



# **FLATBED MICROWAVE OVEN**

**P90F30ETL-ZWA**

**User Manual**

PLEASE READ AND SAVE THESE  
INSTRUCTIONS FOR FUTURE REFERENCE

# PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is very important that the oven door close properly and that there is no damage to the
  - a) Door (including any bent),
  - b) Hinges and latches (broken or loosened),
  - c) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except qualified service personnel.

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# IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliance basic safety precautions should be followed, including the following:

**WARNING!**--To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
2. Do not operate the oven when empty.
3. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
4. **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.
5. To reduce the risk of fire in the oven cavity:
  - When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
  - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
  - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
  - The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
6. **WARNING!**--Liquid or other food must not be heated in sealed containers since they are liable to explode.
7. Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
8. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
9. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.
10. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
11. The contents of feeding bottles and baby food jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
12. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
13. Utensils should be checked to ensure that they are suitable for use in microwave oven.
14. **WARNING!**--It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
15. This product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM

(Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.

16. 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 appliance by a person responsible for their safety.
17. Children should be supervised to ensure that they do not play with the appliance.
18. The microwave oven is only used in freestanding.
19. **WARNING!--Do not install oven over a range cook top or other heat-producing appliance. if installed the microwave could be damaged and this would void the warranty.**
20. The microwave oven must not be placed in the cabinet.
21. **WARNING!--The appliance and its accessible parts become hot during use.**
22. **WARNING!--Accessible parts may become hot during use. Young children should be kept away.**
23. During use the appliances becomes hot. Care should be taken to avoid touching heating elements inside the oven, for cooking ranged and ovens.
24. The temperature of accessible surfaces may be high when the appliance is operating.
25. The appliance shall be placed against a wall.
26. Appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
27. **WARNING!--If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**
28. The appliances are not intended to be operated by means of an external timer or separate remote-control system.
29. The microwave oven is for household use only and not for commercial use.
30. Never remove the distance holder in the back or on the sides, as it ensures a minimum distance from the wall for air circulation.
31. Please secure the turntable before you move the appliance to avoid damages.
32. **CAUTION!--It is dangerous to repair or maintain the appliance by no other than a specialist electrical person because under these circumstances the cover have to be removed which assures protection against microwave radiation. This applies to changing the power cord or the lighting as well.**
33. The microwave oven is intended for defrosting, cooking and steaming of food only.
34. Use gloves if you remove any heated food.
35. Caution! Steam will escape, when opening lids or wrapping foil.
36. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
37. If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

38. Metallic containers for food and beverages are not allowed during microwave cooking.
39. For cleaning, please refer to "CLEANING AND CARE" section,

## INSTALLATION GUIDE

1. Make sure that all the packing materials are removed from the inside of the door.
2. **WARNING!**--Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet.
6. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
7. The socket must be readily accessible so that it can be easily unplugged in an emergency.
8. Do not use the oven outdoors.

## GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided. Using a high voltage is dangerous and may result in a fire or other accident causing oven damage.

**WARNING!**--Improper use of the grounding plug can result in a risk of electric shock.

Note:

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The wires in this cable main are coloured in accordance with the following code:

**Green and Yellow = EARTH**

**Blue = NEUTRAL**

**Brown = LIVE**

## **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:

1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different electrical circuits.

## **BEFORE CALLING FOR SERVICE**

Before asking for service, please check each item below:

- Check to ensure the oven is plugged in securely. If not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
- Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the power outlet with another appliance.
- Check to ensure the control panel is programmed correctly and the timer is set.
- Check to ensure the door is securely closed, engaging the door lock system. If the door is not properly closed, the microwave energy will not flow inside.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

## **COOKING TECHNIQUES**

1. Arrange food carefully. Place thickest areas towards outside of dish.
2. Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
3. Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
4. Turn foods over once during microwave cooking to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
5. Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the centre of the dish to the outside.

## **COOKING UTENSILS GUIDE**

1. Microwave cannot penetrate metal. Only use utensils that are suitable for use in microwave ovens. Metallic containers for food and beverages should not be used during microwave cooking. This requirement is not applicable if the manufacturer specifies size and shape of metallic containers suitable for microwave cooking.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.

