

TRICITY

TMC209



Convection Microwave Oven with Grill

Instruction Manual

Important Safety Instructions

WARNING

RISK OF ELECTRIC SHOCK. DO NOT DISMANTLE

Please follow all the precautions listed below for safety and to reduce the risk of injury or electrical shock.

- Read all the instructions and retain them.
- Before use check that the voltage stated on the rating plate on the rear of your microwave oven corresponds to your mains voltage.
- The mains socket must be well earthed. Do not plug the oven into a mains adaptor into which other units are connected.
- **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy;
- Do not use the microwave oven with a damaged cord or plug or after the appliance has malfunctioned or is damaged. Seek expert assistance.
- Do not touch hot surfaces. Use handles or buttons only. Allow the appliance to cool before cleaning.
- **WARNING:** Do not operate the microwave oven empty. This could cause damage to the oven.
- Do not immerse the body of the microwave oven or the electrical cord or plug in water or liquids.
- Do not place the microwave oven on or near a hot gas or electric burner.
- Use the appliance on a stable heat-resistant surface.
- Never leave the microwave oven unattended when it is operational.
- Make sure that the power cable does not touch any hot surface or overhang a table edge.
- Do not use the microwave oven outdoors.
- Unplug the oven when not in use and before cleaning.
- Do not obstruct the ventilation slots or place objects on top of the oven.
- Do not use attachments or accessories not recommended by the manufacturer.
- **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety
- Children should be supervised to ensure that they do not play with the appliance.
- Heat-insulation (oven) gloves should be used when removing a hot container from the oven.
- Do not use the microwave oven for any purpose not expressly specified in this manual.
- When not in use, do not store utensils, food or other objects in the oven.
- There are no user serviceable parts in your microwave oven. Unauthorised dismantling or servicing will void the product warranty.

When cooking with your oven:

- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- If you use plastic film when re-heating or cooking food use only film designed for microwave ovens and ensure that the film does not touch the food. If necessary, prick the film all over to allow steam to escape.
- **Grill & microwave/grill cooking:** Do not use paper or plastic containers, or plastic film. Utensils for combination-cooking should be heatproof and microwave safe.
- Use your microwave oven only to heat food.
- Do not heat oil for frying, or try to fry food in the microwave oven. The oil could catch fire.
- Liquids and other foods must not be heated in sealed containers since they are liable to explode. If covered containers are used, the covers should be loose. Move such containers to and from the oven with care as food may splash and the lid may fall.

- Eggs in their shells (whether raw or cooked), fruits in thick skins and nuts in their shells should not be heated in the microwave as they may explode even after microwave heating has ended.
- Items such as potatoes, sausages and chestnuts must be peeled or pierced thoroughly before cooking.
- The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- Food can burn if overcooked. If you are unsure about how long to cook a food for, start with a short cooking time, and check the food regularly.
- Clean the inside of your microwave regularly and remove any food deposits.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

CAUTION: When Using the Convection Oven or Grill:

- Use oven gloves when inserting and removing utensils when the grill or convection oven is on. **DANGER OF BURNS.**
- When you remove utensils from the oven, place them on a heatproof surface, or on an insulating mat.
- Keep small children away from the grill and hot dishes
- Children should only use the oven under adult supervision due to the temperatures generated.

ELECTRICAL INFORMATION

Before using this appliance ensure that the voltage of your electricity supply is the same as that indicated on the rating plate of the appliance

THIS APPLIANCE MUST BE EARTHED.

The disconnect device for this appliance is the mains plug. The mains plug must not be obstructed in any way and must remain readily removeable from the mains supply.

Useful Information

About Your Microwave Oven

Microwave cooking is very quick and efficient. Microwave cooking can also help preserve the minerals and vitamins in many foods.

The microwave power output of your oven is 800 watts.

Because the temperature in a microwave oven is relatively cool (unlike a normal oven) you have to remember that the food can be extremely hot. Always take precautions when handling containers.

Radio Interference:

Operation of the microwave oven can cause interference to your radio, TV or similar equipment. When there is interference, it may be reduced or eliminated by taking the following measures:

- Clean the door and sealing surface of the oven.
- Reorient the receiving antenna of radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.

Suitable and unsuitable containers:

Some basic guidelines are given in the table below.

(*Combination refers to microwave + grill and microwave + convection cooking)

| Cookware | Microwave | Grill | Convection | Combination* |
|---------------------------|-----------|-------|------------|--------------|
| Heat-Resistant Glass | ✓ | ✓ | ✓ | ✓ |
| Non Heat-Resistant Glass | ✗ | ✗ | ✗ | ✗ |
| Heat-Resistant Ceramics | ✓ | ✓ | ✓ | ✓ |
| Microwave-Safe Plastics | ✓ | ✗ | ✗ | ✗ |
| Kitchen Paper | ✓ | ✗ | ✗ | ✗ |
| Metal Trays / Metal Racks | ✗ | ✓ | ✓ | ✗ |
| Aluminium Foil | ✗ | ✓ | ✓ | ✗ |
| Metal Foil Containers | ✗ | ✓ | ✓ | ✗ |

Use heat resistant porcelain, glass or plastic containers made for microwave ovens, otherwise there is a risk of shrinking, deforming or burning. Metal containers, or containers having metal decoration or trim are not suitable for use with your microwave oven.

