave to heat on full 100% power for 1 minute.
- If the dish or container remains cool whilst the water in the jug is getting warm then your dish/container is suitable for microwaving. However, if the testing dish feels warm then it is absorbing the microwave energy and should not be used.
- Please note that this test does not apply to metal based container or plastic containers.
- Please note that when you use your suitable microwaving dish to heat food or liquid up then it will get warm as the heat from the food is conducting into the dish/container.

Glassware	Normal glass is heat resistant e.g. Pyrex® is ideal for microwaving and combination cooking. Do not use for grilling. Do not use lead crystal which may arc or crack.
China & ceramic	Normal glazed china, porcelain/ceramic plates, bowls and cups may be used if they are heat resistant. Fine bone china should not be used apart from short period of reheating. Do not use plates or cups that have a metal decoration, pattern or rim. Mugs or jugs with glued handles cannot be used as the glue can melt. Heat resistant dishes cannot be used directly under the grill on grill only or combination grill settings.

Utensils Guide continued.

Pottery	Only use pottery dishes if they are completely glazed. Partially or unglazed stoneware can absorb water which will then absorb the microwave energy. This may cause the dishes to crack or burn, and will slow down the cooking speed. Only use microwave proof.
Foil/metal containers	Do not use foil or metal containers or containers with metal handles on the microwave only setting, as the microwave energy cannot pass through, resulting in damage to your microwave and uncooked food. Foil containers can be used on the grill only setting. Wooden skewers should be used instead of metal skewers when microwaving. Remove paper covered wire twist-ties from bags and packaging.
Cast iron cookware	Dishes that are cast iron and covered with enamel, such as Le Creuset®, cannot be used in the microwave.
Plastic containers	Most plastic containers are suitable for microwave use but please check before using. Do not use plastic containers to cook food high in sugar and fat or foods that require a long cooking time. Do not use Melamine as they absorb microwave energy. Do not cook in yogurt or margarine cartons as these will melt after conducting the heat of the food.
Paper	Greaseproof paper can be used to line dishes or to cover foods to stop them from splattering. A sheet of plain white absorbent kitchen paper towel can be used for microwave cooking only e.g. covering food to prevent splattering or blind pastry. Ensure it is only used for a short period of time and always use a fresh piece each time. Please check that the kitchen towel paper does not contain manmade fibres and that recycled paper is suitable for microwave use. White paper plates may be used to reheat food on the microwave only setting but only for a very short period of time. Plastic or wax coated paper cups cannot be used in the microwave as they may melt.
Wood, wicker & straw	Do not use these items or wooden cookware in the microwave as they could ignite. Do not use on any of the cooking settings.
Thermometers	Only use thermometers that are approved for microwave ovens.
Utensils	Do not use the microwave oven to heat up plates or cooking utensils.
Bottles	Do not cook or reheat using a container with a restricted opening, such as bottles, as they may explode. Do not heat baby bottles with the teat left on and remove if replacing the bottle back into the oven.

Standing Guidelines

Standing time for Foods that are dense e.g. jacket potatoes, meat and cakes, will require a certain amount of standing time after the end of the cooking programme in order to allow the heat to finish conducting through the food and to cook the centre completely. This standing time can be completed either inside or outside the microwave oven.

Defrosting	The defrosting process needs to include standing time so that the food is fully defrosted in the centre. This standing time can vary between different food types e.g. up to 1 hour for a joint of meat or 5mins. for frozen fruit pieces. Keep checking the food by using a skewer to poke through to the centre to test if the item is still frozen in the middle. Leave item standing until fully defrosted throughout.
Jacket potatoes	Stand for 5 mins. wrapped in aluminium foil, do not cook in aluminium foil.
Meat joints	Stand for 15 mins. wrapped in aluminium foil, do not cook in aluminium foil.
Fish	Stand for 2-3 mins.
Egg dishes	Stand for 1-2 mins.
Vegetables	most types of vegetables can be served immediately after cooking. The exception is boiled potatoes which should have a standing time of 1-2 mins.
Convenience packaged food	Stand for 1-2 mins. or follow the guidelines on the packaging if standing times are provided.
Home cooked plated meals	Stand for 1-2mins.
Dense heavy cakes	Stand for 15-20 mins.
Light cakes	Stand for 5 mins. before removing from the dish.

Cleaning And Maintenance

Important: It is essential that the microwave is kept clean and is wiped down after each use, especially any moisture or liquid underneath the turntable. If the microwave is not kept in a clean condition this can lead to deterioration of the surfaces which will adversely affect the life of the microwave and may result in a hazardous situation.

- Before you clean the oven, turn it off and unplug it at the socket.
- Keep the inside of the microwave clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.

Cleaning And Maintenance continued.

- On the right hand side wall of the cavity is the wave guide cover; microwave energy 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.
- The outside of the microwave should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
- Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use abrasive cleaner.
- Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
- Remove odours from your microwave by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes.
- Wipe thoroughly and dry with a soft cloth.
- 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. The build up of steam does not mean that the unit is malfunctioning.
- The glass turntable should be cleaned regularly or straight away if there has been a spill of food or liquid. Remove the glass turntable and wash it in warm soapy water. If the glass turntable is hot, allow to cool before placing in water or cleaning, as otherwise it may crack or shatter.
- The microwave cavity floor and the turntable roller needs to be cleaned regularly to ensure the floor surface does not become damaged. Simply wipe the bottom surface of the oven with mild detergent and water, then dry thoroughly. You can wash the turntable roller in mild soapy water and dry thoroughly.
- After removing the turntable roller, please ensure that it is replaced properly in the correct position before using the microwave. Make sure the flat side on the circular centre piece of the turntable roller matches up with the flat side of the circular hole in the centre of the microwave, it may take a bit of wiggling to make the shapes match up. This will ensure that the turntable roller is fully inserted into the hole and that the wheels on the turntable roller are flush with the floor of the microwave.
- A steam cleaner product should not be used to clean any parts of the microwave.
- The air vents should be kept clear and clean at all times. Regularly check that there is no dust or other material blocking the air vents on the top, sides or rear of the microwave.
- Do not use sharp metal scrapers to clean any surface of the microwave, including walls, floor, or door surfaces, as they can scratch the surface and damage the appliance.

Troubleshooting

Questions	Answers
Is it normal that my microwave oven is causing interference with my TV?	The microwave oven may cause interference to your radio, TV or similar equipment. This does not mean there is a fault with your microwave. You can eliminate the interference by moving the radio, TV or equipment as far away from your microwave oven as possible.
The microwave is not working?	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.
The microwave power is not working?	Check to see whether the timer is set. Make sure the door is securely closed, as otherwise, the microwave energy will not flow into the oven.
Why is warm air coming out of the vents?	The food generates heat in the cooking process which in turn heats the air inside the microwave. The warm air leaves the microwave through the air vents. There are no microwaves in the air, or steam. The oven vents should never be covered or blocked during cooking as this could damage the microwave.
How can I get rid of the odour in my microwave?	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 five minutes, wipe thoroughly and then dry with a soft cloth. This should eradicate any unpleasant food smells

Technical Specification

Model number	322167/295959/334055
Power Consumption	220-240V~50Hz, 1150W (Microwave)
Output	700W
Operation Frequency	2450MHz
Oven Capacity	20 Litres
Product Dimension	256(H) x 451(W) x 344(D) mm

Customer Support

For all product support, please email:

goodmans@bmstores.co.uk



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Declaration of Conformance

The full text of the EU declaration of conformity is available at the following internet address:

<http://www.bmstores.co.uk/technical-information>