3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommended, as food in corners tends to overcook.
5. Narrow strips of aluminium foil may be used to prevent overcooking of exposed areas. But be careful not to use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

The list below is a general guide to help you select the correct utensils.

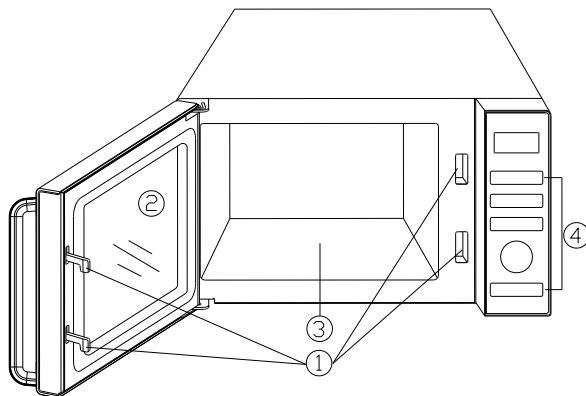
Cookware	Microwave Cooking
Heat-Resistant Glass	Yes
Non Heat-Resistant Glass	No
Heat-Resistant Ceramics	Yes
Microwave-Safe Plastic Dish	Yes
Kitchen Paper	Yes
Metal Tray	No
Metal Rack	No
Aluminium Foil & Foil Containers	No

## SPECIFICATIONS

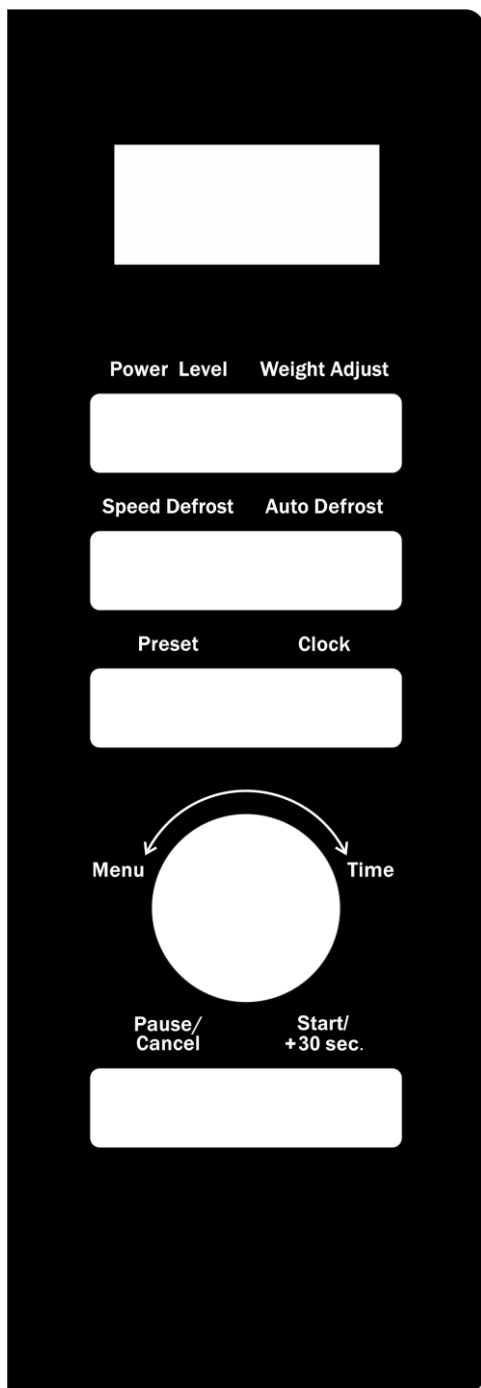
Power Consumption	220-240V~/50Hz, 1400W(microwave)
Output	900W
Operation Frequency	2450MHz
Outside Dimensions	312mm(H)×539mm(W)×428mm(D)
Oven Cavity Dimensions	228mm(H)×354mm(W)×332mm(D)
Oven Capacity	28Litres
Net Weight	Approx.15.7kg

## PRODUCT DIAGRAM

1. Door Safety Lock System
2. Oven Window
3. Cavity Floor
4. Control Panel



# CONTROL PANEL



- **DISPLAY SCREEN**

Time, power and indicators are displayed.