When you are combination cooking, the container must be fully heatproof as well as suitable for microwave cooking.

Avoid containers which narrow at the top as these may cause the contents to erupt when removed from the oven.

Tesco stores stock a wide range of microwave containers and wraps designed for microwave ovens. Plastic films should not touch food as they may gas, melt or break down when hot and contaminate food.

Wax paper, oven cooking bags, parchment paper and white microwave paper towels are safe for microwave use. Wooden objects may catch fire - so avoid their use.

Do not use aluminium foil for microwave cooking unless the recipe requires it. Keep foil at least 25mm away from the oven walls. Metal skewers, ties, etc. should be removed from food before cooking.

Cooking In your Oven

Your oven can carry out a number of cooking processes.

- Basic Microwave Cooking
- Basic Grilling
- Convection Cooking (standard convection oven)
- Microwave/Grill combination cooking
- Microwave/Convection combination cooking

In these above two processes, food is partially cooked by microwaves and then finished by either grilling or oven cooking. This accelerates the cooking process whilst maintaining the finish and texture of traditionally cooked foods. There is also a programme that enables you to defrost frozen food and then combination cook it thus completing the entire cooking process in one operation.

Preset cooking programmes

Your oven has 10 preset programmes. Some programmes use one cooking method, others use combination cooking.

These programmes allow you to automate the cooking of a range of standard foods for greater convenience.

In addition to the preset cooking programmes there are four programmes to reheat food and four defrost programmes.

Tips for good microwave cooking

Arrange food in the dish so that the thicker part is on the outside and the thinner part inside for more even cooking. Fold under the thin edges of fish fillets and other tapered foods. Where it is possible to control the shape, e.g. by tying a meat roast into a cylinder, more uniform results will be obtained.

- 5-6 minutes per 500 g. will cook most diced foods including meat, poultry fruit and vegetables. Seafood takes less time.
- Different foods require different temperatures to cook properly. Add more minutes as you drop the power.
- About 20% of the cooking takes place after the oven turns off so your food will continue cooking after you've removed it.
- Food that takes an hour in to cook in a regular oven should take around 15 minutes in the microwave.
- Foods such as cakes with baking powder should stand a few minutes before cooking to allow the leavening agents to work.
- If a recipe calls for milk and water, reduce the water.
- Stir liquids and purees before during and after cooking.
- Rotate large items of food occasionally during cooking to encourage even heat distribution.
- Food cooks better in a dish with round or curved sides.
- Salt attracts microwaves. Don't just sprinkle it on food before cooking, stir it in or add it later.
- To ensure better distribution of heat when cooking large pieces of meat in the microwave, remove the bone, cook on medium power for longer periods of time, rotate twice during cooking.
- Stuffing in poultry does not have an opportunity to completely cook, because the meat outside is heated quickly. Stuffing for poultry should be cooked beforehand and inserted later.
- Fats and sugars attract microwaves - thoroughly mix sugar with other ingredients. Take care when cooking foods with high sugar or fat contents as they can reach very high temperatures.
- Handle pastry-wrapped foods like mince pies carefully as the filling gets hotter than the pastry.

Always follow the advice in the Safety Guide on Page 2.

Unpacking and Assembly

Getting Started

Please make sure you read all the instructions and the safety notes carefully and that you familiarise yourself with the features and operation of your oven before use.

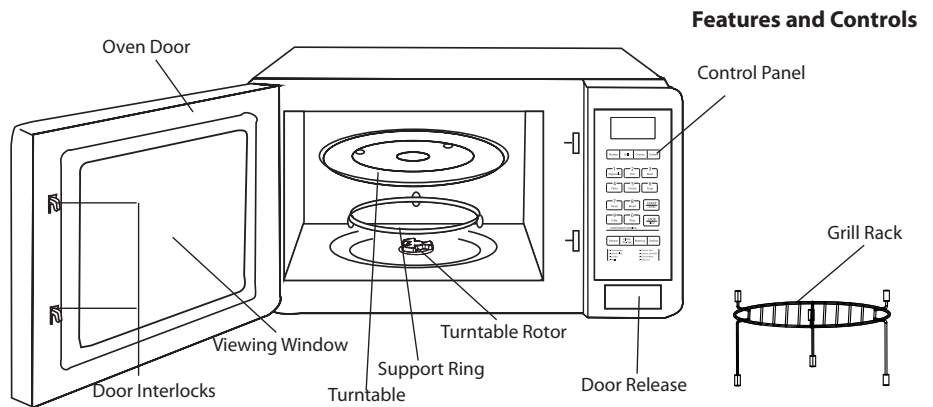
Unpacking the Microwave Oven

Remove the polystyrene top packing pieces and lift out the oven. Unpack the oven completely removing all the protective tape.

Open the oven door. In the oven compartment you should find the turntable and rotating support ring, and the grill rack. Unpack all these items.

Check the oven carefully, especially the door, door seals and the locking mechanism. If any items are missing or damaged, contact your nearest Tesco store for assistance.

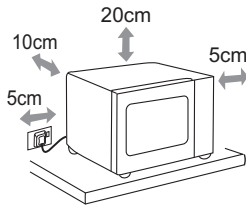
If possible retain the packaging. If you dispose of the packaging, do so having regard to recycling provisions in your area.



Assembly and Placement

Place your microwave oven on a flat, level stable work surface away from sources of cold, heat and damp.

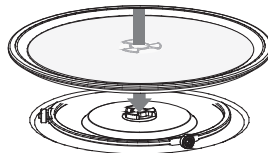
For good ventilation, the rear of the oven should have a clearance of at least 10 cm from the wall, the free distance above the top should be at least 20 cm and there should be a gap of at least 5 cm at both sides.



The oven should be plugged directly into the wall socket and not via an adaptor or any other power sharing device.

Installing the Turntable

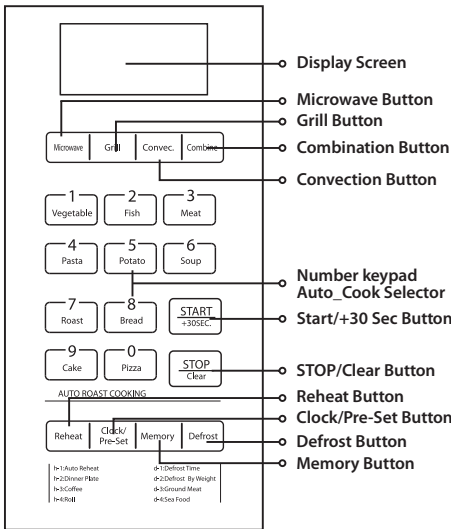
- Open the oven door. (To open the door press the Oven Release button firmly).
- Place the Turntable Support Ring in the oven
- Lower the turntable onto the Rotor. There is a recess in the turntable to lock securely on the rotor.



- Close the door. Ensure it latches securely and that the oven light goes off.
- You must always operate your microwave oven with the turntable assembly properly in place.

Basic Procedures

The Control Panel



MICROWAVE/GRILL/CONVECTION/COMBINATION: Press the relevant button to select the required process.

NUMBER KEYPAD: Enter the time: Enter the weight of food to be cooked: Use to select an Auto Cook process.

START/+30 SEC: Press to start the oven. During cooking, press to add time in 30 sec increments.

STOP/Clear: Press to stop the oven, clear or cancel a programme.

Reheat: Press to choose one of four Auto-Reheat programmes.

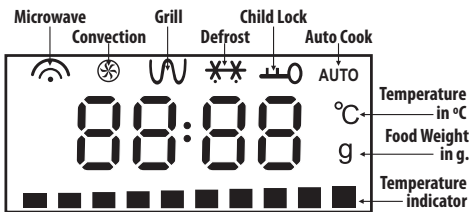
Memory: Use to set/recall one of three user-settable cooking processes.

Clock/Pre-set: Press to Set the clock, set a preset cooking time. During cooking, press to check the clock or preset cooking time.

Defrost: Press to choose one of four Auto-Defrost programmes.

The Display Screen

Around the perimeter of the screen there are icons. These icons, singly or in combination give you a visual indication of the process which the oven is carrying out.



When executing a program the digital display indicates the amount of cooking time remaining on the program.

USING THE OVEN

SWITCHING ON

- Unwrap and uncoil the power cord fully.
- Plug the mains plug into a suitable wall socket.
- Switch the mains power on.
- Your oven is now ready to be programmed

SETTING THE CLOCK

When first switched on the display will indicate "0:00". You can choose either a 12 or 24 hour clock. If you choose the 12 hour clock, AM and PM are not indicated.

To enter a time of 19:30 (7:30pm)

- Press the **Clock/Pre-Set** button:
 - Once to select a 24 hour clock (Twice selects a 12 hr clock)
- Enter the time directly using the number keys.
- Press the **Clock/Pre-Set** button:

The time is now set

BASIC MICROWAVE COOKING

Press the Door Release to open the oven door. Place the food in the centre of the oven on the turntable. Close the door.

Procedure: Select the microwave option: Set the microwave power: Select the cooking time: Start the cooking process.

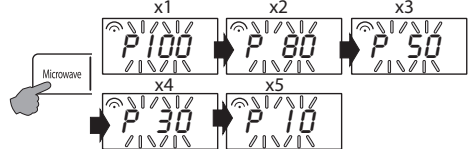
Method:

- Press **STOP/Clear** to clear any previous setting
- Press the **Microwave** Button one or more times to select a microwave power. The " " indicator on the display lights to show the microwave function. The power level is also indicated.
- Set the cooking time with the number keys.
- Push the **START/+30SEC** button to start the oven.

1: Press **STOP Clear** to clear any program.

2: Set the **Microwave power level**

Repeatedly press the **Microwave** button to select the power level.



3: Set the **cooking time**. Enter the time using the number keys.

4: Push **START/+30SEC** to start the oven.

ENTERING COOKING TIMES

You can enter times up to a maximum of 99 minutes and 99 seconds. So an entry of 99 seconds will display "99" and the cooking time will be 1min 39 sec.

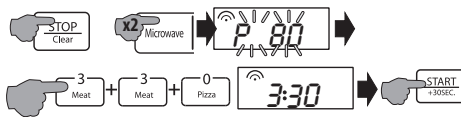
If you enter "100", the time will be recorded as 1:00 and cooking time will be one minute exactly. So an entry of "99" will actually set a cooking time 39 seconds **longer** than an entry of "100".