- **POWER LEVEL**

Press to select cooking power level.

- **WEIGHT ADJUST**

Press to set food weight or servings.

- **SPEED DEFROST**

Press to defrost food based on time.

- **AUTO DEFROST**

Press to defrost food based on weight.

- **PRESET**

Use to set the oven to start-up at a later time.

- **CLOCK**

Press to set clock time.

- **MENU/TIME (dial)**

Turn the dial to select auto cooking menus.

Turn the dial to set time.

- **PAUSE/CANCEL**

Press once to temporarily stop cooking, or twice to cancel cooking altogether.

It is also used to set child lock.

- **START/+30 SEC.**

Press to start cooking programs.

Simply press it a number of times to set cooking time and cook immediately at full power level.



# OPERATION INSTRUCTIONS

- When the oven is first plugged in, a beep will sound and the display screen will show " " and "1:01".
- During setting, the system will return to standby mode if there is not any operation within 30 seconds.
- During cooking, if press PAUSE/CANCEL button once, the program will be paused, then press START/+30 SEC. button to resume. But if press PAUSE/CANCEL button twice, the program will be cancelled.
- After cooking ends, the display screen will show "End" and beeps will sound every two minutes until user press PAUSE/CANCEL button or open the door.
- In the process of operation, press a valid button, and the buzzer rings once. But if an invalid button, is pressed, the buzzer will ring twice.

## SETTING THE CLOCK

This is a 12- or 24- hour clock. You can choose to set the clock time in 12- or 24- hour cycle by pressing the CLOCK button in standby mode.

1. In standby mode, press CLOCK button once or twice to select 12- or 24- hour clock.
2. Turn MENU/TIME dial to set hour digit.
3. Press CLOCK button once.
4. Turn MENU/TIME dial to set minute digit.
5. Press CLOCK button to confirm.

**NOTE:** During cooking, you can check the current clock time by pressing CLOCK.

## EXPRESS COOKING

Use this feature to program the oven to microwave food at 100% power conveniently. In standby mode, press START/+30 SEC. button repeatedly to set cooking time (each press to increase 30 seconds, and up to 95 minutes), the oven starts immediately at full power.

## MICROWAVE COOKING

1. Press POWER LEVEL button repeatedly to select power level.
2. Turn MENU/TIME dial clockwise to set cooking time. The longest time is 95 minutes.
3. Press START/+30 SEC. button to start.

**Select power level by pressing POWER LEVEL button:**

Press POWER LEVEL Button	Power (Display)
once	100% (100)
twice	80% (80)
3 times	60% (60)
4 times	40% (40)
5 times	20% (20)
6 times	0% (00)

**NOTE:** During cooking, you can check the current cooking power level by pressing POWER LEVEL button.

## **AUTO DEFROST**

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The defrosting time and power level are automatically set once the food weight is programmed. The frozen food weight ranges from 100 g to 1800 g.

1. Press AUTO DEFROST button once.
2. Press WEIGHT ADJUST button repeatedly to select food weight.
3. Press START/+30 SEC. button to start.

## **SPEED DEFROST**

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1. In standby mode, press SPEED DEFROST button once.
2. Turn MENU/TIME dial to set defrosting time. The longest time is 95 minutes.
3. Press START/+30 SEC. button to start.

## **MULTISTAGE COOKING**

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Your oven can be programmed for up to 2 automatic cooking sequences.

Suppose you want to set the following cooking program.

Microwave cooking



Microwave cooking (with lower power level)

1. Input the first microwave cooking program. Do not press START/+30 SEC. button.
2. Input the second microwave cooking program.
3. Press START/+30 SEC. button to start.

**NOTE:** Express cooking, speed defrost, auto defrost and auto cook menus can't be set in multi-stage cooking program.

## **PRESET**

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This function allows the oven to start in a later time.