The maximum cooking time you can set is 100 min:39 seconds. This is indicated on the display as 99 min:99 seconds.

Power Microwaving and Grilling

Example: Cook food for 3 minutes 30 seconds at 80% power:

Open the door, place the food on the turntable, Close the door. Then:



Cooking starts and the clock will now count down the cooking time remaining on the programme.

During cooking the "🔥" icon flashes to indicate that the microwave is operational.

When the cooking cycle is over: The oven will 'beep' five times, and reset to the clock time.

- Wait a short time and then open the door and remove the cooked food. Close the door.

During Cooking:

- **To interrupt cooking:** Open the oven door or press **STOP/Clear** once.
- **To resume cooking:** Close the door (if open); press the **START/+30SEC** button.
- **To check the clock time during cooking:** Press the **Clock/Presets** button.
- **To add time onto a program:** Press the **START/+30SEC** button. Each press adds 30 seconds to the cooking time.
- **To cancel a program:** Press **STOP/Clear** twice.

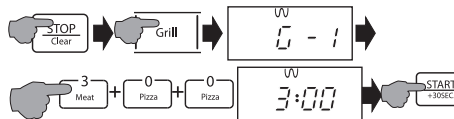
Important note: When carrying out any procedure, if you fail to complete the procedure the oven will wait indefinitely for you to either cancel or complete the procedure.

USING THE GRILL

The grill is useful for cooking thin slices of meat, steaks, kebabs, sausages and pieces of chicken. It is also suitable for hot sandwiches and au gratin dishes. Grilling takes place at full power. The maximum time available for grilling is 100 min: 39 sec

Example: To grill food for 3 minutes:

- 1: Press **STOP/Clear** to clear any program.
- 2: Press the **Grill** button "G - 1" (Grill) appears and the grill icon lights on the display.
- 3: Set the cooking time with the number keys.
- 4: Push the **START/+30SEC** button to start the oven.



During cooking the "🔥" icon flashes to indicate that the grill is operational.

Half way through the cooking cycle, the oven will emit two beeps to remind you that you may need to turn the food over.

Open the door, turn the food with heatproof tongs and close the door and press the **START/+30SEC** button to continue.

When the cooking cycle is over: The oven will 'beep' five times, and reset to the clock time.

Points to remember when grilling:

- Use a metal grill rack (supplied) so that food can drain.
- Do not overload the grill rack. Space the food out.
- Brushing the grill rack very sparingly with vegetable oil will stop food adhering to it and make washing up easier.
- Always stand the grill rack in a heatproof ceramic dish. This will catch drips and help keep the oven clean.
- Do not use the grill without the turntable in place. The turntable helps the food to cook evenly.
- The grill rack has a "high" side and a "low" side. The "high" side is for grilling very thin slices of food. Make sure that there is sufficient clearance between the food and the grill bars and remember the closer to the grill bars the food is the hotter it will get.
- When removing or turning over food use heatproof tongs or a similar implement.
- When removing or inserting the provided grill rack into a hot oven use a suitable heatproof implement.

CAUTION:

When you use the grill, the cooking utensils and the interior of the oven get very hot, much hotter than when you are using the oven as a regular microwave.

Always stir food with long handled implements, tongs, etc.

Always use oven gloves when removing or placing utensils in an oven where the grill has recently been on. When you set utensils down on a surface make sure it is heatproof or use an insulating mat.

After use allow an extra long period for the oven to cool down before cleaning or re-use.

EXPRESS COOKING

Express cooking is a very good way of rapidly heating small portions of food, or easily adding a small amount of cooking time to finish dishes that are slightly undercooked.

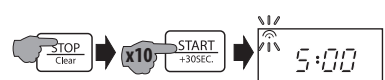
By pressing the **START/+30SEC** button repeatedly you can program the oven for Express cooking at FULL (100%) microwave power.

- The oven will start immediately so be prepared!

Points to remember with the Express cooking program

- Each press of the **START/+30SEC** button increases the time in 30 second intervals up to 95 minutes (maximum).
- Express Cooking always takes place at full power.

Example: To express cook food for 5 minutes



Convection Cooking and Defrosting

CONVECTION COOKING

Convection cooking allows you to use your microwave oven in the same way as a traditional oven. We recommended you preheat the oven to the cooking temperature before placing the food in the oven.

Standard Convection Cooking Procedure

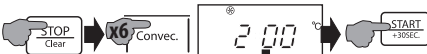
- 1: Press **STOP/Clear** to clear any previous setting
- 2: Press the **Convec.** Button one or more times to select a microwave power. (Refer to the table below). The **°C** indicator and the temperature indicators on the display light.
- 3: Press **START/+30SEC** to start preheating the oven. DO NOT place any food in the oven at this stage!!

When the oven has reached the preset temperature the temperature indicators on the display will flash.

- 4: Press the Door Release to open the door. Using oven gloves place the food in the centre of the turntable. Close the door.
- 5: Input the cooking time with the timer keys.
- 6: Push **START/+30SEC** to start the oven.

Example. Convection cook for 48:00 at 200°

A: SET THE TEMPERATURE AND PREHEAT THE OVEN



B: WHEN THE OVEN HAS PREHEATED:

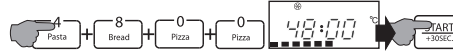
Open the door. Place the food in the oven. Close the door.



CONVECTION OVEN TEMPERATURE SETTING TABLE

| PRESSES | Convec. | Oven Temperature | PRESSES | Convec. | Oven Temperature |
|---------|---------|------------------|---------|---------|------------------|
| X1 | Convec. | 150 °C | X6 | Convec. | 200 °C |
| X2 | Convec. | 160 °C | X7 | Convec. | 210 °C |
| X3 | Convec. | 170 °C | X8 | Convec. | 220 °C |
| X4 | Convec. | 180 °C | X9 | Convec. | 230 °C |
| X5 | Convec. | 190 °C | X10 | Convec. | 240 °C |

C: SET THE COOKING TIME AND START THE OVEN

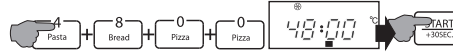


To Convection Cook without Preheating:

A: SET THE OVEN TEMPERATURE



B: SET THE COOKING TIME AND START THE OVEN



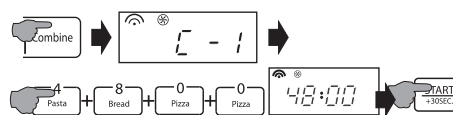
COMBINATION COOKING

This oven has four pre-programmed settings that make it easy to cook automatically with various combinations of convection, grill and microwave cooking. The combination programmes are accessed by repeatedly pressing the **Combine** button as follows:

COMBINATION COOKING TABLE

| PRESSES | PROGRAMME DISPLAY | COMBINATION PROCESSES USED | | |
|---------|-------------------|----------------------------|-------|------------|
| | | MICROWAVE | GRILL | CONVECTION |
| X1 | C-1 | ✓ | | ✓ |
| X2 | C-2 | ✓ | ✓ | |
| X3 | C-3 | | ✓ | ✓ |
| X4 | C-4 | ✓ | ✓ | ✓ |

Example. Combinations cook using C-1 for 48:00



NOTE: Where Combination cooking uses the grill (C-2, C-3 and C-4) the oven will not indicate when the food needs turning over. These processes should be monitored carefully and the food adjusted as required.

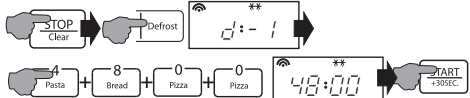
AUTO DEFROST

There are four Auto Defrost programmes. You can defrost food either by dialling in the weight or if the food packaging has a microwave defrost time, you can dial in the defrost time. In addition there are two special Defrost programmes; one for ground (minced) meat and one for Seafood.

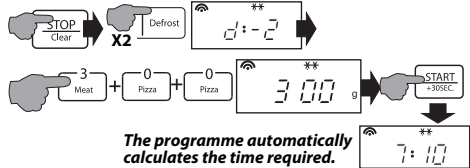
Defrost by Time:

Example 1: Auto Defrost food for 48 min. (Programme d-1)

- 1 Press **Defrost** once: The oven indicates d-1
- 2 Input the Defrosting time
- 3 Press the **START/+30SEC** button to start.



Example 2: Auto Defrost 300 g. of food. (Programme d-2)



The programme automatically calculates the time required.

Note: The maximum amount of food that can be defrosted by weight is 2Kg. If you enter a higher amount the oven will accept the entry but you will not be able to start the oven.

Defrosting Ground meat and Seafood (Programmes d-3/d-4)

These programmes work exactly the same as Defrost by Weight (Programme d-2) except that the calculations of microwave power and/or microwave time are differently calculated for these foods

Auto Cooking and Reheating Menus

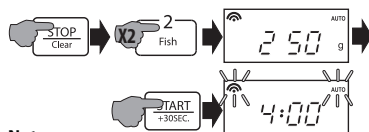
AUTO-COOKING

Auto Cooking automates the cooking of common basic foods. There are 10 settings. Each key on the keypad accesses a different Auto-Cook menu. Once set, you cannot alter or add time on to an Auto-Cook menu.

All Auto Cook menus are set up in the same way:

- 1: Press **STOP/Clear** to clear any program.
- 2: Select an Auto Cook menu by pressing a number key.
- 3: Further presses of the key will select different amounts. (Refer to the table opposite)
- 4: Press the **START/+30SEC** button to start. The program will automatically determine the cooking method and time.

Example: Auto Cook 250g. of fish:



Notes:

- 1: Food should be at room temperature.
- 2: The cake menu is a special case. This requires the oven to preheat. Start with an empty oven. When the oven has reached the correct temperature (160°) it will beep twice. Open the door, insert the cake and close the door. Press the **START/enter** button to continue with the cycle.