1. Input a cooking program (except express cooking, auto defrost and speed defrost).
2. Press PRESET button once.
3. Turn MENU/TIME dial to set hour digit.
4. Press PRESET button once.
5. Turn MENU/TIME dial to set the minute digit.
6. Press PRESET button once.

**NOTE:** You can check the preset time during cooking by pressing PRESET button once. You can cancel the program by pressing PAUSE/CANCEL button when the time is showing.

## CHILD LOCK

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The child lock prevents unsupervised operation by children.

To set: In standby mode, press and hold PAUSE/CANCEL for 3 seconds, a beep will sound and the lock indicator light will turn on, the oven will enter child lock mode. In the lock state, all buttons are disabled.

To cancel: In child lock mode, press and hold PAUSE/CANCEL for 3 seconds, a beep will sound and the lock indicator light will disappear.

## AUTO COOK

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For the following food or cooking mode, it is not necessary to program the cooking time and power. It is sufficient to indicate the type of food that you wish to cook as well as the weight or servings of the food.

1. In standby mode, turn MENU/TIME dial anti-clockwise to select food code.
2. Press WEIGHT ADJUST button repeatedly to set food weight or servings.
3. Press START/+30 SEC. button to confirm.

### Auto cook menus:

Code	Food	Note
A-01	Milk/Coffee (200 ml/cup, 1-3 cups)	<ol style="list-style-type: none"><li>1. For Milk/Coffee and Potatoes, the display screen will not show the icon "g".</li><li>2. The result of auto cooking depends on factors such as fluctuation of voltage, the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly.</li></ol>
A-02	Potatoes (230 g/serving, 1-2 servings)	
A-03	Auto Reheat (200-800 g)	
A-04	Fish (200-600 g)	
A-05	Popcorn (100 g)	
A-06	Pizza (150 g, 300 g, 450 g)	
A-07	Rice (150-600 g)	
A-08	Spaghetti (100 g, 200 g, 300 g)	

## CLEANING AND CARE

1. Turn off the oven and unplug the power cord from the wall when cleaning.
2. Keep the inside of the oven 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.
3. The outside of the oven 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.
4. 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.
5. A steam cleaner should not be used.
6. 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.
7. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
8. The oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent.
9. Remove odours from your oven 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.
10. If the light bulb burns out, please contact customer service to have it replaced.
11. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
12. Please do not dispose of this appliance into the domestic rubbish bin; it should be disposed to the particular disposal centre provided by the municipalities.

# 12 Month Warranty

Thank you for your purchase.

Your new product is warranted to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

We will provide you with your choice of a refund, repair (where possible) or exchange (availability dependent) for this product if it becomes defective within the warranty period. The business will bear the reasonable expense of claiming the warranty.

This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre as listed below, for the entity you purchased this product from, for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to the respective Customer Service Centre.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Contact for Kmart purchases	Contact for Target purchases
Kmart Australia Ltd. C/- Customer Service Centre 690 Springvale Road, Mulgrave Vic 3170 Customer Service: 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or via Customer Help at <a href="http://kmart.com.au">kmart.com.au</a>	Target Australia Pty Ltd C/- Customer Service Centre 2 Kendall Street, Williams Landing, Vic, 3027 Customer Service: 1300 753 567 or via Customer Help at <a href="http://target.com.au/help/contact-us">target.com.au/help/contact-us</a>

## Safety Tips for using the microwave



Check the food container is microwave safe. Do not use a non-microwave safe container as it may explode or cause sparks or fire.



Do not cover or block the vents on the microwave. This could cause overheating and damage the microwave.



Make sure packets or sealed containers are opened before heating in the microwave, as they could explode.



Do not cook eggs with shells in the microwave, they may explode.



Use a low power setting when heating dry food or food with low water content. To prevent melting, do not use a container that cannot withstand a high temperature.



Liquids or foods must not be heated in sealed containers. Food expand when heated. Do not over-fill, leave a gap of at least 3.5cm between containers to avoid food spillage.



Clean after use. Build-up of spilt food can damage the microwave due to excessive burning.