AUTO COOK MENU TABLE

| Menu | Presses | Quantity | Cooking Time |
|---------------------|---------|----------------------------|-----------------------------|
| Vegetable | One | 150 g | 3:00 min |
| | Two | 350 g | 4:30 min |
| | Three | 500 g | 6:00 min |
| Fish | One | 150 g | 3:00 min |
| | Two | 250 g | 4:00 min |
| | Three | 350 g | 5:30 min |
| | Four | 450 g | 7:00 min |
| | Five | 650 g | 8:30 min |
| Meat | One | 150 g | 2:30 min |
| | Two | 300 g | 4:00 min |
| | Three | 450 g | 5:40 min |
| | Four | 600 g | 7:30 min |
| Pasta | One | 50 g (+ 450ml cold water) | 18:00 min |
| | Two | 100 g (+ 800ml cold water) | 20:00 min |
| | Three | 150 g (+ 1.2 l cold water) | 22:00 min |
| Potato | One | 1 (c. 230g) | 6:00 min |
| | Two | 2 (c. 460g) | 8:30 min |
| | Three | 3 (c. 690g) | 12:00 min |
| Soup | One | 200 ml | 2:00 min |
| | Two | 400 ml | 3:30 min |
| | Three | 600 ml | 5:00 min |
| Roast (Chicken) | One | 500 g | 28:00 min |
| | Two | 750 g | 32:00 min |
| | Three | 1000 g | 39:00 min |
| | Four | 1200 g | 45:00 min |
| Bread | One | 50 g | 7:00 min |
| | Two | 100 g | 7:30 sec |
| | Three | 150 g | 8:00 min |
| Cake | One | 475 g | 45:00 min (+ oven warmtime) |
| Pizza | One | 200 g | 10:30 min |
| | Two | 300 g | 12:30 min |
| | Three | 400 g | 14:00 min |

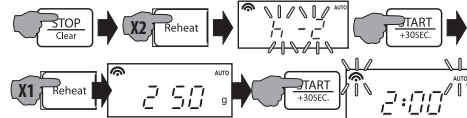
REHEAT

There are four Reheat menus. Each menu has further options. They are all accessed in the same manner:

| Press to Select a Reheat Menu | Further Presses | Amount | Time |
|-------------------------------|--------------------|------------------|----------|
| | Auto-Reheat (h-1) | One 150 g | 3:00 min |
| | Two 250 g | 4:30 min | |
| | Three 350 g | 6:00 min | |
| | Four 450 g | 3:00 min | |
| | Five 600 g | 4:00 min | |
| | Dinner Plate (h-2) | One 250 g | 5:30 min |
| | Two 350 g | 7:00 min | |
| | Three 450 g | 8:30 min | |
| | Coffee (h-3) | One 1(c. 240 ml) | 2:30 min |
| | Two 2(c. 480 ml) | 4:00 min | |
| | Three 3(c. 720 ml) | 5:40 min | |
| | Rolls (h-4) | One 1(c. 70 g) | 7:30 min |
| | Two 2(c. 140 g) | 18:00 min | |
| | Three 3(c. 210 g) | 20:00 min | |

- 1: Press the **Reheat** key one or more times to select a menu.
- 2: Press the **START/+30SEC** button.
- 3: Press **Reheat** key one or more times to select the amount..
- 4: Press the **START/+30SEC** button to start.

Example: Reheat a "dinner plate" of food weighing 250g (h-2)



Coffee (h-3) can be used to heat beverages and soup

Dinner Plate (h-2) refers to the food content on a plate. Plates must be microwave oven safe.

Rolls (h-4) can be used to reheat savoury buns etc. but they must not contain sugar, icing etc.

Multistage and Time Delayed Cooking

MULTI-STAGE COOKING

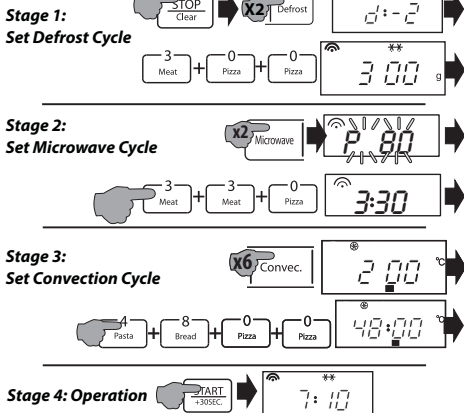
Your oven can be programmed for up to 3 cooking sequences. DEFROST is the logical first stage in this program.

Suppose you want to set the following 3 stage cooking program.

Defrost → Microwave cooking → Convection cooking

1. Press the **Defrost** key to select a Defrost programme (d-1/d-4)
2. Use the **Number** keys to input the defrost time/weight.
3. Press the **Microwave** key to select a microwave power level.
4. Use the **Number** keys to input the microwave cooking time.
5. Press **Convec.** to set the convection temperature.
6. Use the **Number** keys to input the convection cooking time..
- 7: Press the **START/+30SEC** button to start cooking.

Example: Defrost 300g of food, microwave at 80% for 3 min. 30 sec. and finally convection cook at 200°C for 48 min.



The defrost cycle will start. When this has ended the oven will beep and move on to the microwave cycle and then when this is finished the oven will beep and move on to the final stage.

You cannot add time on to any process during multi-stage cooking.

Using this procedure you can set additional programs e.g.

- Defrost → grill
- Defrost → microwave → grill
- Defrost → microwave
- Defrost → convection
- Defrost → convection → grill
- Microwave → convection → grill

To do this just join the flow sequences for the various processes as shown in the relevant sections of this manual.

IMPORTANT: It is possible to set

- Multi-cooking processes that include auto cooking
- Multi-cooking processes that do not start with defrost
- Multi-cooking with grill or convection before microwaving.
- Multi cooking with grill before convection.

All such settings must not be used.

The sequence with multi-cooking process must always be **Defrost → Microwave → Convection → Grill**

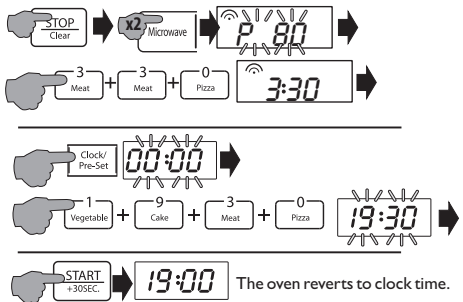
TIME-DELAYED COOKING

The oven can be set to switch on at a pre-set time. The oven clock needs to be set before you can carry out this procedure - see P 5.

CAUTION: Lengthy time delayed cooking should not be used with fresh milk or perishables. Be extra careful in hot weather.

You can select any single process menu or any multi-stage menu for time delayed cooking as long as it does not include a Defrost cycle. You cannot time delay any Defrost programme.

Example: The time is 7:00 PM (19:00). Set a time of 7:30 PM (19:30) to start microwaving food for 3 min 30sec at 80%



The oven reverts to clock time.

When the programmed time arrives the oven will beep twice and execute the programme.

Memory and Child Lock Functions

THE MEMORY FUNCTION

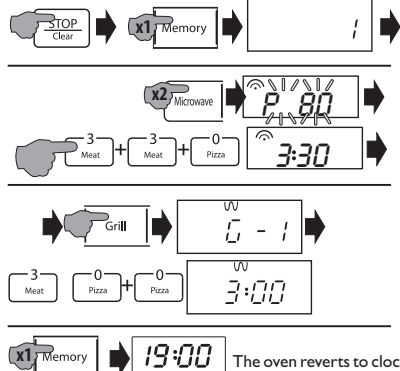
If there is a cooking procedure you regularly use you can store it in the oven memory and recall it at the press of a button. The oven has three memory settings.

You can set any valid single or two-part procedure. You cannot store a defrost cycle or any process that has a defrost element.

Example Microwave at 80% power for 3 min 30 sec and then grill for 3 min. Store the procedure in Memory 1.

Storage Procedure

- 1: Press the **Memory** key once. (Press twice for Memory 2 and three times for Memory 3)
- 2: Input the Microwave program
- 3: Input the Grill program
- 4 Press the **Memory** key once to store the procedure.



To recall the preset:

Press **Memory** once to recall the preset and then **START/+30sec**.



Program Memory 2 and Memory 3 using the same procedure.

SETTING THE CHILD LOCK

The child lock disables all the oven functions.

To set the Child lock:

- Press and hold the **STOP/Clear** button



After a few seconds the oven will 'beep' and the 'LOCK' symbol will appear in the display.

In Child Lock mode only the clock time is displayed and all controls are disabled.

To remove the Child lock:

- Press and hold the **STOP/Clear** button



After a few seconds the oven will 'beep' and the 'LOCK' symbol will disappear from the display. The oven controls will now operate normally.

Hints and Tips

TIPS FOR GOOD COOKING

Please read this section in conjunction with the Safety Guide on Page 2.

- Stir liquids and purees before during and after cooking to distribute the heat evenly. Mashed potato will cook more evenly and more thoroughly if lightly covered.
- Never tightly cover food. Always cover it loosely.
- Do not allow plastic film to touch food as it may chemically break down or melt or even catch fire and contaminate the food.
- Arrange food in the dish so that the thicker part is on the outside and the thinner part inside for more even cooking. Fold under the thin edges of fish fillets and tapered foods.
- 6-7 minutes per 500 gr. will cook most fruit and vegetables. Seafood takes less time.
- Different foods require different temperatures to cook. Add more minutes as you drop the power.
- Up to 20% of the cooking takes place after the oven turns off so always remember that your food will continue cooking after you've removed it.
- Food that takes an hour in to cook in a regular oven should take around 15 minutes in the microwave.
- Foods with baking powder should stand a few minutes before cooking to allow the leavening agents to work.
- If a recipe calls for milk and water, reduce the water.
- Rotate large items of food occasionally during cooking to encourage even heat distribution.
- Food cooks best and reheats better in a round dish or a dish with curved sides.
- Salt attracts microwaves. Don't just sprinkle it on food before cooking, stir it in or add it later.
- Fats and sugars attract microwaves - thoroughly mix sugar with other ingredients. Care should be taken when cooking foods with high sugar or fat contents as they can reach very high temperatures.
- Handle pastry-wrapped foods like mince pies carefully as the filling gets hotter than the pastry.

Hints for reheating food

- Heat leftovers and pre-cooked food to at least 70°C. Food should be hot and steaming before it is served.
- When re-heating liquids such as meat stews see that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through.

Hints for defrosting

- Only defrost food in the microwave if you plan to cook the food immediately after it has thawed. Some areas of the food may begin to cook during defrosting, which can allow bacteria can flourish.
- Remove the food from the wrapping, place it on a microwave safe dish. Rotate and re-arrange food during defrosting. Where appropriate, stir the food and if possible, separate the food items and remove those which have already defrosted.

Steam and Smoke

- Steam is a natural product of microwave cooking. It escapes from the vents in the top and rear of the appliance. These vents should never be blocked.
- Steam may condense in and around the oven during cooking and should be dried off after use.
- If during cooking, smoke starts to come from the oven do NOT open the oven door! Immediately switch off at the mains, unplug the oven and wait for the smoke to completely subside and the oven to fully cool down before removing the food.
- Before you use your microwave oven again, consult a service technician and have the oven tested.

Testing Your Oven

Place a cup of water in the oven and heat it on full power for 2 minutes. If the water gets hot the oven is working.

If the oven fails to work or will not respond to commands.

Unplug the oven and inspect the plug fuse. If this is intact, leave the oven for 30 minutes and then plug the oven in again. The oven should now work normally.

CLEANING AND CARE

These steps should be taken after every use.

- Disconnect the power supply and wait for the appliance to completely cool down.
- Remove the turntable support ring and the turntable and wash then in warm soapy water.
- Clean the oven cavity, the outer edge of the cavity, and the oven door with water and a mild detergent. A special microwave oven cleaner is not necessary. Do not use scouring pads, or other abrasives.
- Wipe outer surfaces and control panel with a damp soft cloth.
- If liquids have been splashed on the wall of the oven cavity, they must be fully removed otherwise smoke may occur when the appliance is next used.
- If the cavity emits odours, boil a cup of water with a squeeze of lemon juice for 5-7 min. to remove them.
- Dry all parts thoroughly and replace them.

Warranty and Specifications

APPROXIMATE COOKING TIMES FOR FISH (ON FULL POWER)

| Item | Weight | Cooking Time | Standing Time |
|--|--------|-----------------|---------------|
| Cod fillets | 450g | 2.5-3.5 minutes | 4-10 minutes |
| Cod steaks | 225g | 2.5-3.5 minutes | 4-10 minutes |
| Haddock fillets | 225g | 2.5-3.5 minutes | 4-10 minutes |
| Kipper fillets | 450g | 2.5-3.5 minutes | 4-6 minutes |
| Plaice fillets | 225g | 2.5-3.5 minutes | 6-8 minutes |
| Trout (2 fish, gutted but whole) turn fish over half way through | | 3.0-4.5 minutes | 4-6 minutes |

The times given above are approximate and should be adjusted to suit portion sizes and individual taste. The average cooking time for fish is around 3.5 minutes per 450 g (1 lb). The fish should be lightly covered during the standing period.

Is it cooked? Temperature should reach 70°C for fish. Fish should be opaque and flake easily.

APPROXIMATE COOKING TIMES FOR FRESH VEGETABLES (ON FULL POWER)

| Item | Weight | Added water | Cooking Time |
|--|--------|-------------|-----------------|
| Aubergines (peeled and diced) | 450g | 30-40 ml | 4.0-5.0 minutes |
| Broccoli (trimmed and sliced into spears) | 225g | 50 ml | 3.0-4.0 minutes |
| Brussels Sprouts (peeled) | 225g | 50 ml | 5.0-6.5 minutes |
| Carrots (diced) | 225g | 30 ml | 2.5-3.5 minutes |
| Cauliflower (in florets) | 450g | 50-60 ml | 7-9 minutes |
| Courgettes (diced or sliced) | 450g | 10 ml | 5.5-7.5 minutes |
| Peas (removed from pods) | 225g | 40-50 ml | 4.5-5.5 minutes |
| Potatoes, jacket (2, scrubbed and pierced all round) | 225g | None | 6.5-8.5 minutes |
| Potatoes, (in 40mm pieces) | 450 g | 40-50 ml | 5.5-6.5 minutes |
| Spinach (shredded) | 225g | None | 3.0-5.0 minutes |

The times given above are approximate and should be adjusted to suit quantities, portion sizes and individual taste. The average cooking time for vegetables is around 5.5 minutes per 450 g (1 lb). When adding salt, mix it with the water or add it after cooking.

To cook vegetables: Mix them with the water in a ceramic curved bottomed bowl and cover lightly. After cooking leave the vegetables to stand for 2-3 minutes before straining (if necessary) and serving.

WARRANTY

Your Tesco appliance is covered by a warranty for 12 months from the date of purchase. If a fault develops during this period, please contact the TESCO electrical help line on 0845 456 6767. Please have your original purchase receipt with you when you call. This warranty in no way affects your consumer rights.

SPECIFICATIONS

Rated Voltage: 230V~50Hz
 Rated Input Power (Microwave): 1500W
 Rated Output Power (Microwave): 900W
 Rated Input Power (Grill): 1400W
 Rated Input Power (Convection): 2400W
 Oven Capacity: 25L
 Turntable Diameter: 315 mm
 Net Weight: 12.8Kg

THIS APPLIANCE MUST BE EARTHED.

TRICITY

Tesco Stores Ltd, Delamare Road,
Cheshunt, Herts, EN8 9SL



UK: Waste electrical products should not be disposed of with household waste. Separate disposal facilities exist, for your nearest facilities see www.recycle-more.co.uk or in-store for details.

ROI: Produced after 13th August 2005. Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice.