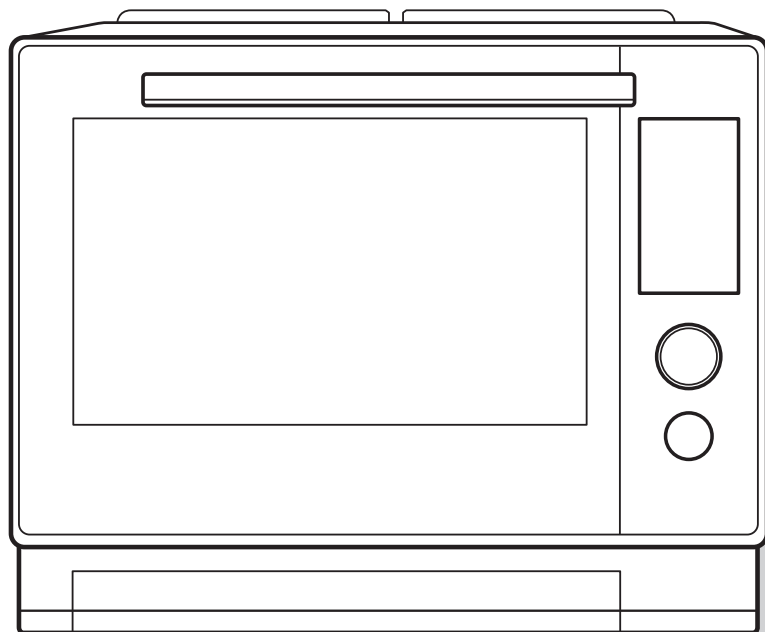


Instruction manual

TOSHIBA MICROWAVE OVEN WITH SUPERHEATED STEAM OVEN

ER-VD7000HK

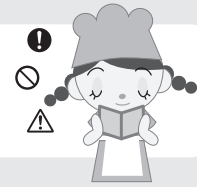
In order to use the product safely and correctly, please read the Instruction Manual and the Cookbook. After reading, please keep the instruction manual handy.



TOSHIBA

For the first use, be sure to proceed with the following steps!

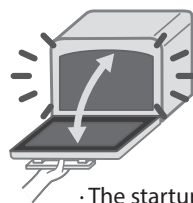
STEP 1 Read the “Safety precautions” (Pages 2-8)
 * This section offers the instructions that must be observed.



STEP 2 Insert the power plug



STEP 3 Open/Close the door (Page 11)



Power on

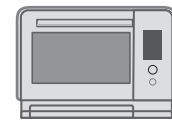


[示範] (Demo) is displayed when it is in the demo mode. Please exit this mode before use. (See “Error handling” on Page 64.)

· The startup guide appears. (Page 11)
 It can be suppressed on next startup. Please refer to the guide that appears.

STEP 4 Heat the empty oven (Page 22)

* As it will get hot inside the oven, please use it after it has cooled down.



After Steps **1 - 4** are done

Let's start cooking! Please read Pages 18-21 and 24-25 before you get started.

Reheating <u>cooked rice & dishes</u> Pages 26-29	Reheating <u>vegetables</u> Pages 32-33
Reheating <u>fried foods</u> Pages 27, 30	Defrosting <u>meat & fish</u> Pages 34-35
Reheating <u>milk or alcohol</u> Page 31	

* This section describes only a selection of commonly used heating modes. For other modes, please read the “Table of contents” on the right page.

For heating with microwave

■ Do not use the square tray, deep tray, steam rack or gridiron. Instead, please place the food directly in the center of the chamber.



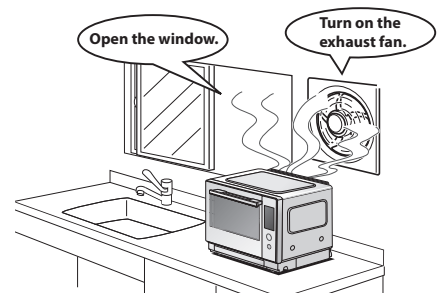
Just put it in directly!



For heating with tubes

Move the bird or other small animals to another room before ventilating!

● Especially at the beginning of heating the empty oven, smoke and odor may come out when the oil inside the oven is burned out.





What shall I do?

Reheat

Touch it once to start
 加熱開始
Reheat

Select a mode
Reheat

米飯 餃菜 麵包
 飲品 蔬菜 解凍

Others Adjustable temperature Handy and convenient

Desired Temp **Microwave**

90°C
 -10°C

★ Softening butter
 ★ Soften it until it is easy to eat.

+ Steam
Moistening quickly
Steam Microwave

Roasting

Max. 350°C Quickly roasting on high heat
Convection

Max. 300°C Reheating with steam on high heat
Superheated Steam

For those who take care of their body...
Healthy cooking

Browning the food surface with high heat from above
Grill

Just with convection can a delicious dish be made!
Manual Cooking

Steaming

Steaming with plenty of steam
Steam

For cooking where it is hard to adjust the heat

Low-temperature cooking to preserve the flavor of ingredients
Low Temp Steam

※ The pictures and illustrations of the chamber are for reference only.

Below are the icons and their indications used in this manual.

Icons

Lighting 加水 Flashing 加水

Menu to use steam

Steam

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* Please see the separate Cookbook for recipes.







Safety precautions

Be sure to observe these instructions for your safety

● In order to prevent injury to users or damage to property, important instructions are specified on the product and in this Instruction manual, including instructions on how to use the product correctly and safely.

■ The following charts differentiate and explain the hazards and the degree of damage caused due to failure to observe these instructions.

■ The following symbols are used to classify and explain the instructions that should be observed.

 DANGER	Indicates a potential hazard that is most likely to result in "death" or "major injuries".		Indicates an action that is prohibited.
 WARNING	Indicates a potential hazard that is likely to result in "death" or "major injuries".		Indicates an action that "must be taken".
 CAUTION	Indicates a potential hazard that is likely to result in "minor injuries" or "damage to property".		Indicates a potential hazard that requires "special attention".

High-voltage parts are contained inside.

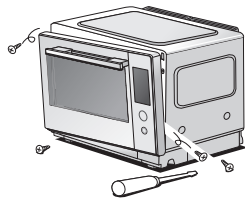
DANGER



No disassembly

Do not disassemble, repair or modify the product yourself.

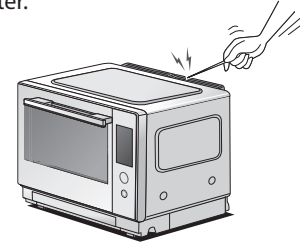
Otherwise, it may cause a fire, an electric shock or injury. For any repair, please contact the dealer or our service center.



Prohibited

Do not insert a finger, a foreign object, or a metal object like a pin or a wire into the air inlet, exhaust outlet, water inlet of the water tank, or any other holes on this product.

Otherwise, it may cause an electric shock or injury. If any foreign object is inserted, please disconnect the power plug and contact the dealer or our service center.



Precautions for handling the power plug/power cord/power outlet

WARNING



Exclusive power supply

Be sure to connect the product to an exclusive power supply of the related voltage.

A fire or an electric shock may be caused if the power outlet is shared with other household appliances, or an extension cord is used.



Prohibited

Do not use any damaged power cord or power plug or any loose power outlet.

※ If the power cord is damaged, it must be replaced by the manufacturer, its service agent or a qualified person in order to avoid hazards. Otherwise, it may cause an electric shock, or a fire due to overheating.



Be sure to fully insert the power plug into the power outlet.

Otherwise, it may cause an electric shock, or a fire due to overheating.

Precautions for handling the power plug/power cord/power outlet (continued)**! WARNING**

Prohibited

Do not damage the power cord or power plug.

Do not step on the power cord, place the cord in a hot area (e.g. near the exhaust outlet), or forcibly bend, twist or bundle the power cord, or place heavy objects on it. Otherwise, the power cord may be broken, thus causing a fire or an electric shock.



No wet hands

Do not handle the power plug with a wet hand.

Otherwise, it may cause an electric shock.



Unplug when not in use

Disconnect the power plug from the power outlet when the product will not be used for a long period of time.

Otherwise, it may cause electric leakage or a fire due to insulation deterioration.



Clean up the dust

Clean up the dust on the power plug regularly.

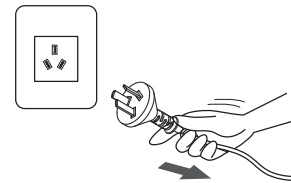
If dust collects on the power plug, it may result in insulation failure due to moisture, thus causing a fire.



Unplug by holding the plug

Disconnect the power plug from the power outlet by holding the plug.

Otherwise, it may damage the power cord, thus resulting in a fire or an electric shock.

**During installation****! WARNING**

Remove the packing

Remove all the packing materials before use.

Otherwise, it may cause ignition, a fire and scalds during operation.

**Keep the plastic bag for packaging away from children or infants or dispose of it properly.**

Otherwise, it may cause suffocation to children or infants since the bag may cling to mouth and nose and prevent breathing if they put the plastic bag over their head.



Prohibited

Do not place the main unit near flammable materials, heat-sensitive materials or spray cans.

Otherwise, it may cause burning or result in a fire.

Keeping a spray can nearby may cause a fire or cracking. Do not put the product on a tatami mat, carpet or table cloth, nor keep it close to curtains.

In addition, do not place the product with the exhaust outlet facing any heat-sensitive household appliances or furniture, walls with sockets, or heat-sensitive wall materials. Otherwise, they may be deformed or discolored due to heat. Therefore, please keep it away from them.

During installation (continued)

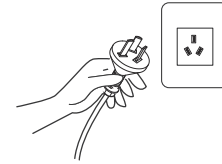
WARNING



Always grounded

Always use the grounding power outlet.

For safety, always connect the power plug to a grounding power outlet. Otherwise, it may cause an electric shock.



1. Inspect the product regularly. If the leakage protector in the door is damaged, do not operate the product until it is repaired by professionals.
2. Do not attempt to disassemble to repair it before a professional dismantles the leakage protector.
3. Observe the situation while using the product with plastic or paper containers. Otherwise, it may cause a fire.

■ In the following cases, it is legally obliged to perform grounding (Class D grounding operations carried out by a qualified electrician):

• Places with high moisture

Kitchens of restaurants, plain floor rooms, concrete floors, brewing storage rooms for sake brewing and soy sauce, etc.

• Places with water vapor (where it is also legally obliged to install a leakage protector)

Places where water splashes may occur like workshops in fresh food stores, and places where water droplets leak or condense in basements like plain floor rooms



Prohibited

Do not use the product in places where there is water, near household appliances from which steam comes out, or near fire sources

Otherwise, it may cause a fire, an electric shock or electric leakage.
(Examples of such household appliances: humidifiers, rice cookers and kettles)

CAUTION



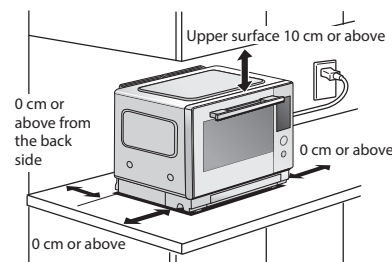
Leave a gap with the wall

Place the product at a certain distance from the wall.

Otherwise, it may cause a fire due to overheating. There is an exhaust outlet on the top of the product near the back.

- When placing the product near heat-sensitive walls, household appliances, furniture or power outlets, please leave a certain gap by referring to the dimensions specified on the right figure. Depending on the wall materials, the wall may be discolored or left with contact traces of the product. In addition, if there is an power outlet close to the exhaust outlet, or if you are concerned about stains, please reserve space of the size shown on the right figure or above to avoid direct contact with the exhaust gas.
- Leave a space of 20 cm or above when installing this product if it has a glass back. Otherwise, it may crack due to temperature fluctuations. (Even if a proper space is reserved, the glass back may still crack due to temperature fluctuations.)

[Embedded Compliance with the Fire Control Law]



Location	Gap (cm)
Upper	10
Left	0
Right	0
Front	Open
Rear	0
Bottom	0

- If you are concerned about stains on the wall caused by exhaust air or vapors, you can increase the gap between the product and the wall, or glue tin foil onto the wall to reduce the stains left by contact with exhaust air or vapors.
- If you often cook grilled fish and other dishes when oily smoke is produced, it is recommended to place the product in a location where the top can be released from the main unit.



Place it on a flat surface

Place the product on a flat surface with sufficient strength.

The product may fall down, thus causing injuries, if it is placed on a table without sufficient strength or on a sloping surface. In addition, condensed water may drop to the floor. If the product has overturned or fallen down due to an earthquake or other events, please contact the dealer for inspection before use. Please consult the dealer for details about how to use a metal fixture to avoid overturning or falling down.

During use

WARNING



Stop use in case of exceptions

Immediately stop using the product if there is an exception or failure.

Otherwise, it may cause a fire, an electric shock or smoke.

[Examples of exceptions or failures]

- The power plug or power cord is abnormally hot.
- An exceptional noise or an odor occurs during use.
- The power does not shut off automatically.
- Sparks or smokes are present.
- The door is visibly loose or deformed.
- You feel an electric shock when touching it.

■ **Disconnect the power plug immediately and contact the dealer for inspection or repair.**



Prohibited

Do not insert or remove the power plug during cooking.

Otherwise, it may cause a fire or an electric shock due to sparks.



Prohibited

Do not allow unskilled people or children to use the product alone. Do not use the product within the reach of children or infants.

In particular, please do not take your eyes off your children during and immediately after heating with tubes. Otherwise, it may cause an electric shock, injuries or scalds.



Prohibited

Do not use the product for any other purposes than cooking.

Overheating or abnormal operation may cause burns, injuries, damages or a fire. Therefore, do not heat such objects as clothes, towels, soup flasks available on market for microwave heating, feeding bottles (sterilization bags), heating pads and bath attemperators.



Prohibited

Do not place articles on the main unit or cover it with cloth, etc.

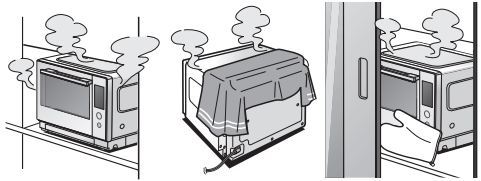
Otherwise, the articles may be overheated and thus deformed, burnt or ignited, causing a fire. Do not place the square tray or any other accessories on the main unit.



Prohibited

Do not block the exhaust outlet or the air inlet.

Otherwise, it may cause a fire.

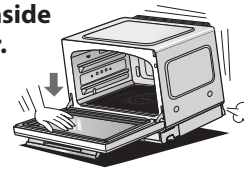


Prohibited

Never hit the door or apply excessive pressure to the door or the inside of the oven, and do not hang objects on the door or sit on the door.

Otherwise, it may cause the door to deform, thus causing injuries due to microwave leakage.

In addition, when hanging or placing objects on the door, it is easy to cause the main unit to tip over or fall down, thus resulting in injuries.



CAUTION



Prohibited

Do not use the product with any objects caught in the door.

Otherwise, it may cause injuries due to microwave leakage.



Prohibited

Do not use the product for any purpose other than household use (e.g. long-term use in stores, or use by various people).

Otherwise, it may cause malfunction, smoke or ignition.



Prohibited

Never hit or impact the square tray, the bottom of the chamber or the door glass with a foreign object.

Otherwise, it may cause damages or injuries. When putting in or taking out containers, bowls, etc., do not bump them onto the chamber bottom or the door glass. If the glass cracks, it may break during use.



Prohibited

Do not open the door if the food catches fire inside the oven.

When the door is opened, the fire may be accelerated as oxygen enters the chamber.

- When the food catches fire, please follow these steps:

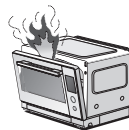
① With the door closed, touch the [取消] (Cancel) button to stop running.

② Disconnect the power plug.

③ Remove any flammable items near the main unit and wait until the fire goes out.

④ Use water or an extinguisher to put out the fire if it does not go out.

- Do not continue to use the product before you ask the dealer to inspect it.



CAUTION

Be careful not to pinch your fingers when opening and closing the door.

Otherwise, it may cause scalds or injuries.

For heating with microwave



WARNING



Prohibited

Do not overheat any food.

- Depending on the portion of food, if it is heated too long, it may cause smoke, ignition, fire or scalds.
- For manual heating, set a moderate time by referring to the time setting reference on pages 52-53 and perform the heating while observing the situation.
 - Please pay special attention especially when heating such foods as small-portion foods, oily foods (e.g. butter bread, fried foods), foods with little moisture (e.g. popcorn), root vegetables (e.g. sweet potatoes, carrots), and foods that are easy to heat (e.g. red bean paste buns).
 - For auto heating, please comply with the requirements in the Instruction manual for the food portion, container, plastic wrap, etc.



Prohibited

Do not use auto cooking for food of less than 100 g.

- Otherwise, it may cause the food to catch fire as the temperature of a too small portion cannot properly detected.
- Please use the manual mode according to the situation.
 - * For "Rapid Defrost" and "Steam Defrost" under Auto Cooking, the weight of the food should be less than 50 g.



Prohibited

Do not use any container with a lid for Microwave heating with the infrared sensor. (Page 24)

- Otherwise, it may cause the food to be overheated or catch fire, or the container to break as the food temperature cannot be detected properly if the container is covered with a lid.
- Please remove the lid before heating.



Transfer the food in a can, bottle, pouch, distilling flask or vacuum bag into a bowl or plate before heating. In addition, remove any desiccant (or oxygen absorber).

Otherwise, it may cause a fire, cracking, damages, injuries or scalds.



For infant foods or care foods, stir them well and check the temperature after heating.

Otherwise, it may cause scalds.



Prohibited

Do not heat the food tightly covered with plastic wrap.





Otherwise, it may cause injuries or scalds since the chamber bottom may crack due to explosion and impact since the internal pressure will rise without any gap.



Prohibited

Do not overheat beverage, high-oil foods, foods with thickeners, etc.

Otherwise, the food or beverage may boil suddenly upon or immediately after removal, which may cause scalds. In addition, placing any powder (e.g. instant coffee powder) into a liquid may cause the liquid to boil suddenly.

- Do not touch the () button to heat beverage. Please touch the () button to heat milk or alcoholic beverage. To heat such liquids as coffee and water, follow the instructions on pages 52-53 to set the applicable time, and heat manually.
- In case of overheating, keep the food or beverage inside the chamber for more than 2 minutes, and do not take it out until it cools down.
- Please use a low-profile and wide-opening container. 
- Please comply with the requirements in the Instruction manual for the food portion, container, placement method, etc.
- Stir the beverage well with a spoon before heating. 


Beverage: liquids such as coffee, milk, soy milk, water and yogurt, and soups like miso soup
High-oil foods: whipped cream, butter, etc.
Thick food: curry, stew, soup containing granules, etc.



Prohibited

Do not heat either raw or boiled eggs (with or without shells) or fried eggs.

Otherwise, it may cause cracking of the chamber bottom due to explosion and impact of the egg, thus resulting in injuries or scalds. In addition, the egg may also explode after removal.

- Crack the egg well before heating.
- Do not reheat boiled eggs (e.g. Oden, Happosai) either. 



Remove lid cut on epidermis

Remove the lid and cork of the high-seal container, and make cuts and cracks on the epidermis of the food with skin or shell (e.g. squid, millet, ginkgo seeds).

Otherwise, it may cause cracking of the chamber bottom due to explosion and impact, thus resulting in injuries or scalds.



CAUTION




Prohibited

Do not heat the oven when it is empty.

Otherwise, sparks may occur, and the main unit and the chamber may be heated abnormally, and the temperature may rise, thus resulting in scalds. In addition, if the temperature inside the oven rises after prolonged heating or heating small portions, it may cause scalds. Therefore, do not touch the inside of the oven right after heating.



Be careful when taking out the container and food and when opening the plastic wrap.

When the plastic wrap is opened while the temperature is high, steam may be ejected instantaneously, which may cause scalds. 

For heating with microwave (continued)

 **CAUTION**


Prohibited

Do not use containers or bags finished with metal, such as square trays, deep trays, gridirons, steam rack, foil, metal containers, metal skewers, metal ropes, aluminum tapes and aluminum products.

Otherwise, sparks may occur, or the chamber bottom or the door glass may break, thus resulting in injuries.

For heating with tubes and steam

 **CAUTION**


No touch

Do not either touch high-temperature parts (such as the inside of the oven, the door, the main unit, the exhaust outlet and the water tank) or take out the square tray, deep tray, gridiron, steam rack, etc. directly during and right after cooking.

Otherwise, it may cause scalds due to the high temperature.

- Empty the drain tray after the water cools down.
- Do not put the square tray which is taken out after cooking in places that are not heat-resistant.

Otherwise, it may cause deformation or discoloration.



Please wear commercially available oven mittens when taking out or putting in the food, or removing accessories.

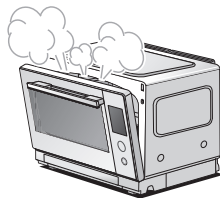
Otherwise, it may cause injuries or scalds. Also, do not use torn or wet oven mittens.



Prohibited

Do not place your face close to the door during and right after cooking.

Otherwise, it may cause scalds. Be careful with the heat and steam during and right after cooking. Be careful when taking out the food since high-temperature steam may come out when the door is opened.



Change the water in the water tank before each use. Empty the drain tray after each use.

Otherwise, it may cause propagation of mold and bacteria.

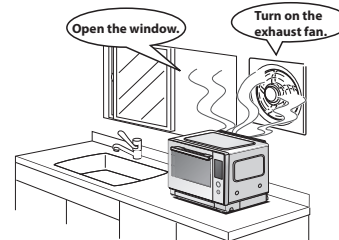
- Always add fresh water before cooking. Please drain the water tank in time after cooking.
- Empty the drain tray after it cools down and rinse it clean with water.



Move small animals

When heating with tubes, transfer birds or other small animals that are susceptible to smoke and odor to another room, and open windows or turn on the exhaust fan if any.

Especially at the beginning of heating the empty oven or deodorizing, smoke and odor may come out when the oil inside the oven is burned out.



Prohibited

Do not use a damaged water tank.

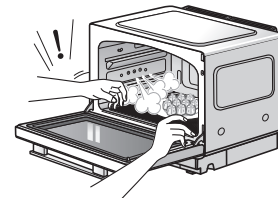
Otherwise, it may cause injuries. Do not use it if cracks or chips occur. Please contact the dealer.



Watch out for steam

Watch out for the remaining steam during and right after steam cooking.

It may cause scalds if you put your hand in the chamber right after opening the door. Please note that steam may keep coming out for a while if the door is opened during cooking.



Prohibited

Keep your hands away from the steam outlet located on the left side in the chamber during and right after steam cooking.

Otherwise, it may cause scalds.



No wetting

Do not splash water on the door, inside the oven, square tray, etc., or cool them down rapidly during and after cooking.

Otherwise, it may cause deformation or injuries due to cracking. In addition, ejected steam or hot spray may cause scalds.

Self Cleaning

WARNING



Please remove the power plug and wait until the main unit cools down before cleaning the main unit.

Unplug and cool down

Otherwise, it may cause an electric shock, injuries or scalds.



Prohibited

Do not use the product while there is any oil, food residues or moisture attached in the chamber or on the door.

Otherwise, it may cause sparks, smoke, fire or damages to the chamber if microwaves are concentrated on dirty areas. In addition, it may cause rust.

• When the above substances are present, wipe them each time after the main unit has cooled down.

To ensure long-term use

Do not leave oil, food residues or water droplets attached inside the oven. Be sure to wipe the chamber clean and leave the door open to dry after the chamber has cooled down upon each cooking.

In order to improve cooking efficiency, we have strengthened the sealing of the chamber. Therefore, even when steam is not used, the steam generated by the food may form water droplets which may stick in the chamber.

(Dirt and moisture may cause mildew.) → Page 54

Notes

Keep the product at least 4 m away from TVs, radios, antennas, etc.

Otherwise, it may cause distortion of images and sounds.

Keep away from heat and steam.

Otherwise, it may cause malfunction if the main unit or operating part is exposed to steam generated by a rice cooker, kettle, etc. Use the product in a location where there is no steam.

Be careful when moving the main unit.

Be sure to move the product by holding the lower left and lower right sides.

It is recommended that two people lift either side to move the main unit since it is pretty heavy.

In addition, when placing the product at the installation site, take care not to damage the mounting surface by sharp corners at the bottom of the main unit, etc.

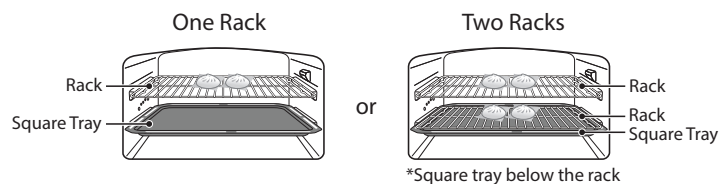
How to use the steam rack (For the Superheated Steam Oven ER-VD7000HK Only)

① **Put food on the steam rack.**

*Maximum Load 3 Kg



② **Place the steam rack and square tray inside the cavity by following the illustration below.**



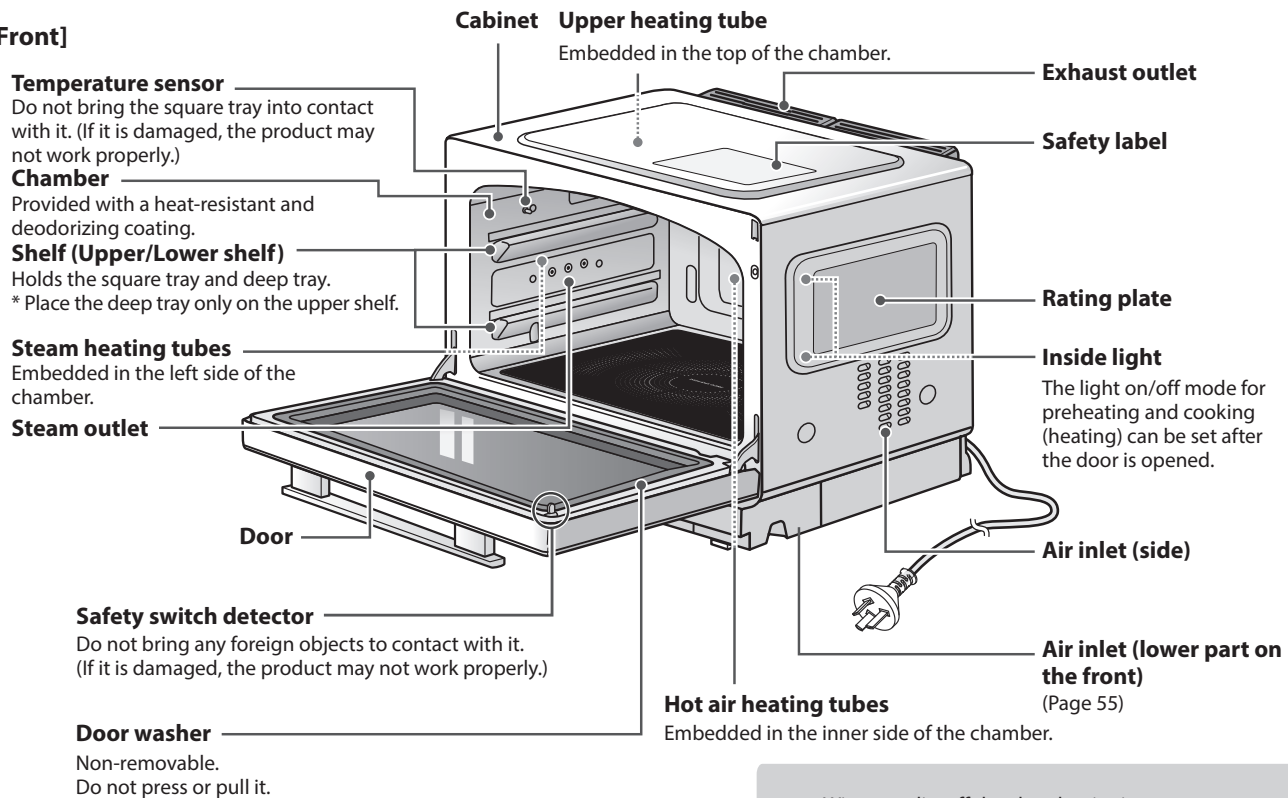
The square tray can collect the juice from cooking food.

*Do not remove the steam rack with food or containers. It may cause food or container to drop or cause damages to the product.

Parts identification

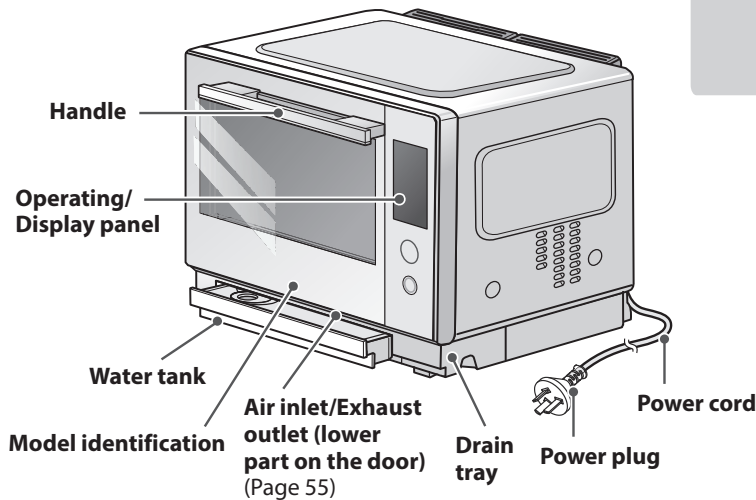
Main unit

[Front]



- Wipe any dirt off the chamber in time.
- Water may remain in the chamber due to sealing. Wipe it clean once the chamber cools down. (Refer to "To prevent rust and ensure long-term use" on Page 54.)

[Front]



Accessories

Never use the accessories in any other devices than this microwave oven or for any other purposes.

Square tray (metal) x 2

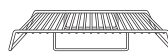


- Used for convection, grilling, steaming, low-temperature steaming, fermenting, etc.
- * Do not use them for microwave heating. Otherwise, it may cause sparks.
- [For first fermentation of Quick Bread]
- * Do not cool them down quickly after use. Otherwise, it may cause damages or deformation.
- * The square tray is not flat-bottomed in order to avoid deformation due to heat.
- * A severe impact on the chamber or rubbing may cause coating deterioration.

Deep tray x 1 (metal and enamel)



Gridiron x 1



- Used on the square tray for convection, grilling, steaming, low temperature steaming, deep frying (加熱 (Reheat) 蔬菜 (Dishes)), etc.
- * Do not use it for microwave heating. Otherwise, it may cause sparks.

Steam rack x 2



- Used for the pure steam mode.
- * Do not use the steam rack in other modes including Microwave, Superheated Steam, Hybrid, Convection and Grill.

Parts identification (continued)

Water tank

This is a container which supplies water for steam. When not in use, it is placed on the main unit. Add water until it exceeds the half water level for “蒸氣發酵” (Steam Fermentation), “過熱水蒸氣烤焗” (Superheated Steam), “混合烹調” (Hybrid) of manual cooking; however, add water until full for other steaming modes of manual cooking. (For auto cooking, add water to the level as shown in the supplied Cookbook.) The actual amount of water required may differ with the specific program and menu. For Steam Fermentation and short-time Steam cooking, you may only need to reduce a small amount of water.

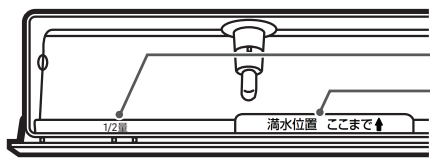
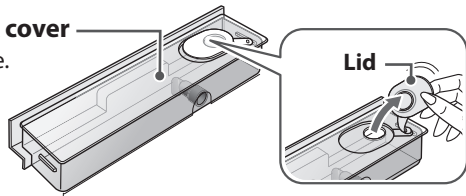
Preparations for adding water (How to add water)

When cooking with steam, open the lid, fill the water tank with tap water to the water level required by the specific program and menu.

- To reinstall the cover washer, make sure that the inner side and outer side are correctly differentiated.

Water tank cover

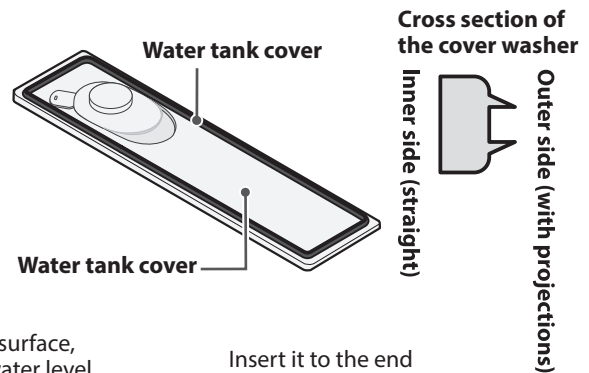
- Removable.



Half water level

Full water level (Approx. 550 ml)

When the water covers this surface, the water exceeds the full water level.

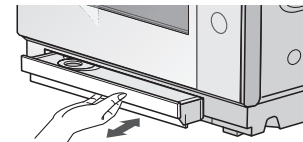


Insert it to the end

How to install/remove

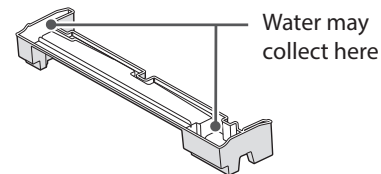
Be careful not to pinch your fingers when installing it.

- Make sure the lid and water tank cover are securely closed.
- When it is tilted, water may overflow. Therefore, always keep it level.



Drain tray

This is a container which collects food residues, water droplets, steamed water, etc. It also collects the moisture evaporated from the food when the oven is heated. It is also placed on the main unit when steam is not used. Please execute self-cleaning carefully. (Refer to Page 55.)



How to install/remove

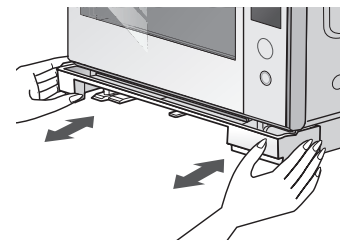
Be careful not to pinch your fingers when installing it.

Before reheating

- Check if there is accumulated water.
- Insert it securely into the main unit to avoid water leakage.

After cooking

- When removing it, be aware that there may be accumulated water.
- Remember to pour out the accumulated water after each use.



Notes

Please observe the following items when using Steam.

- When it is used for the first time or it has not been used for a long time, please execute “Self Cleaning”. (Page 56)
- Please use tap water and change new water for each use. (Do not put in anything other than water to avoid malfunctioning.)
 - * Do not use alkaline ionized water, well water, etc.
 - * When using mineral water, please use mineral water with low hardness (100 or less). (When the hardness is high, white powder may be sprayed, and the steam outlet may be blocked in the long run.)
- Fill the water tank to the water level required by the specific program and menu, and insert it together with the drain tray securely into the main unit. (If the water is insufficient or the water tank is not fully inserted, you may not be able to cook smoothly. See the right column on Page 64 for details about 加水 (Water Refill).)
- Do not use the product under a temperature below 5 °C. (If water freezes, steam may not come out.)

Execute self cleaning when using Steam.

- Refer to Page 57 for the self-cleaning method. (If the accumulated water is not cleaned up in time, it may cause mildew, bacteria multiplication and moisture, thus resulting in rust.)

Operating panel

Touch screen display (Display screen)

Touch the corresponding buttons displayed on the screen to execute your desired action.

- The screen displays operating buttons, menus, heating time, target temperature, etc.
- Touch screen → Pages 12-15

■ Precautions for using the touch screen

- There is no reaction if you touch it with fingernails. Please touch it with your fingertips.
- Do not use any sharp objects such as chopsticks to touch the screen. Otherwise, the screen may be damaged.
- Do not apply too much pressure on the touch screen. Otherwise, the screen may be damaged.
- Do not leave any water droplets or dirt on the touch screen. Otherwise, it may not respond. Use a soft cloth to wipe any water droplets or dirt off the touch screen.

■ Startup guide

A startup guide will be displayed upon the first power-on (once you open the door) after you purchased this product.

- Select “開始” (Start) to refer to the use method in order.
- If you do not need to refer to it, select “跳過” (Skip), and then touch your desired item or press “取消” (Cancel) to return to the initial screen.



(Initial screen)



Indicates that the number can be increased or decreased.

“取消” (Cancel) button

Touch this button to stop cooking or cancel an operation or setting (and to return to the initial screen).

- To check the cooking effect during cooking, you can open the door without touching the [取消] (Cancel) button. (Close the door and touch the [開始] (Start) button to resume the cooking). However, if you open the door while you are cooking with one of the following menus, touch the [取消] (Cancel) button to check the situation and switch to manual cooking.

Heating (“加熱” (Reheat) button)

米飯 (Rice)	餸菜 (Dishes)	麵包 (Bread)
飲品 (Beverage)	蔬菜 (Vegetables)	解凍 (Defrost)
定溫加熱 (Desired Temp)	蒸氣微波 (Steam Microwave)	

When the door is opened and closed, cooking does not restart, and when it remains as it is for a while, cooking will automatically stop.



“加熱” (Reheat)/“開始” (Start) button

- While the initial screen is display, this button switches to “加熱” (Reheat). (Page 26)
- After confirming the selected menu, temperature and time, touch this button to start heating.

Energy-saving features

Auto power off

This feature automatically turns the power off when the product is not in use.

- If no operation is done within one minute while the initial screen of  *  is displayed, the touch screen will dim to save energy.
- * When the time is not set for Microwave 600W/500W/200W/100W/1000W or Steam Microwave
- If no operation is done within two minutes, the power will shut off automatically and the display on the touch screen will disappear.
- However, the power will not shut off while “注意高溫” (CAUTION: High Temperature!) and “冷卻中” (Cooling) is displayed.

The power is turned on once the door is opened.

The initial screen appears on the display. (The power is not turned on when only the power plug is inserted.)

Touch screen display

When heating and cooking, use both top options of screen (**加熱 (Reheat)** that is used frequently and **烹調 (Cook)** of manual cooking and auto menus).

加熱 (Reheat) (Initial screen) Choose between auto rice heating and manual microwave heating (manual heating).

After the power is turned on once the door is opened, the initial screen of **加熱 (Reheat)** is displayed.

Auto heating

For auto heating and when defrosting meat & fish

- 米飯 (Rice)** → Pages 27-29
- 餛飩 (Dishes)** → Pages 27-30
- 麵包 (Bread)** → Pages 36 and 37
- 飲品 (Beverage)** → Page 31
- 蔬菜 (Vegetables)** → Pages 32 and 33
- 解凍 (Defrost)** → Pages 34 and 35



Microwave output button

微波 600W

Touch this button when heating by selecting any other manual microwave heating options than "微波 600W" (Microwave 600W).
→ Pages 40, 42 and 48

"微波 600W" (Microwave 600W) (Manual heating)

When the time is set, you can use the manual microwave 600W.
→ Page 40

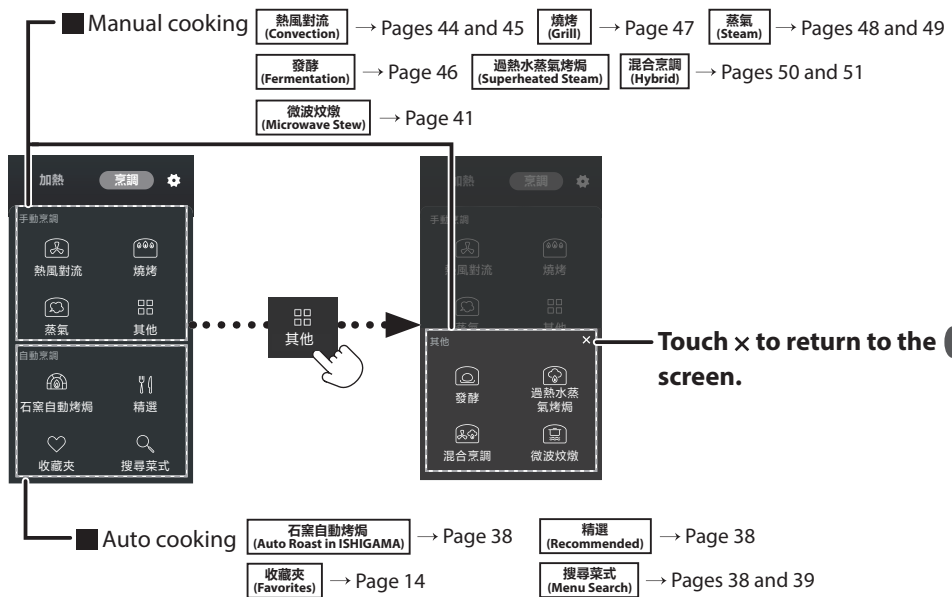


烹調 (Cook) Choose Convection, etc. under Manual Cooking, or select Auto Cooking under Menu Search.

Touch **烹調 (Cook)**



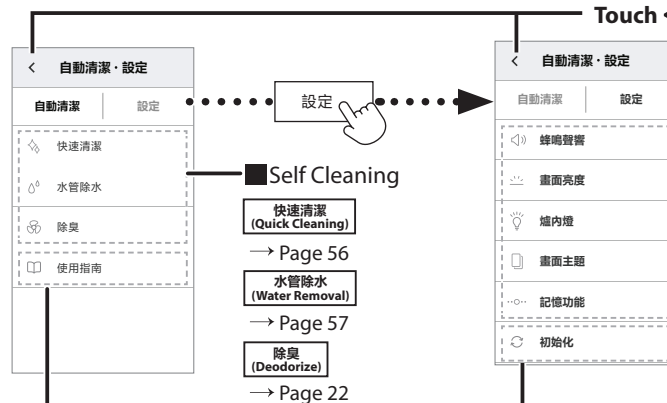
You can swipe left and right* to switch between screens.



Touch **x** to return to the **烹調 (Cook)** screen.

Self Cleaning · Settings Perform quick cleaning and deodorizing, and change settings.

Touch **設定 (Settings)**



Touch **<** to return to the **加熱 (Reheat)** screen.

Turn the buzzer on/off, set the brightness, etc.
→ Pages 16 and 17

Please refer to the "List of Function Identifiers" that describes function identifiers displayed on the menu screen and the "Startup Guide" that describes basic operation methods.

Restore all the memorized settings to the default settings.
→ Page 17

Swipe up* to show the "初始化" (Initialize) button if it is not visible on the current screen.

Menu screens for automatic heating and automatic cooking (Start screen)

You can select automatic cooking menus and automatic heating menus of 精選 (Recommended) from the following screens. (See Pages 26-39 for menu selection steps.)

Menu screen for Menu Search of 加熱 (Reheat)

Touch < to return to the previous screen.

Menu switching button

Select your desired effect. → Page 13

Once the displayed heating method is selected, ✓ is displayed in the checkbox.

Touch **i** to show “加熱技巧” (Tips for Heating) or “使用技巧” (Tips for Use). → Page 14

Menu screen for Menu Search of 加熱 (Reheat)

Touch < to return to the previous screen.

Menu name in Menu Search

Menu No. in Menu Search

Cooking process and estimated time

Select your desired servings. (Only for menus with selectable servings)

Select your desired effect. → Page 13

Show “食材・製作方法” (Ingredients • How to cook). → Page 14

If the “請按開始鍵” (Touch Start.) screen appears, touch the “開始” (Start) button to start cooking (heating).

Touch
Start cooking (heating).

● Function identifiers (displayed at positions ①, ② and ③ on the above menu screen (Start screen))

① Indicates the heating method. ② Indicates a prompt of water refill.

: Microwave

: Heating tubes

: Steam

: Microwave & Steam

: Microwave & Heating tubes

: Heating tubes & Steam

: 加水 : Displayed when a menu using steam is used → Preparations for adding water (Page 10)

③ Indicates accessories to be used.

Displays the accessories placed upon startup and the position of the square tray or deep tray. (If it is not displayed, it indicates that no accessories are placed in.)

: 上層 : Square tray, upper shelf

: 下層 : Square tray, lower shelf

: 上層 : Square tray, gridiron, upper shelf

: 下層 : Square tray, gridiron, lower shelf

: 上層 : Deep tray, upper shelf

: 上下層 : Deep tray, upper shelf/ Square tray, lower shelf

: 上下層 : Square trays, upper and lower shelves

: 請勿使用金屬 : Do not use metal objects. (Including when heating with microwave)

• The identifiers ① - ③ are displayed for manual heating and manual cooking.

• The list of function identifiers can be checked also from ▶ 使用指南 (How to use) ▶ 功能標記一覽 (List of Function Identifiers).

Finishing

You can adjust the finishing effect as you wish from automatic cooking menus and automatic heating menus of 精選 (Recommended). 溫熱 (WARM) or 熱 (HOT), 大火 (HIGH) or 細火 (LOW) can be set to 1 or 2. Touch the number corresponding to your desired effect.

When “熱 1” (HOT 1) is selected

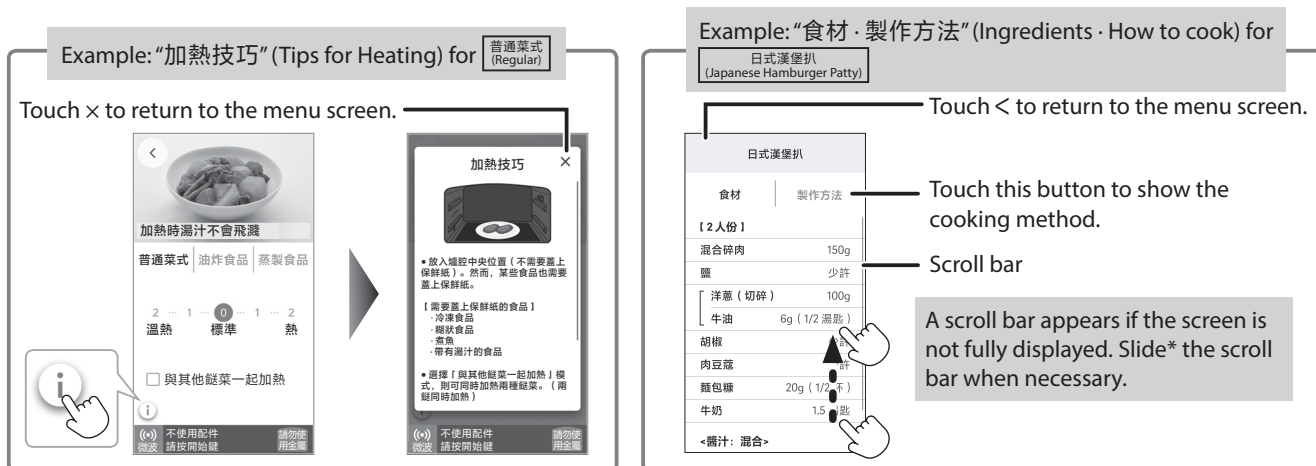
When “大火 1” (HIGH 1) is selected

* Slide — Refers to the action of touching the screen with your fingertips and moving your fingers as if dragging the screen. It is used to view parts of the screen that are not fully displayed, or to set the time and temperature.

Touch screen display (continued)

■ “加熱技巧” (Tips for Heating), “使用技巧” (Tips for Use) and “食材·製作方法” (Ingredients · How to cook)

You can view “加熱技巧” (Tips for Heating) from 定溫加熱 (Desired Temp) under Manual Microwave, check “使用技巧” (Tips for Use) from 石窯自動烤焗 (Auto Roast in ISHIGAMA) under Manual Cooking, and confirm “食材·製作方法” (Ingredients · How to cook) from 精選 (Recommended).



■ 收藏夾 (Favorites)

You can select a menu from 收藏夾 (Favorites) before cooking if you have added your frequently used automatic cooking menus to it.

- Up to 30 menus can be added. If the number of menus added exceeds 30, the message “收藏夾已滿 請刪除部分已加入的菜式” (Favorites are full. Delete some of added menus) is displayed. Then delete some menus from 收藏夾 (Favorites) before adding a new one.

● Add a menu to Favorites

烹調 (Cook) Add menus to Favorites from 收藏夾 (Favorites), 搜尋菜式 (Menu Search) or the menu list screen of (目錄 (Contents) · 食材 (Ingredients) · 麵包 (Pastry)).
(See Pages 38-39 for instructions how to display the menu list screen.)

Touch ♡ (a hollow white heart) at the upper right corner on the screen of the menu to be added to Favorites, and then touch 是 (Yes) to confirm the addition.

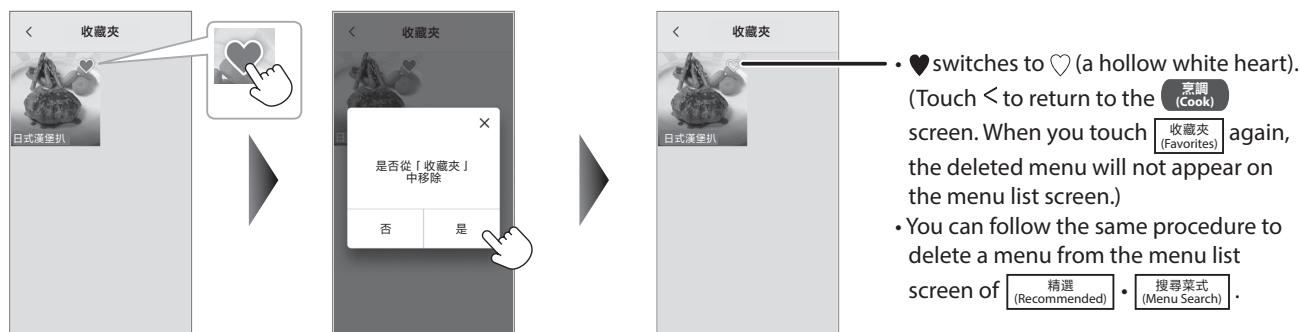


● Select an added menu from Favorites to cook.

Select 收藏夾 (Favorites) from 烹調 (Cook), and then select your desired menu from the added menu list screen that appears.

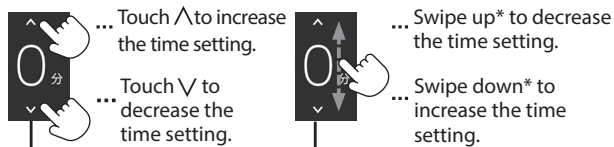
● Delete a menu from Favorites

Touch ♥ at the upper right corner on the screen of the menu to be deleted from the menu list screen of 收藏夾 (Favorites), and then touch 是 (Yes) to confirm the deletion.



How to set the time and temperature (For Manual Heating and Manual Cooking)

Time setting — Touch ^/∨ or swipe up/down* to change the digit.



- To reset the time, touch **清除 (Clear)**.
 - The time setting cycles within the range of the maximum set time of each menu.
- Example: When the second for Microwave 1000W (while the maximum set time is 5 minutes) is "00"
- Setting in minutes: 0 ↔ 1 ↔ 2 ↔ 3 ↔ 4 ↔ 5分

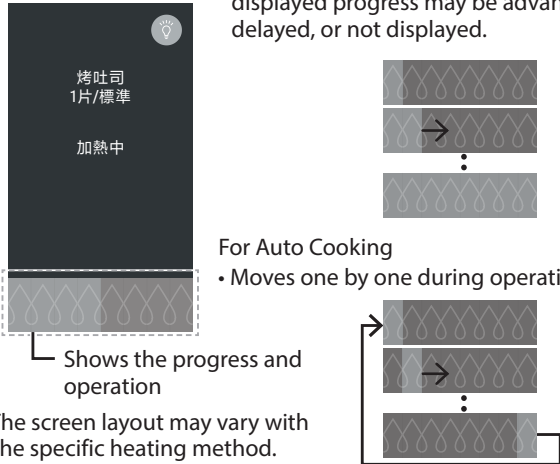
Temperature setting — Swipe up/down* to change the digit.



Messages about the progress and operation

Shows the cooking (heating) progress by a bar.

- For Auto Heating, Manual Cooking, etc.
- Sends messages of progress.
- Depending on the situation, the displayed progress may be advanced, delayed, or not displayed.

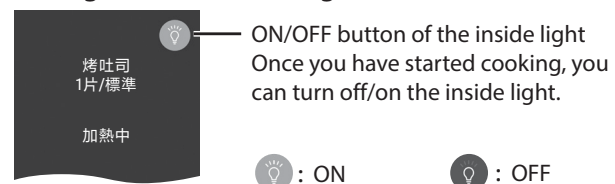


- The screen layout may vary with the specific heating method.

* Slide — Refers to the action of touching the screen with your fingertips and moving your fingers as if dragging the screen. It is used to view parts of the screen that are not fully displayed, or to set the time and temperature.

Operations during and after heating or cooking

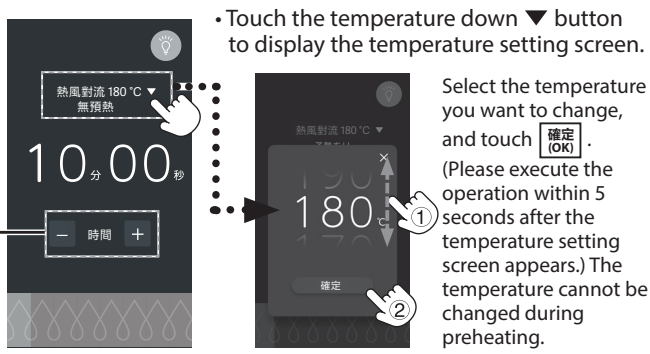
Turning on/off the inside light



Changing the cooking time and setting the temperature during heating

For Manual Heating and Manual Cooking
You can change the cooking time and set the temperature during heating.

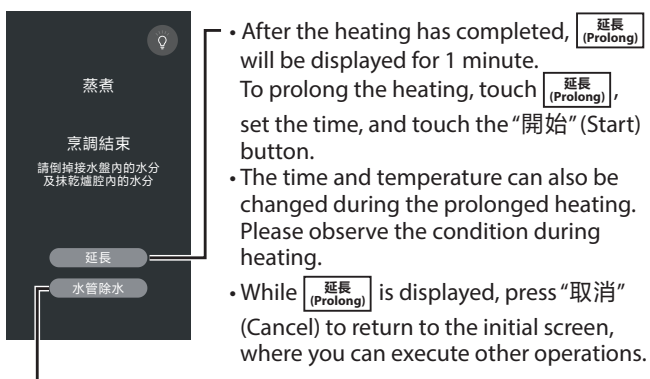
To change the cooking temperature (For Convection, Low Temp Steam, Fermentation, Steam Fermentation, Superheated Steam, and Hybrid)



To change the cooking time (except Desired Temp)

- Touch **[-]/[+]** to increase/decrease the time setting.
- Time setting range: The range of time settings for each heating method, including the cooking time.
- The time setting can be changed in increments of 1 minute or 10 seconds. (It may vary with the heating method and the remaining time.)

Prolonging the heating Used to continue heating after the set time has elapsed.



Draining water from the pipe

It is displayed after steam heating has completed. Touch **水管除水 (Water Removal)** to drain water from the pipe.

→ Page 57

After steam heating has completed, once the main unit has cooled down, wipe off the moisture and dirt remaining in the chamber and then air-dry it to avoid rust.

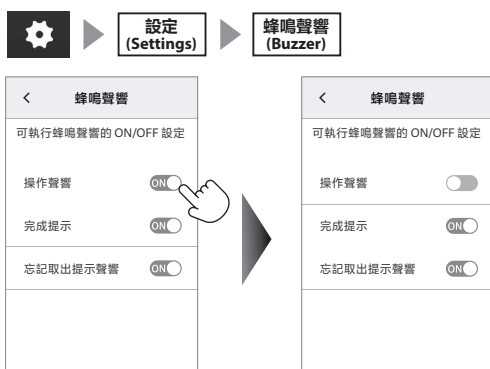
→ "To prevent rust and ensure long-term use" on Page 54

Changing settings

You can turn ON/OFF the buzzer, adjust the screen brightness, etc.

How to mute and restart the buzzer

You can mute or sound the operating sound and ending sound.



- The default settings are all **ON**.
- Touch **ON** of the buzzer you want to mute, and the buzzer will not sound any more.
- Touch **OFF** to restart the buzzer, and the button will switch to **ON**.

*** When the ending sound is turned off, the buzzer will not sound any more when preheating has completed or during operation.**

Buzzer

Turning “操作聲響” (Operating Sound) ON/OFF

- This is the operating sound when the button is touched. (Beep~)

Turning “完成提示” (Ending Sound) ON/OFF

- This is the sound when the cooking has ended. (Beep~Beep~Beep)
- This is the sound indicating the end of preheating and operations while the oven is working. (Beep~Beep~Beep~Beep~Beep~)
- Within 20 minutes after the end of preheating (or 10 minutes at 260-350 °C) (Beep~Beep~Beep: End of heating)

Turning “忘記取出提示聲響” (Prompt Tone for Forgetting to Take Out) ON/OFF

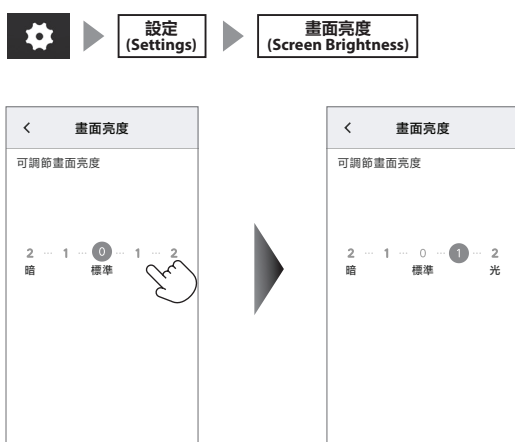
- This is the prompt tone when you forget to take out the food after heating has completed. (After 1-3 minutes → Beep Beep~Beep Beep; after 5 minutes → Beep Beep~Beep Beep~Beep~)
- * The buzzer will also sound when the door is not opened after **快速清潔 (Quick Cleaning)** or **水管除水 (Water Removal)** has completed.
- This is the prompt tone when you forget to execute the required operation of a certain menu during **烤吐司 (Toast)**. (The buzzer sounds up to 5 times at an interval of 1 minute → Beep Beep~Beep Beep)

Buzzers that cannot be muted

- The prompt tone when you touch the “加熱” (Reheat) button in the following cases: (It beeps for 5 times: The heating does not start.)
 - One minute or above has elapsed after the door is opened and closed.
 - The door is not opened and closed after the preheating is completed.
 - The door is not opened and closed after the buzzer sounds notifying that the food shall be flipped over during auto cooking.
- * Touch the “加熱” (Reheat) button each time you open and close the door.
- The prompt tone for adding water
 - When the cooking is paused (It beeps for 7 times.)
 - When the cooking is not paused (It beeps for 3 times at an interval of one minute.)
- The prompt tone when heating stops because the door is not firmly closed (It beeps for 5 times.)
- The prompt tone in case of abnormality (It beeps for 6 times)

Setting the screen brightness

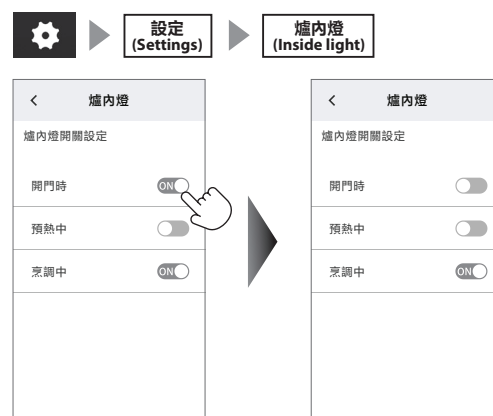
The touch screen brightness is adjustable.



- The default setting is “标准” (Standard).
- Touch the number corresponding to your desired brightness.

Inside light ON/OFF

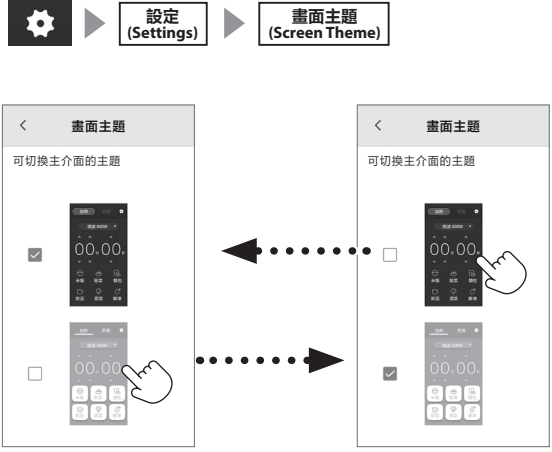
The inside light can be set to turn on/off during preheating and cooking (heating) after the door is opened.



- By default, **OFF** is displayed only during preheating.
- To restore the off state to the on state, touch **OFF** to switch to **ON**.

Setting the screen theme

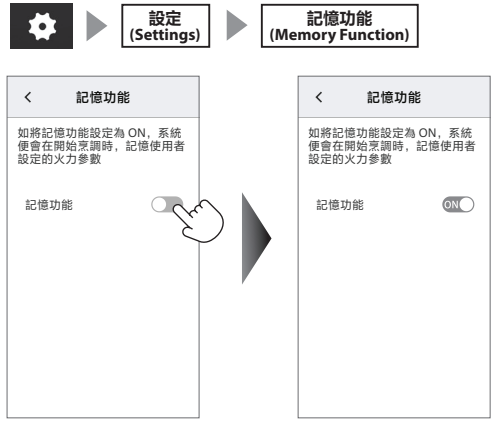
You can switch the settings of theme screen.



- The default setting is black.
- Tick (✓) the checkbox of the selected screen layout.
 →

Setting the memory function

When the memory function is set to ON, the heat level parameters will be remembered when cooking.

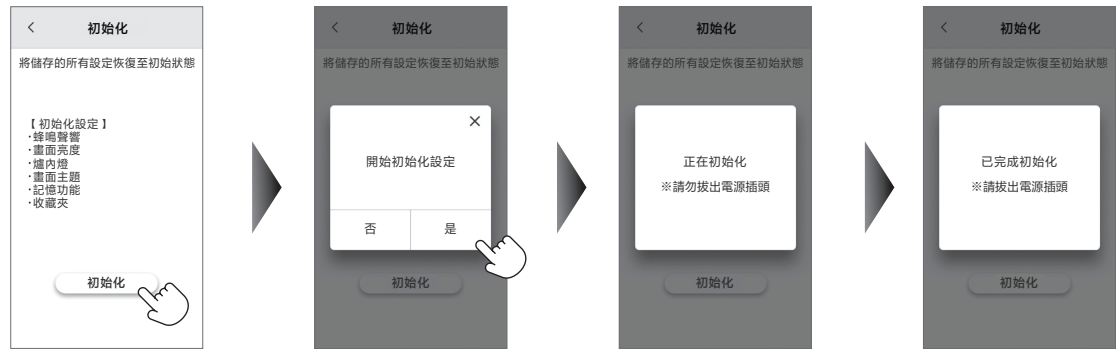


- The default setting is .
- To enable the memory function, touch to switch to .
- To disable the memory function, touch to restore to .
- Once is restored, the memorized settings will be all deleted and the default settings are restored.

Initializing settings









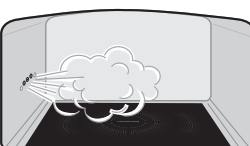




Restore all the memorized settings to the default settings.

- [Initialize settings]
- Buzzer, Screen Brightness, Inside Light ON/OFF, Screen Theme, Memory Function
 - Favorites, startup guide that appears upon startup
- Disconnect the power plug after initialization.






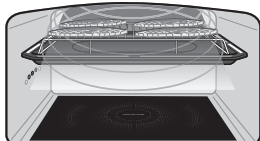







If the power plug is disconnected at this time, the initialization may not be successful. Therefore, do not remove the power plug.

Types and mechanism of heating

Heating/Cooking type		Heating mechanism	Cooking points	Usable accessories Unusable accessories
Microwave heating	Microwave	<p>Heating with microwave</p> <ul style="list-style-type: none"> When microwave irradiates food, the water molecules of the food move against each other, thus generating heat. In this way, both the inside and outside of the food can be heated at the same time. <p>■ Nature of microwave</p> <ul style="list-style-type: none">  Can be absorbed by food and moisture  Can penetrate pottery, porcelain, etc.  Metal containers and aluminum vacuum-sealed bags cannot be heated since they reflect microwaves.  They reflect microwaves. 	<ul style="list-style-type: none"> The heating time is directly proportional to the portion size of the food. If the portion is doubled, please increase the heating time by twice or slightly less than twice. Observe the condition during heating since the moisture of the food is also lost in a short period of time and hence it is easy to dry out and harden. Place the food directly in the center of the chamber. 	<p>Accessories cannot be used.</p> <p>Otherwise, it may cause a fire due to sparks.</p> <div style="text-align: center;">  Square tray </div> <div style="text-align: center;">  Deep tray </div> <div style="text-align: center;">  Gridiron </div> <div style="text-align: center;">  Steam rack </div>
	Desired Temp	<p>Heating the food to the desired temperature.</p> <ul style="list-style-type: none"> The final temperature of the food is detected by the infrared sensor. 	<ul style="list-style-type: none"> Select the cooking effect within the temperature range of -10 °C – 90 °C. Do the same when heating baby food, softening butter, etc. Refer to Page 43 for how to set the temperature for your desired cooking effect. There is no need to set the time since the food will be heated until the temperature for the desired cooking effect is reached. 	
	Steam Microwave	Heating with microwave and steam		
Steam heating	Steam Low Temp Steam	<p>Heating with steam (without microwave)</p>	<ul style="list-style-type: none"> Used for Steamed Egg, etc. <div style="text-align: center;">  </div>	<div style="text-align: center;">  Square tray </div> <div style="text-align: center;">  Deep tray </div> <div style="text-align: center;">  Gridiron </div> <div style="text-align: center;">  Steam rack </div>

Read the safety precautions "For heating with microwave" and "For heating with tubes and steam" (Pages 6-7).

Heating/Cooking type	Heating mechanism	Cooking points	Usable accessories Unusable accessories
Heating with tubes	<p>Heating the food in a wrap-around way by using heating tubes and fans to blow hot air and superheated steam into all corners.</p>  <p>Convection...</p> <ul style="list-style-type: none"> ● Efficient convection of the food with powerful hot air in a wrap-around way. <p>Superheated Steam...</p> <ul style="list-style-type: none"> ● Heating steam to higher than 100 °C to form a colorless transparent gas, and then heating the food more quickly. <p>Hybrid...</p> <ul style="list-style-type: none"> ● Heating with superheated steam and high-heat tubes at the same time. 	<ul style="list-style-type: none"> ● Some food swell after cooking. Please leave reasonable gaps. ● Please observe the condition of food during heating. If the temperature inside the chamber is too high due to continuous heating, shorten the cooking time and observe the condition during heating. ● Do not open and close the door frequently. Otherwise, the temperature inside the chamber may drop during heating. ● Flip the food over midway through heating to prevent uneven heating, or wrap the darker part with tin foil. ● Take out the food immediately after cooking to prevent overcooking. <p>Depending on the temperature inside the chamber, steam may not be visible sometimes.</p>	 <p>Square tray</p>  <p>Deep tray</p>  <p>Gridiron</p>  <p>Steam rack</p> <p>Please refer to the supplied Cookbook for a combined use of them.</p>
	<p>Coloring the food surface with powerful heat of the upper heating tube</p> 	<ul style="list-style-type: none"> ● For even coloring, flip the food over midway through heating. ● Take out the food immediately after cooking to prevent overcooking. 	 <p>Square tray</p>  <p>Gridiron</p>
	<p>Heating the food with heating tubes and fans while controlling the temperature</p> <p>Steam Fermentation...</p> <ul style="list-style-type: none"> ● Controlling the desired temperature with steam. 	<ul style="list-style-type: none"> ● Applicable to dough fermentation, etc. ● Since the dough does not solidify, it is recommended to wrap it with plastic wrap and a wet towel or spray water over it. 	 <p>Square tray</p>  <p>Deep tray</p>  <p>Gridiron</p>

Usable/Unusable containers

Notes For information on how to use containers not mentioned here, please contact your dealer or the container manufacturer.

Heating types

微波
(Microwave)

蒸氣微波
(Steam Microwave)

解凍
(Defrost)

熱風對流
(Convection)

過熱水蒸氣烤焗
(Superheated Steam)

混合烹調
(Hybrid)

燒烤
(Grill)

蒸氣
(Steam)

低溫蒸煮
(Low Temp Steam)

發酵
(Fermentation)

蒸氣發酵
(Steam Fermentation)

Usable containers



Pottery, porcelain, etc.



- However, the following containers cannot be used:
 - Containers made of gold or silver (Sparks may splash.)
 - Containers with painting (Painting may drop out.)
- Be careful to avoid burning because the container may be hot due to microwave.



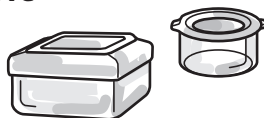
Heat-resistant glass



- However, if it is heated and cooled rapidly, it may crack.



Plastic containers resistant to 140 °C or above



- However, the following items cannot be used:
 - Foods with high oil, sugar, or salt, or with ketchup (High temperature may be caused.)
 - Highly sealed lids, or heat-resistant lids
 - Containers without the logo [Microwave-safe]
 - Containers and bags with surfaces machined with aluminum or any other metals
 - Microwave egg boilers commercially available
- For [自動加熱] (Auto Heating) (Microwave heating with the infrared sensor (Page 24)), containers with lids cannot be used. Be sure to remove the lid.



Plastic wrap resistant to 140 °C or above



- However, dishes with high oil and sugar tend to get hot, so they cannot be used.
- Polyethylene plastic wrap cannot be used as it may melt and burn.



Heat-resistant glass



- However, if it is heated and cooled rapidly, it may crack.
- For high-temperature cooking, use glass containers that are resistant to rapid heating and cooling.



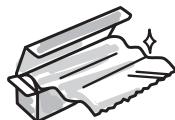
Aluminum, enamel or other metal containers, meshes, rods, etc.



- However, the resin handle cannot be used as it is easy to melt.
- Some menus cannot be used.



Tin foil



- You can line the square tray with tin foil or adjust the degree of browning.
- Some menus cannot be used.



Silicone containers




- Set the oven temperature below the "Tolerable temperature of the container - 30 °C". Do not place the silicon container close to the inner side of the chamber. (Temperature setting example: When the tolerable temperature is 200 °C, set the oven temperature to 170 °C or below.)
- The temperature near the outlet of the hot air heating tube (inside the chamber) is higher than the set temperature. When placed close to the inner side of the chamber, the silicon container may be deformed.

Not applicable to Superheated Steam, Hybrid and Grill.

Do not mix “微波” (Microwave) up with “熱風對流” (Convection) / “燒烤” (Grill). Otherwise, the food and container may smoke and catch a fire. Please confirm the heating type before cooking (Pages 18 and 19).


Unusable containers

✗ Aluminum, enamel or other metal containers, meshes, rods, etc.




- In particular, use of metal meshes and metal rods may cause sparks.

✗ Tin foil



- However, some containers can be used for microwave heating (e.g. warming alcohol, defrosting). Please observe the instructions on use in this manual. Warming alcohol: Page 31. Defrosting: Page 34.

✗ Plastic containers and plastic wrap resistant to 140 °C or below



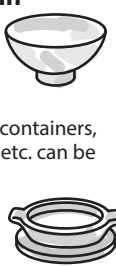
- They may be deformed or crack due to melting.
- Do not use plastic containers made of polyethylene, styrene, phenol, melamine, urea resin, etc.
- However, Styrofoam trays can be used for defrosting.

✗ Plastic containers and plastic wrap*1



- They may be deformed or crack due to melting.

✗ Pottery and porcelain containers*1



- However, heat-resistant pottery containers, porcelain pots, macaroni plates, etc. can be used.


*1: Can be used for [蒸氣] (Steam), [低溫蒸煮] (Low Temp Steam), [發酵] (Fermentation) and [蒸氣發酵] (Steam Fermentation). Please use a heat-resistant container.

✗ Glass that is not heat resistant



- Do not use carved glass or tempered glass.
- Do not use glass containers with large thickness or shape differences.

✗ Lacquerware



- The lacquer may peel off or crack.

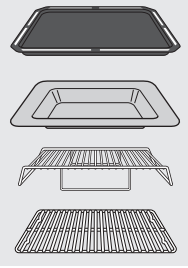
✗ Wooden, bamboo or paper products



- Sparks or burning may be caused.
- However, heat-resistant paper, baking paper, cake paper, and cake-purpose sulfuric acid paper can be used according to the heat-resistant temperature specified on the package.

Accessories


Square tray, deep tray, gridiron, steam rack



✗ Unusable

- Otherwise, sparks may be caused.

Square tray, deep tray*2, gridiron



○ Usable

*2: Place the deep tray only on the upper shelf.

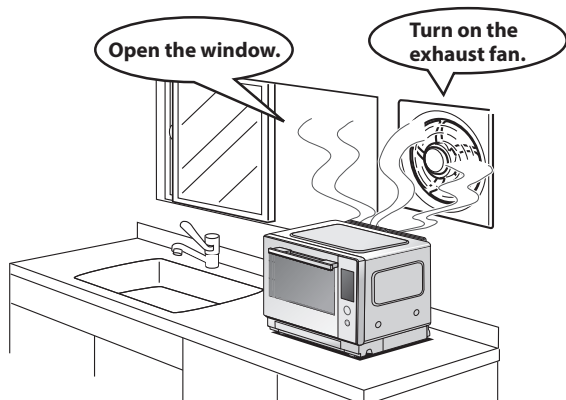
Heating the empty oven/Deodorizing

加熱管
(Heating tubes)

For first use, remove all the polyethylene or any other packing materials from inside the door, run [除臭] (Deodorize) to remove odors, and burn out the oil in the chamber. (Heating the empty oven)

Smoke or odor may come out, but this is normal.

Transfer birds or other small animals to another room, and turn on the exhaust fan or open the window for ventilation.



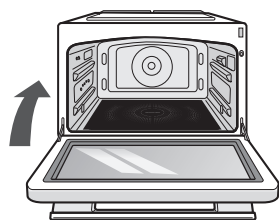
Be sure to wipe any dirt off the chamber before heating the empty oven or deodorizing. If you do not wipe the chamber clean before heating the empty oven or deodorizing, it may cause smoke, or dirt may burn, adhere to it and cannot be cleared.



- Heating tubes are needed to heat the empty oven or deodorize, so the main unit will get hot. Do not place the product near heat-sensitive materials.

Heating the empty oven/Deodorizing

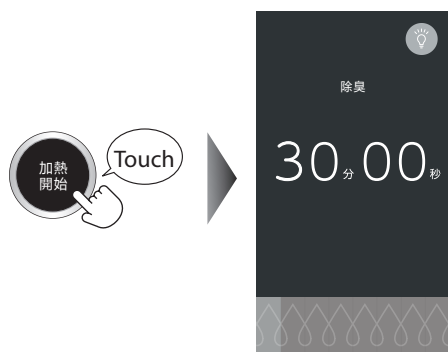
- 1 Insert the power plug, and open and close the door. (Power on) Empty the chamber.



- 2 > (自動清潔) > (除臭)



- 3 Get started. (Deodorization starts.)



- 4 Deodorization is completed after the buzzer sounds 3 times. Open the door, and wait until the temperature drops down.











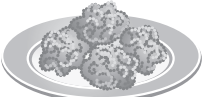


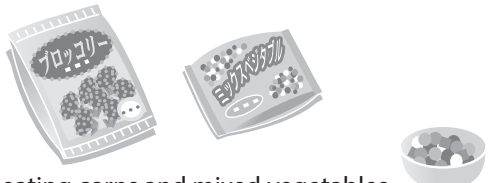
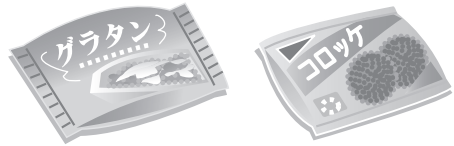
- Be aware that the glass surface of the door and the chamber may become hot.
- Do not deodorize repeatedly.

• This function removes odors by burning the dirt attached to the chamber. However, not all types of odors can be removed.

Recommendations on “加熱” (Reheat)

How shall I heat my food?



<p>● Rice and Dishes</p> <p>→ Touch [加熱] (Reheat) (While the 加熱 (Reheat) screen is displayed)</p> <p>Or 加熱 (Reheat) • 米飯 (Rice) 饌菜 (Dishes) → Pages 26-29</p> 			
<p>● Milk</p> <p>→ 牛奶 (Milk) in 加熱 (Reheat) • 飲品 (Beverage)</p> <p>→ Page 31</p> 	<p>● Coffee</p> <p>→ 咖啡 (Coffee) in 加熱 (Reheat) • 飲品 (Beverage)</p> <p>→ Page 31</p> 	<p>● Wine</p> <p>→ 酒 (Wine) in 加熱 (Reheat) • 飲品 (Beverage)</p> <p>→ Page 31</p> 	<p>● Beverage such as tea and water</p> <p>→ Set the output power and time for 加熱 (Reheat) • 微波 600W (Microwave 600W) or other manual heating modes.</p> <p>→ Pages 52-53</p> 
<p>● Defrosting meat & fish</p> <p>→ 快速解凍 (Rapid Defrost) / 蒸氣解凍 (Rapid Defrost) or 魚生 (半解凍) (Sashimi Semi-Defrost) in 加熱 (Reheat) • 解凍 (Defrost)</p> <p>→ Pages 34-35</p>  		<p>● Reheating fried foods, grilling, etc.</p> <p>→ 油炸食品 (Fried) in 加熱 (Reheat) • 饌菜 (Dishes)</p> <p>→ Pages 27 and 30</p>  	
<p>● Heating butter rolls and sandwich bread to restore fluffiness Heating crispy French Bread and Curry Bread</p> <p>→ 牛油麵包 (Butter Roll) / 有餡麵包 (Butter Roll) / 法式麵包 (Sandwich Bread) or 咖喱麵包 (Curry Bread) in 加熱 (Reheat) • 麵包 (Pastry)</p> <p>→ Page 37</p> 		<p>● Frozen stuffed buns</p> <p>→ 急凍中式蒸包 (Frozen Stuffed Bun) in 加熱 (Reheat) • 麵包 (Pastry)</p> <p>→ Page 37</p> 	
<p>● Pillow Bread Toast</p> <p>→ 烤吐司 (Toast) in 加熱 (Reheat) • 麵包 (Pastry)</p> <p>→ Page 36</p>			
<p>● Frozen vegetables</p> <p>→ Set the heat level and time in 微波 600W (Microwave 600W) Manual microwave heating under 加熱 (Reheat) menu.</p> <p>→ Pages 40-41 and 52-53</p> 		<p>● Frozen foods commercially available (croquettes, etc.)</p> <p>→ Set the heat level and time in 微波 600W (Microwave 600W) Manual microwave heating under 加熱 (Reheat) menu.</p> <p>→ Pages 40-41 and 52-53</p> 	
<p>* When heating corns and mixed vegetables Add water and transfer them to a heat-resistant container for heating.</p>		<p>* Please refer to the description on the package and observe the condition during heating.</p>	

Precautions and tips on auto heating

Microwave heating with the infrared sensor (“自動加熱” (Auto Heating))

- Heating ([加熱] (Reheat))
- 米飯 (Rice)
- 饅菜 (Dishes)
- 蒸氣 (Steam)
- 牛奶 (Milk)
- 咖啡 (Coffee)
- 酒 (Wine)
- 蔬菜 (Vegetables)
- 解凍 (Defrost)
- 定溫加熱 (Desired Temp)

* Infrared Sensor

A sensor that detects the surface temperature of the food by measuring the amount of infrared radiation emitted by the food.

Since the surface temperature of the food is measured and heated at the same time, the food can be heated to the set temperature regardless of the initial temperature of the food and the weight of the container.

In order to correctly understand the food temperature detection of the infrared sensor, please refer to Pages 24-25 and use it flexibly.

Please follow the instructions

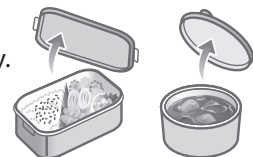
● Use plastic wrap properly.

- Depending on the type of food, plastic wrap may not be required. For details, read the description of each menu.
- When heating cooked rice and side dishes in plastic wrap, keep the plastic wrap cling tightly to the food. When wrapping a container, leave a gap between the edge of the container and the plastic wrap. (Do not seal it with plastic wrap.)
In addition, when heating the food that was stored in the refrigerator, wrap the food again with plastic wrap as described above.
- When freezing cooked rice and meat in plastic wrap, wrap the food properly without overlapping multiple layers of plastic wrap.
- When heating the food in plastic wrap, place the plastic wrap with the joint on the bottom.
- Incorrect use may affect the cooking result. In addition, the food may burn, smoke or catch a fire, or the chamber bottom may crack due to the breakage of the plastic wrap, thus resulting in scalds or injuries.



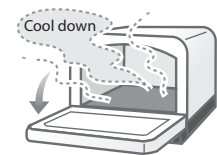
● Do not use a lid.

- When an ceramic, glass or plastic lid is used, the infrared sensor may not be able to detect the food temperature correctly. Therefore, the food may not be heated properly.
- Before heating a commercially available bento box, be sure to take off the lid and remove the tin foil.



● Make sure that the oven has cooled down before next use.

- When the oven is hot, the infrared sensor may not be able to detect the food temperature correctly. Therefore, the food may not be heated properly. In addition, plastic or other containers that are not heat-resistant may be melted or deformed.
- If “注意高溫”(CAUTION: High Temperature!) appears on the display panel, wait until the warning message disappears.



● Use a container that matches the food portion.

● Use a low-profile and wide-opening container.



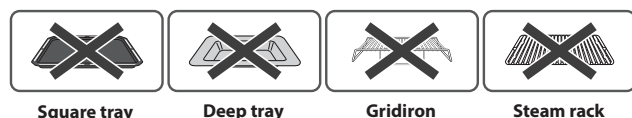
● Wipe food residues if any from the chamber and water droplets from the chamber and the door before putting in the food.

- Otherwise, the food temperature may not be detected correctly and the cooking result may be affected. In addition, it may cause smoking or ignition.



● Do not use a square tray, deep tray, gridiron or steam rack for microwave heating.

- Use of a square tray, deep tray, gridiron or steam rack may cause sparks and malfunction.



! WARNING



Prohibited

Do not heat food less than 100 g* in the auto cooking mode.

Since the food temperature cannot be detected correctly, the food may be overheated and thus catch a fire.

- Heat small portions in the manual cooking mode while observing the condition.

* For [快速解冻] (Rapid Defrost) or [蒸氣解冻] (Steam Defrost) under Auto Cooking, the weight of the food should be less than 50 g.



Prohibited

Do not use any container with a lid for Microwave heating with the infrared sensor.

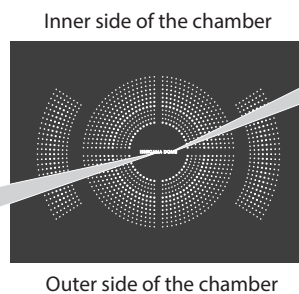
With a lid, the food temperature cannot be detected correctly, so the food may catch a fire or the container may crack due to overheating.

- Remove the lid before heating.

How to place the food correctly

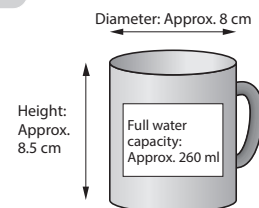
For proper heating

Place the food in the center of the chamber around a circle.



Place the foods near the center of the chamber when heating more than one foods.

- Use the mug with the size specified on the right figure.
- Serving size of one cup: Please fill up to 8/10 of the container.



● Place the food in the center of the chamber.

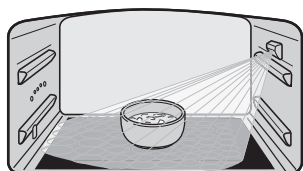
- If placed away from the center, the food may be overheated or underheated. So, always place the food in the center of the chamber.
- If heated on the edge, the beverage may be overheated or boiled, or erupted unexpectedly when you take it out from the oven, thus resulting in scalds.

* If placed in the center, a very small portion of food may not be detected properly, thus causing the food to smoke or catch a fire.

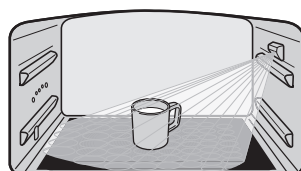
To heat small-portion foods, set the time conservatively in the manual [微波] (Microwave) mode, and observe the condition during heating.



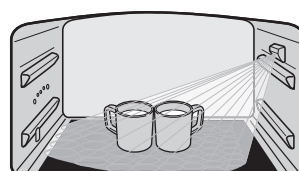
Infrared sensor's detection image and illustration of placement



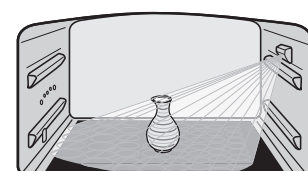
Reheat, Desired Temp



One mug

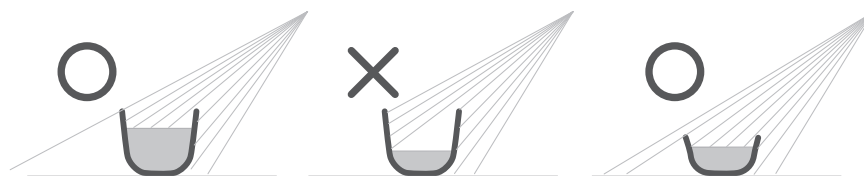


Two mugs



Bottle (wine)

If the portion of food is too small relatively to the height of the container, the food may not be detected correctly by the infrared sensor and thus may not be heated well.



[加熱] (Reheat) button

加熱
(Reheat)

米飯
(Rice)

饅菜
(Dishes)

Microwave (Infrared sensor)

Reheating Rice and Dishes

No accessories

Heats the food automatically with the infrared sensor.

⚠ WARNING



Prohibited

Do not heat any food less than 100 g in the auto cooking mode.

Since the food temperature cannot be detected correctly, the food may be overheated and even catch a fire.

- Heat small portions in the manual cooking mode while observing the condition.



Prohibited

Do not use the [加熱] (Reheat) button to heat beverages.

Otherwise, beverages may be overheated and thus boil suddenly upon removal, thus causing scalds.

- Please touch • to select milk, coffee or wine. (Page 31)

For tea, water, etc., please heat it in the manual mode while observing the condition by referring to the Time Setting Reference on Pages 52-53.

Precautions

- Please use it only to reheat cooked rice and side dishes. If it is used to heat other foods, it may cause smoke or fire due to overheating. For foods with little moisture (such as dried food and peanuts), dry foods, parsley and dried shiso, heat them while observing the situation in the manual microwave 200W mode.

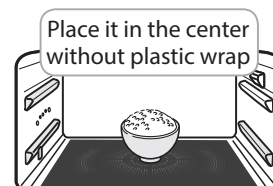
■ Touch the [加熱] (Reheat) button to quickly and easily heat cooked rice and side dishes (individually).

Basic operations (e.g. Reheating cooked rice)

* Refer to "Tips for Use" on Page 28.

1 Put in the food (i.e. cooked rice).

- Choose a shallow and microwaveable heat-resistant container according to the portion of food, and put it directly in the center of the chamber without covering with plastic wrap.
- If placed away from the center, the food may be overheated or underheated since the infrared sensor may not function properly.



2 Get started. (Heating starts.)

While the screen is displayed, touch the [加熱] (Reheat) button to start heating.

- Touch this button within 1 minute after closing the door.

Touch

Inside Light ON/OFF button (Page 15)

To adjust the effect, make settings within 5 minutes upon start. (Page 13)

快速加熱 標準

01分00秒

- After start, the remaining time will be displayed midway. Depending on the food state, the remaining time may be shortened halfway through.

3 Once the buzzer beeps three times, the heating is complete.

- The prompt tone will sound if you forget to take out the food. (After 1/3/5 minutes) You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after heating is complete, touch within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Please take care when taking the container out since it is hot after heating.

- For fish or other dishes that are easy to bloom, thick dishes, thick soups, frozen dishes, or dishes that are not easy to heat, please select • to heat them. (Pages 27-28)



Pages 6-7 Safety precautions "For heating with microwave"
 Pages 24-25 Precautions and tips on auto heating

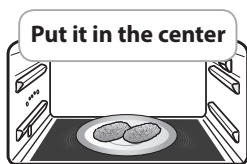
Do not heat raw eggs or boiled eggs (with/without shells). (It is very dangerous once eggs explode.)

To reheat cooked rice & regular dishes (individually) under **加熱 (Reheat)** • **米飯 (Rice)** / **餸菜 (Dishes)**

- **米飯 (Rice)** ...To quickly heat cooked rice.
- **餸菜 (Dishes)** ...To heat dishes with controlled output power. It is applicable to heating dishes that are easy to crack, thick dishes, thick soups and frozen dishes.

Basic operations (e.g. Reheating side dishes) * Refer to "Tips for Use" on Page 28.

1 Put in the food.



- Choose a shallow and microwaveable heat-resistant container according to the portion of food, and put it in the center of the chamber.
- Prepare for adding water when **油炸食品 (Fried)** • **蒸氣 (Steam)** is selected in Step 2.
- Use a square tray and gridiron when **油炸食品 (Fried)** is selected in Step 2. (Page 30)

2 Select **餸菜 (Dishes) / **普通菜式 (Regular)** on the **加熱 (Reheat)** screen.**



- You can choose to heat fried or steamed foods. (Page 30)
- Select your desired effect. (Page 13)
- Check the box to reheat it together with other side dishes. → (Page 29)

3 Get started. (Heating starts.)






- After start, the remaining time will be displayed midway. Depending on the food state, the remaining time may be shortened halfway through.

4 Once the buzzer beeps three times, the heating is complete.

- The prompt tone will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

To prolong the heating in case of insufficient heating

→ Take out the food, stir to mix well or place it in again, and continue heating while observing the situation in the prolonged or manual microwave mode.





	Food	Serving	Plastic wrap	Suggested button	Finishing	Tips
Cooked rice	Cooked rice 	100-600 g (150 g a cup)	Not required			• Break up the rice balls and sprinkle some water evenly over refrigerated cooked rice or other foods that have hardened.
	Frozen cooked rice	100-300 g (150 g each)	Required	[加熱] (Reheat) / 米飯 (Rice)	Standard	• Place the rice balls in plastic wrap with the joint on the bottom in a flat plate. • If the heating is insufficient, flip them over, and continue heating in the manual [微波] (Microwave) mode while observing the situation. 
Stewed food	Pork and Potato Stew, etc.	100-600 g	Not required	[加熱] (Reheat) / 普通菜式 (Regular)	Standard	• Put as little sauce as possible since it becomes harder to heat if there is too much sauce.
	Braised Fish	100-400 g	Required	普通菜式 (Regular)		• Place the fish in a shallow plate and wrap it tightly in plastic wrap to avoid bursting of the flesh of fish. When wrapping a container, leave a gap between the edge of the container and the plastic wrap.
Steamed food	Siu Mai, etc.	100-300 g (15-20 g each)	Not required	[加熱] (Reheat) / 普通菜式 (Regular)	Standard	• Spray some water mist if the food is dry.
	Frozen Siu Mai	100-300 g (15-20 g each)	Required	普通菜式 (Regular)		• Spray some water mist and wrap it with plastic wrap if the food is dry. In addition, when wrapping a container, leave a gap between the edge of the container and the plastic wrap.
Soup	Miso Soup, etc.	1-2 cups (150 g a cup)	Not required		Standard	• Stir the miso soup with a spoon before and after heating. • Do not use mugs to heat miso soup or soup.
	Curry Vegetables, etc.	100-400 g		普通菜式 (Regular)	Hot 2	• Put it in a shallow plate and wrap it tightly in plastic wrap. When wrapping a container, leave a gap between the edge of the container and the plastic wrap. Mix the whole thing well after heating.
	Frozen Curry Vegetables	100-300 g	Required			• If the heating is insufficient, continue heating in the manual [微波] (Microwave) mode while observing the situation. 
Grilled food	Grilled Fish	100-300 g		普通菜式 (Regular)	Standard	• Depending on the type, shape, size, etc., the fish may not be heated evenly.
	Hamburger, etc.	100-400 g	Not required	[加熱] (Reheat) / 普通菜式 (Regular)		• Add the sauce after heating since sauce may splatter during heating. • If the sauce is added before heating, heat it with plastic wrap in the manual [微波] (Microwave) mode while observing the situation.
Stir-fried food	Stir-fried Vegetables, etc.	100-400 g	Not required	[加熱] (Reheat) / 普通菜式 (Regular)	Standard	—
	Happosai or other thick foods	100-400 g	Required	普通菜式 (Regular)	Hot 2	• Wrap thick dishes tightly with plastic wrap since they may splatter around. When wrapping a container, leave a gap between the edge of the container and the plastic wrap. Mix the whole thing well after heating. • Do not reheat quail eggs. Wrap the food containing shrimp or octopus in plastic wrap and heat it in the manual [微波] (Microwave) mode while observing the situation since shrimp or octopus may burst during heating.

◆◆ How to freeze cooked rice ◆◆

- Spread the cooked rice of 150 g to a flat shape with a thickness of 2-3 cm and wrap it in plastic wrap. The heat may be hard to penetrate the cooked rice if the cooked rice is clumped or a large amount of cooked rice is heated together. When placed in a storage container or storage bag, the rice cannot be heated well in the automatic heating mode.
- Try to use hot, freshly cooked rice. If the rice is covered with plastic wrap while it is hot, steam will not escape and the rice can be kept in good condition, making it difficult to dry even when heated.



■ To heat more than one foods...

- Heat the foods in the  or  mode if they are of the same type, temperature and portion.
- Heat two types of food in the  (Reheat Cooked Rice + Side Dishes) or  (Reheat with Other Dishes) if there are different types of food or temperature differences (e.g. frozen and refrigerated, frozen and normal, and refrigerated and normal). (Page 29)

■ To reheat commercially available frozen food or processed food...

- It may not be heated well in the auto [加熱] (Reheat) mode. Please heat it in the manual [微波] (Microwave) mode while observing the situation as per the instructions on the packaging.

加熱 (Reheat)

Reheats two types of food at the same time by using 米飯 (Rice) or 普通菜式 (Regular).

● Portions that can be heated at the same time (i.e. the portion of one type of food)

Depending on the combination of its type and portion, the food may not be heated well.


Normal	Refrigerated	Frozen
100-250 g	100-250 g	100-150 g

• Cooked rice & side dishes...The portion of side dishes shall be smaller than that of cooked rice. (Approx. a half portion of cooked rice ~ of the same portion)

	Normal cooked rice	Refrigerated cooked rice	Frozen cooked rice
Normal side dishes	The portion of side dishes is approx. half of cooked rice.	The portion of side dishes is approx. half of cooked rice.	Of the same portion
Refrigerated side dishes	The portion of side dishes is approx. half of cooked rice.	The portion of side dishes is approx. half of cooked rice.	The portion of side dishes is smaller than that of cooked rice.
Frozen side dishes	Cannot be heated well.	Cannot be heated well.	Cannot be heated well.

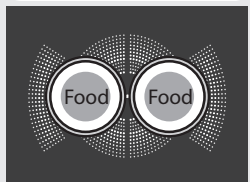
• Side dishes of different types...Almost of the same portion

● No plastic wrap or lid is required for heating. * Wrap thick food in plastic wrap to avoid splattering.

Food	Plastic wrap	Tips
Cooked rice	Not required	Break up the rice balls and sprinkle some water evenly over refrigerated rice or other foods that have hardened.
Frozen cooked rice	Required	Place the rice balls in plastic wrap with the joint on the bottom in a flat plate. (To freeze food, please wrap the food tightly in plastic wrap.)
Stewed food	Not required	Reduce the sauce.
Steamed food	Not required	Spray some water mist if the food is dry.
Food with thickeners (Happosai, curry, etc.)	Required	Place the food in a shallow plate and wrap it tightly in plastic wrap to avoid bursting of the flesh of fish. In addition, when wrapping a container, leave a gap between the edge of the container and the plastic wrap. Mix the whole thing well after heating.  Wrap the food tightly in plastic wrap. [A shallow plate]

● Placement location

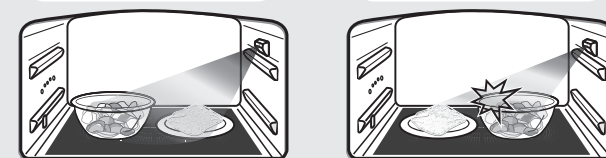
Placement method



Place it in the center as much as possible. When placed on the edge, the food may not be detected by the infrared sensor.

● Placement location (for plates with different heights)

Placement method Placement method



For plates with different heights, place the higher plate (or food) on the left side. If the higher plate (or food) is placed on the right side, the infrared sensor may be covered and thus cannot detect the temperature of the food placed on the left side. Refer to Page 25 for details.

● Foods that cannot be heated together

- Curries, soups, and grilled fish that are likely to spill, sauce, and dishes with sauce → Please heat them one by one using 普通菜式 (Regular). (Page 28)
- Bread, beverages, and commercially available cooked frozen foods → Please heat them by referring to "Recommendations on [加熱] (Reheat)". (Page 23)
- Two types of food containing frozen side dishes → If the heating is insufficient, continue heating in the manual [微波] (Microwave) mode while observing the situation.

Basic operations

1 Place the food in the center of the chamber.

2 Reheat cooked rice and side dishes at the same time.

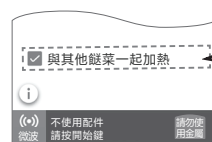
加熱 (Reheat) → 米飯 (Rice)



Check "飯類同時加熱" (Reheat Cooked Rice + Side Dishes). →

Reheat two side dishes at the same time.

加熱 (Reheat) → 普通菜式 (Regular)



Check "與其他餸菜一起加熱" (Reheat with Other Dishes). →

3 Get started. (Heating starts.)



4 Once the buzzer beeps three times, the heating is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes) You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after heating is complete, touch 延長 (Prolong) within 1 minute to set the time, and start heating while observing the situation. (Page 15)

加熱
(Reheat)

餸菜
(Dishes)

油炸食品
(Fried)

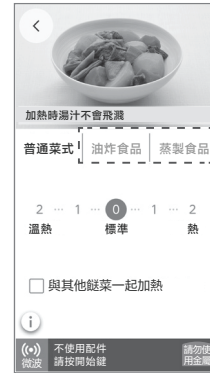
蒸製食品
(Steamed)

Reheating Fried/Steamed foods

- 油炸食品 (Fried) ... Reheats the fried or grilled food at room temperature until crispy.
- 蒸製食品 (Steamed) ... Reheats Siu Mai, cooked rice, etc. with Steam Microwave.

It takes a longer time than heating from the [加熱] (Reheat) button >

米飯 (Rice) • 普通菜式 (Regular)



Select 油炸食品 (Fried) or 蒸製食品 (Steamed) in Step 2 on Page 27.

This is a heating method using steam. Please get prepared for adding water. (Page 10)
In addition, drain the pipes and clean them after heating. (Page 57)

油炸食品 (Fried)



(The heating time is approx. 10 minutes)

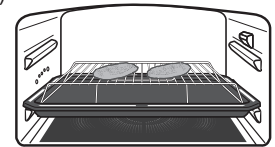
Heating tube + Steam

- Portion that can be heated at one time ... 100-200 g
(Croquette: 1-2; Prawn Tempura: 1-4)
(Schnitzel Sandwich: Approx. 2 slices)

- Heating method ... Remove the packaging or plastic wrap, put a gridiron on a square tray, place the food on the gridiron, place the square tray in the lower shelf, and start heating. Be sure to place the food with the side to be crispy facing up.



- Adjust the cooking effect according to the heat preference, type, and number of pieces. (Page 13)
- When cooking refrigerated food, please select “熱” (Hot) as the cooking effect.
- It cannot be used for commercially available cooked frozen foods. Please heat it in the manual “微波” (Microwave) mode while observing the situation as per the instructions on the packaging.



Place it on a gridiron in a square tray on the lower shelf

- Remove the packaging and container if any before heating.

- Please tear off the plastic wrap, plastic bag or other heat-sensitive packaging before heating. Place the food directly on the gridiron for heating instead of transferring it to a container.

蒸製食品 (Steamed)



Microwave (Infrared sensor) + Steam

• Steam will come out in about 1 minute after you touch the “開始” (Start) button.

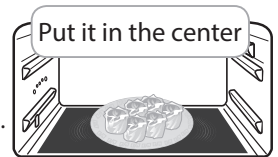
Please read carefully Pages 6-7 Safety precautions “For heating with microwave”
Pages 24-25 Precautions and tips on auto heating

No accessories

- Portion that can be heated at one time ... Normal or refrigerated cooked rice: 100-600 g
Siu Mai or other side dishes refrigerated or at room temperature: 100-300 g
Frozen cooked rice and sui mai: 100-200 g



- Heating method ... Place the food directly in the center of the chamber without covering with plastic wrap or a lid.



Put it in the center

- Do not heat thick food.

- Heat curry, Happosai, or other thick foods in the 普通菜式 (Regular) (Hot 2) mode since they are hard to heat. (Page 28)

* Frozen stuffed buns, meat buns or red bean paste buns may not be heated sufficiently due to the size.

Heat them in the 麵包 (Pastry) ▶ 急凍中式蒸包 (Frozen Stuffed Bun) mode or select “蒸氣微波” (Steam Microwave) or “微波” (Microwave) to heat while observing the situation.

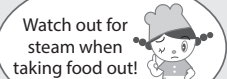
When the water tank runs out of water during steam heating

→ The buzzer will sound, and “加水” (Water Refill) will flash on the display panel. At this time, fill the water tank with water in time.

- Once water is added, “加水” (Water Refill) disappears. (You can also fill the water tank with water during cooking.)

Please be careful as the square tray will be hot after cooking is done.

- Please be aware that steam comes out when you open the door during steam heating. Also, watch out for the remaining steam coming out of the exhaust outlet.
- Read the Safety Precautions “For heating with tubes and steam” on Page 7.



加熱
(Reheat)

飲品
(Beverage)



Please read
carefully

Pages 6-7

“For heating with microwave”

Pages 24-25 Precautions and tips on auto heating

Reheating Milk & wine

Heats beverages automatically with the infrared sensor.

Microwave (Infrared sensor)

No accessories

WARNING



Prohibited

Do not overheat any beverages.

Beverages or other liquids may boil suddenly when taken out, thus causing scalds.

- Stir the beverage with a spoon before and after heating.

● Make sure that the container type/size/portion is correct.

If the container type/size/portion is not correct, the infrared sensor may not work properly.

	牛奶 (Milk)	咖啡 (Coffee)	酒 (Wine)
Usable containers	Shallow wide-opening mugs (Refer to the figure in Step 1.)	Shallow wide-opening coffee cups (Refer to the figure in Step 1.)	Chunky sake bottles
Standard serving of a cup (bottle)	200 ml	150 ml	160 ml (8/10 of the bottle)
Portion that can be heated at one time	1-4 mugs	1-4 coffee cups	1-4 sake bottles

- The effect may vary with the size, shape and material of the container.
- The liquid may boil when less than the standard serving.
- When heating wines, to reduce uneven heating, you can use tin foil (with the matte side outward) to smoothly wrap the thinner part of the bottle.

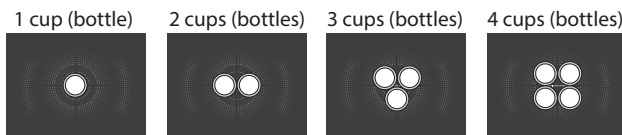
Do not bring tin foil to contact with the chamber wall, the chamber bottom or the door. Otherwise, it may cause sparks or the door glass may be broken.

● Place the container in the center of the chamber.

If placed somewhere other than the center of the chamber, it may not be detected correctly by the infrared sensor and thus the liquid may boil.

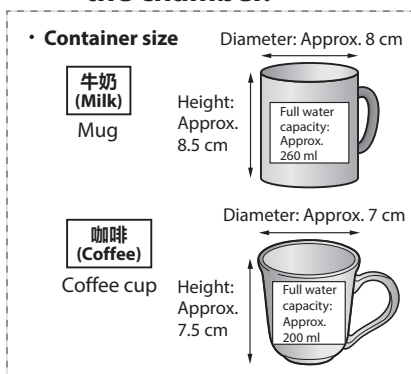
Placement method for various cups (bottles)

→ Place it in the center as much as possible.



Basic operations (e.g. Reheating milk)

- Place the food in the center of the chamber.
- Select **飲品 (Beverage)** on the **加熱 (Reheat)** screen.



Select it to reheat coffee and wine.

Select the portion to heat. (To avoid overheating, check carefully when selecting the portion.)

Select your desired effect. (Page 13)

- Get started. (Heating starts.)



- Once the buzzer beeps three times, the heating is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes) You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

■ When taken out of the oven, the beverage may suddenly boil and the liquid may splash, thus resulting in scalds.

- Stir well with a spoon before and after heating.
- After heating, leave it cool down for a while and then take it out.

■ To heat such beverages as tea and water or cupped wine in containers of different types, sizes and quantities

→ Heat them in the manual “微波” (Microwave) mode while observing the situation and adjusting the time accordingly. (Pages 52-53)



加熱
(Reheat)

蔬菜
(Vegetables)

Please read
carefully
Pages 6-7
Pages 24-25

"For heating with microwave"
Precautions and tips on auto heating

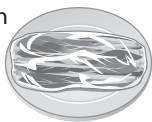

Vegetables Stew

Stews vegetables with the infrared sensor.

Microwave (Infrared sensor)

No accessories

● Heatable portion and tips for use

	Food (Points)	Portion that can be heated at one time	Tips for Use
Vegetables (Leafy)	<p>西蘭花 (Broccoli)</p> <p>菠菜 (Spinach)</p> <p>其他 (葉菜) (Others (Leafy vegetables))</p>	100-300 g (net weight of the food)	<p>● Preparations</p> <p>Wash them clean with water, wrap them tightly in plastic wrap, and place them on a flat plate with the joint on the bottom.</p> <ul style="list-style-type: none"> • Overlap leaves and stems interchangeably, make a few cuts with a kitchen knife on thicker stems, and wrap them in plastic wrap. • Wrap as much as possible to avoid food protruding from the flat plate. 
Vegetables (Root)	<p>薯仔 (Potato)</p> <p>紅蘿蔔 (Carrot)</p> <p>其他 (根菜) (Others (Root vegetables))</p>	100-600 g (net weight of the food)	<p>● Preparations</p> <p>Wash the vegetables clean with water, put them on a flat plate without shaking them dry, and wrap them in plastic wrap with a gap between the flat plate and the plastic wrap.</p> <ul style="list-style-type: none"> • When cooking vegetables in whole Wrap the whole plate in plastic wrap before heating. After heating, take the plate out from the oven and leave it still in plastic wrap for about 5 minutes. (Do not tear off the plastic wrap yet since the food dries easily.) • When heating two or more vegetables, be sure to select vegetables of the same size to ensure even heating. • When cooking large and round potatoes, be sure to set the cooking effect to [大火] (High). • Cut the carrot small before heating. • When stewing cut vegetables Peel and cut the vegetables into proper sizes, sprinkle a little water, put them on a flat plate, and wrap them in plastic wrap with a gap between the flat plate and the plastic wrap.  <p>Leave a gap between the edge of the container and the plastic wrap.</p>

Notes

- Be sure to use a flat plate to heat leaf and root vegetables.
- For leafy vegetables, wrap the vegetables only instead of the whole plate.
- For root vegetables, wrap the whole plate in plastic wrap.
- Do not wrap the food in multiple layers of plastic wrap.
- Do not wrap the food in any items other than plastic wrap.
- * Improper use may cause overheating of the food and thus result in smoke or fire.
In addition, sparks may occur, and thus the chamber bottom may crack or malfunction may be caused.

■ To stew vegetables of various sizes

- Add a little more water, put the vegetables in a heat-resistant container, cover the container with plastic wrap, and heat the vegetables in the “微波 600W” (Microwave 600W) mode while observing the situation. (Pages 52-53)
- Sparks may occur and the vegetables may be burnt and dried if chopped carrots, mixed vegetables or finely cut vegetables are cooked in the “蔬菜” (Vegetables) mode.



Leave a gap between the food and the plastic wrap.

■ To heat food less than 100 g

- Heat the food in the “微波 600W” (Microwave 600W) mode while observing the situation. (Pages 52-53)
Use of Auto Cooking may cause smoke or fire.

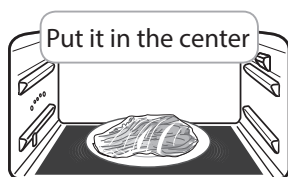


■ When heating is insufficient

- Flip the food over or exchange the left side with the right side, and prolong the heating or heat in the “微波 600W” (Microwave 600W) mode while observing the situation.

Basic operations (e.g. Stewed Spinach)

1 Put in the food.



• Place the food on a flat plate.

2 Select **蔬菜 (Vegetables)** on the **加熱 (Reheat)** screen.



Select your desired effect.
(Page 13)

3 Get started. (Heating starts.)



4 Once the buzzer beeps three times, the heating is complete.

- The Buzzer will sound if you forget to take out the food. (After 1/3/5 minutes) You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

加熱
(Reheat)

解凍
(Defrost)

Microwave (Infrared sensor)

No accessories

Defrosting Meat and fish

* 蒸氣解凍 (Steam Defrost) Heats the food with steam at the same time.

Defrosts meat and fish with the infrared sensor.



Please read carefully

Pages 6-7 "For heating with microwave"
Pages 24-25 Precautions and tips on auto heating

- 快速解凍 (Rapid Defrost) Defrosts the food rapidly in the Microwave Heating mode. (Fatty meat or thinly sliced meat is prone to a hard state that cannot be defrosted sufficiently.)
- 蒸氣解凍 (Steam Defrost) Defrosts the food with steam. Get prepared for adding water. (Page 10) Although it is time-consuming, with microwave heating and steam heating, can the meat be defrosted until the minced meat falls apart and the thin slices of meat are separated. When finished, be sure to drain the pipes and perform self cleaning. (Page 57)
- 魚生 (半解凍) (Sashimi Semi-Defrost) ... Defrosts the Sashimi until the kitchen knife can cut well into it, and the central part is still slightly frozen. It is ideal for semi-defrosting Sashimi and minced meat.

● Heatable portion and tips for use

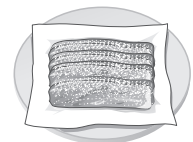
Defrosts meat and fish stored in the freezer.

Defrosts the food in a hard state rightly after it is taken out of the freezer.

(If the defrosting is ended just after the food defrosts on the surface, the food may not be defrosted completely.)

	快速解凍 (Rapid Defrost)	蒸氣解凍 (Steam Defrost)	魚生 (半解凍) (Sashimi Semi-Defrost)
Portion that can be defrosted	50-600 g	50-600 g	100-600 g
Water refill	Not required	Required (Page 10)	Not required
Plastic wrap or lid	Not required		

- Defrost the food directly in a Styrofoam tray without covering with plastic wrap or a lid.
 - If it is a deep Styrofoam tray, transfer the food to a shallow one or put the food on a heat-resistant flat plate lined with parchment paper.
- To defrost two or more types of food at the same time, adjust the type and size of the food accordingly.
 - The food with a thickness of up to 3 cm can be defrosted properly.
- When [爐內高溫，無法‘解凍’] (Cannot defrost due to high temperature in the chamber) appears, wait until the chamber has cooled down.
 - When the chamber is hot, the infrared sensor may not work properly. Touch the “取消” (Cancel) button, open the door, and wait until the message disappears.
- Use tin foil to prevent discoloration and cooking
 - For a large portion, it is recommended to wrap one circle.
 - Roll the food of an irregular shape (fish, etc.) into strips.



Precautions

- Roll the tin foil properly and do not bring it into contact with the chamber wall, the chamber bottom or the door. (Otherwise, sparks may occur, and the door glass may break.)

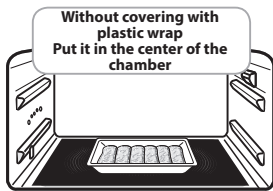
- Depending on the shape and type of food to be defrosted, the food may be partially overcooked and partly undercooked.
 - In particular, thinly sliced meat such as fatty meat and Shabu-Shabu meat may not be defrosted properly.

Points of freezing and defrosting

- Prepare fresh ingredients and freeze them.
- Cut the ingredients of a single serving into thin slices (with a thickness of up to 3 cm). The size should be 6 cm (L) x 10 cm (W) or above. The food cannot be defrosted properly if the food is too small or it is stacked or lumpy.

Basic operations (e.g. Defrosting with “快速解凍” (Rapid Defrost))

1 Put in the food.



- Place the food on a shallow Styrofoam tray.
- **蒸氣解凍 (Steam Defrost)** Get prepared for adding water. (Page 10)

2 Select **解凍 (Defrost)** ▶ **快速解凍 (Rapid Defrost)** on the **加熱 (Reheat)** screen.



Select “蒸氣解凍” (Steam Defrost) or “魚生 (半解凍)” (Sashimi Semi-Defrost).

Select your desired effect. (Page 13)

3 Get started. (Defrosting starts.)



4 Once the buzzer beeps three times, the defrosting is complete.

- The Buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after defrosting is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

■ When the portion is too small to defrost, the food starts defrosting from the surface, or the defrosting is not sufficient:

→ Touch “微波 200W” (Microwave 200W) to defrost while observing the situation. (Pages 52-53)

加熱 (Reheat) 麵包 (Pastry) ▶ 吐司 (Toast)

Toast

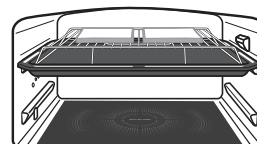
Bakes 1-2 slices of bread. In the tube heating mode, the buzzer will prompt you to flip the bread over midway.

With steam in the 蒸氣吐司 (Steamed Toast) mode, the toast will be fluffy and soft inside and well-browned outside.

Basic operations (e.g. 2 slices of toast)

1 Place the gridiron on a square tray, and put 2 slices of bread in the center of the upper shelf.

- Get prepared for adding water in the 蒸氣吐司 (Steamed Toast) mode. (Page 10)



Place the gridiron together with the square tray on the upper shelf.

2 On the 加熱 (Reheat) screen, select

麵包 (Pastry) ▶ 吐司 (Toast)



Select it for Steamed Toast.

Select the number of slices.

Select your desired effect according to the bread thickness. (Page 13)

Check it to bake frozen toast.

3 Get started. (Heating starts.)



- Before flipping it over, heat the bread in the [標準] (Standard) effect mode for approx. 4 minutes (or approx. 5 minutes 20 seconds for frozen toast, or approx. 4 minutes 30 seconds for steamed toast).
- The remaining time is displayed after Step 4 is done.

4 Once the buzzer sounds, flip the bread over and start heating again.

- Please wear commercially available oven mittens when taking the square tray out because it is hot.
- Place the strip bread in the center of the chamber.
- Heating is paused. Open and close the door, and then touch the “開始” (Start) button to start heating again. If the door is not opened and closed once, the oven does not work even after the “開始” (Start) button is touched.
- If you forget to flip the bread over, the buzzer will sound for 5 times at an interval of one minute.



Screen Display

Open the door. Flip it over. Close the door.



Screen Display



5 Once the buzzer beeps three times, the heating is complete.

- The Buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
- The time cannot be prolonged during convection. If the baking color is very light, after convection is completed, place the bread with the side to be further baked facing up, then touch 延長 (Prolong) to set the time within 1 minute, and start heating again while observing the situation. (Page 15)
- After 蒸氣吐司 (Steamed Toast) is completed, drain the pipes and perform self cleaning. (Page 57)

How to choose the effect and when baking toast in manual mode

→ Refer to Page 222 of the supplied Cookbook.


Heating time reference

Program	Toast	Frozen Toast	Steamed Toast
Heating time	Approx. 5 min 30 sec	Approx. 7 min 40 sec	Approx. 6 min 30 sec
Before flipping	Approx. 4 minutes	Approx. 5 min 20 sec	Approx. 4 min 30 sec

Reheating Bread & frozen stuffed buns

Heats commercially available bread (such as Butter Roll and Sandwich Bread) and frozen stuffed buns by combining microwave heating, tube heating and steam heating.

● Heatable portion and usable accessories

Food (Points)	Portion that can be heated at one time	Heating time reference	Usable accessories	Heating method
牛油麵包 (Butter Roll)	1-4 (Approx. 30 g each)	Normal: (x1) Approx. 2 min 40 sec (x4) Approx. 3 min 20 sec Frozen: (x1) Approx. 3 min 20 sec (x4) Approx. 4 min 20 sec	Accessories cannot be used. Place the bread in the center of the upper shelf lined with parchment paper.	微波 (Microwave) + 加熱管 (Heating tubes)
有餡麵包 (Sandwich Bread)	1-2 (Approx. 100 g each)	(x1) Approx. 3 min 20 sec (x2) Approx. 3 min 40 sec		
法式麵包 (French Bread)	1-4 slices (3 cm thick for each slice)	Approx. 10 minutes		加熱管 (Heating tubes) + 蒸氣 (Steam)
咖喱麵包 (Curry Bread)	1-2 (Approx. 100 g each)	(x1) Approx. 9 min 30 sec (x2) Approx. 10 minutes		蒸氣 (Steam)
急凍中式蒸包 (Frozen Stuffed Bun)	1-4 (Approx. 90 g each)	Approx. 20 minutes		蒸氣 (Steam)

* Set the effect to “熱 1” (Hot 1) when heating frozen stuffed buns with “急凍中式蒸包” (Frozen Stuffed Bun).
(Portion that can be heated at one time: 1-2)

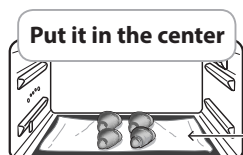
Get prepared for adding water when heating with steam. (Page 10)
In addition, drain the pipes and perform self cleaning after heating. (Page 57)

● Remove the packaging and container if any before heating.

- Please tear off the plastic wrap, plastic bag or other heat-sensitive packaging before heating.
- Do not use tin foil or any other metal items when heating “牛油麵包” (Butter Roll) and “有餡麵包” (Sandwich Bread).
Sparks may occur when microwave heating and tube heating are used in combination.

Basic operations (e.g. Reheating Butter Roll)

1 Put in the food.



- Remove the packaging and container if any.
- Do not use accessories. Put the food on the parchment paper.

2 Select 麵包 (Pastry) 牛油麵包 (Butter Roll) on the 加熱 (Reheat) screen.



Select the portion to heat.

Select your desired effect.
(Page 13)

Check it to reheat frozen bread.

3 Get started. (Heating starts.)



4 Once the buzzer beeps three times, the heating is complete.

- The Buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after heating is complete, touch 延長 (Prolong) within 1 minute to set the time, and start heating while observing the situation. (Page 15)

• Adjust the effect according to your favorite heating result and the original state (normal/refrigerated). (Page 13)

烹調 (Cook)

石窯自動烤焗 (Auto Roast in ISHIGAMA)

Cooking with Auto Roast in ISHIGAMA

Roasts food with your favorite meat and vegetables without the need to set the temperature or time. Please see the separate Cookbook for the method of cooking.

● Example: Cooking chicken with “石窯自動烤焗” (Auto Roast in ISHIGAMA)

Select among pork, beef, and vegetables.

Select your desired effect. (Page 13)

Check a box according to the ingredients.

Shows the use method and tips.

使用技巧
所需配件: 烤焗盤
配件位置: 下層

• 烤焗盤上可擺放的雞肉及蔬菜總重量為 200g-1kg 左右。
• 請使用冷藏或室溫的食材。
• 請將肉類的厚度均勻切至 4cm 以下。
• 若為塊狀肉類, 請先用叉子鬆鬆肉塊, 防止肉類在烤焗時收縮。
• 建議烤焗前將烤焗盤預熱約 10 分鐘。

烹調 (Cook)

精選 (Recommended)

搜尋菜式 (Menu Search)

Cooking by selecting a menu from Menu Search

Select a menu from the screen according to the separate Cookbook, and then start cooking. (The menus in the separate Cookbook will be displayed in the order of the menu number.)

The heating settings are set for each menu, so there is no need to check the time and temperature.

Please see the separate Cookbook for the method of cooking.

Select a menu from

烹調 (Cook)

精選 (Recommended)

About the menu screen → Page 13

You can choose from the following 11 recommended menus in the separate Cookbook. You can check what ingredients to be used in this menu and how to cook them on the screen.

日式漢堡扒 (Japanese Hamburger Patty)	蕃茄漢堡扒 (Tomato Hamburger Patty)	照燒雞 (Chicken Teriyaki)	茄汁焗雞塊 (Roasted Chicken Chunks in Tomato Sauce)	鹽焗三文魚 (Salt-Grilled Salmon)	鹽焗青花魚 (Salt-Grilled Mackerel)
西班牙海鮮飯 (Seafood Paella)	肉片炒麵 (Stir Fried Noodles with Minced Meat)	炸雞塊 (Deep Fried Chicken Nuggets)	椰菜肉卷 (Meat-Stuffed Cabbage Rolls)	日式薯仔燉肉 (Japanese Pork and Potato Stew)	

● Example: Select “炸雞塊” (Deep Fried Chicken Nuggets)

Menu list screen

Menu list screen

Menu screen

Swipe up

Select a menu from

烹調 (Cook)

搜尋菜式 (Menu Search)

About the menu screen → Page 13

搜尋菜式 (Menu Search)

目錄 (Contents)

Select a menu from the following table of contents.

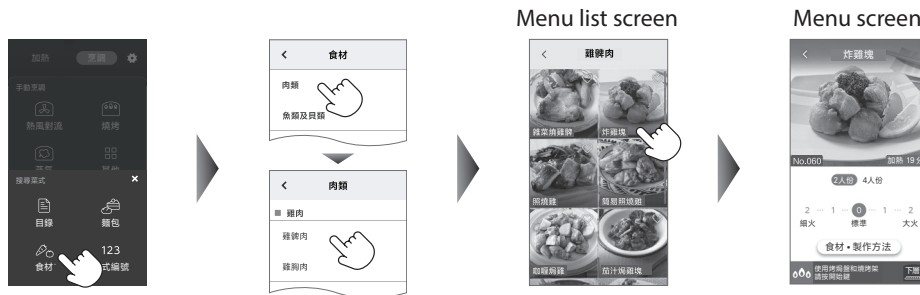
- 350 °C 菜式 (350 °C Menu) A menu for roasting at 350 °C, such as Crispy Pizza and Grilled Potato.
- 深盤菜式 (Deep Tray Menu) A menu for using deep dishes to cook western or Japanese-style stew and for cooking three foods at once.
- 快速・簡易菜式 (Quick・Easy Menu) A menu for quick and easy cooking.
- 非油炸菜式 (Non-fried Menu) A menu for cooking food without deep frying.
(The food cooked with 非油炸 (Non-fried) has a different texture from fried food.)
- 蒸製菜式 (Steam Menu) A menu for cooking Homemade Siu Mai or other steamed foods.

● Example: Select “炸雞塊” (Deep Fried Chicken Nuggets) from “非油炸菜式” (Non-fried Menu).



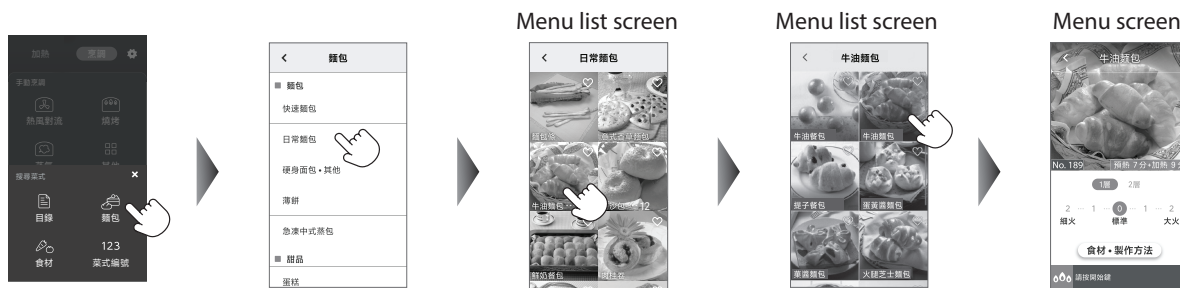
搜尋菜式 (Menu Search) → 食材 (Ingredients)

● Example: Select “炸雞塊” (Deep Fried Chicken Nuggets) from “肉類” (Meat).



搜尋菜式 (Menu Search) → 麵包 (Pastry)

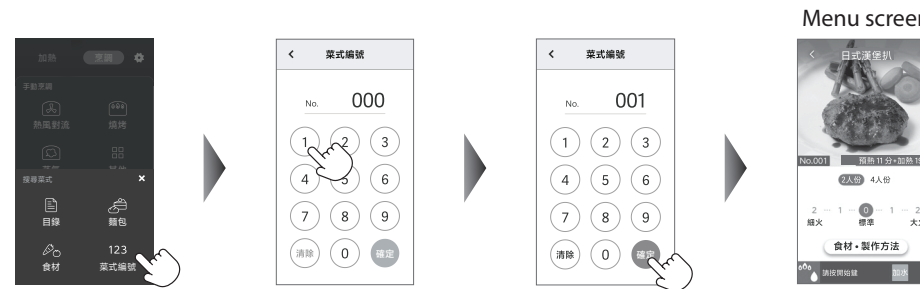
● Example: Select “牛油麵包” (Butter Roll) from “麵包” (Pastry).



搜尋菜式 (Menu Search) → 菜式編號 (Menu No.)

To input the number again, touch 清除 (Clear)

● Example: Select “日式漢堡扒” (Japanese Hamburger Patty) with the number 001 from Menu Search.



For the method of selecting a menu from the supplied Cookbook, refer to the method of selecting a menu from 菜式編號 (Menu No.).

- The remaining time is displayed when the heating starts. However, for some menus, the remaining time is displayed halfway through heating.
- For some menus, a prompt tone sounds or the screen shows a message prompting you to flip over or stir the food. Since heating pauses halfway through heating, please take out the food and follow the recipe in the Cookbook. If you touch “開始” (Start) without opening and closing the door, the oven does not work. Open and close the door, and then touch the “開始” (Start) button to start heating again.

Auto cooking

- Auto cooking is set according to the ingredients and portions stated in the separate Cookbook. Therefore, please cook with the ingredients, portion and cooking method as specified in the Cookbook.
- To change the ingredients or portion, adjust the cooking effect or heat in the manual mode while observing the situation.
- The cooking effect and heating time may also vary with the room temperature, initial temperature, chamber temperature, power supply voltage, etc.

加熱
(Reheat)

微波 1000W ~ 100W
(Microwave 1000W-100W)

烹調
(Cook)

微波燉
(Microwave Stew)

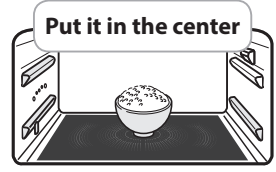


Microwave heating/Stewing

Manual microwave heating

Example: Reheating cooked rice (600W 1 min) (Time setting reference: Pages 52-53)

1 Put in the food (i.e. cooked rice).

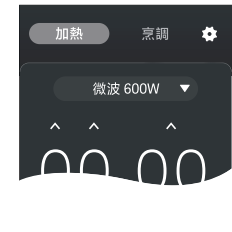


• Choose a microwaveable heat-resistant container that matches the portion of food, and put the container directly in the center of the chamber.

2 加熱 (Reheat) Check the time on the initial screen.

- The time of “微波 600W” (Microwave 600W) can be set on the initial screen.
- How to set the time → Page 15

- When heating with an output power other than 600W, touch the microwave output power button (“微波 600W” (Microwave 600W)) to show the output power selection screen, from which you can choose your desired output power.



- Max settable time
Microwave 1000W: 5 minutes
Microwave 600W/500W: 20 minutes
Microwave 200W/100W: 90 minutes

3 Get started. (Heating starts.)



ON/OFF button of the inside light (Page 15)

To increase/decrease the heating time midway
Touch $-$ or $+$ to increase/decrease the heating time in increments of 1 minute (Page 15).
• For Microwave 1000W/600W/500W, when the remaining time displayed is 5 minutes or below, the heating time is increase/decrease in increments of 10 seconds.

4 Once the buzzer sounds three times, the heating is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- After heating is complete, the fan runs to cool down electrical components.
Do not remove the power plug while the cooling fan is running.
The heating process can be continued even while the fan is running.
- To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)



• In the case of repeated heating, the heating power of 1000W may automatically drop to 600W, in order to protect the electrical components.
If the heating effect is poor, prolong the heating or heat the food in the manual microwave mode while observing the situation.

• A chirping sound may be heard at the beginning or during microwave heating, which is the operating sound of heating. This is normal.

WARNING**Do not overheat any food.**

Prohibited

Otherwise, it may cause smoking or even a fire.

- Please set a moderate time by referring to the time setting reference on Pages 52-53 and perform the heating while observing the situation.

**Do not overheat beverages, high-oil foods, foods with thickeners, etc.**

Prohibited

Otherwise, when taken out of the oven, the food may suddenly boil, thus resulting in scalds.

- Beverage: liquids such as coffee, milk, soy milk, water and yogurt, and soups like miso soup
- High-oil food: whipped cream, butter, etc.
- Thick food: curry, vegetables, soup containing granules, etc.
- Stir the beverage well with a spoon before and after heating it.
- Set the time conservatively, and perform the heating while observing the situation.

Please read carefully



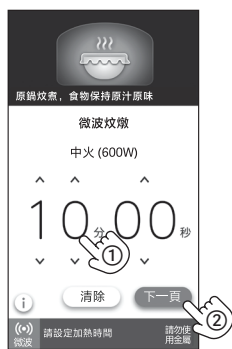
Pages 6-7

Safety precautions "For heating with microwave"

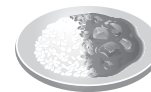
Microwave Stew

Start with boiling foods over medium heat (600W), and then simmer them over low heat (200W).

- On the **烹調 (Cook)** screen, select **其他 (Others)** → **微波燉煮 (Microwave Stew)**, and touch the time setting for medium heat (600W) (①) → **下一頁 (Next)** (②) → the time setting for low heat (200W) → **開始 (Start)** to start heating.
- After the heating with medium heat (600W) is complete, the heating with low heat (200W) is started, and the remaining heating time is displayed.



Heating starts

**Deployment of the output power**

1000W	600W	500W	200W	100W
<p>HIGH</p> <ul style="list-style-type: none"> • Speedy heating 	<p>MED</p> <ul style="list-style-type: none"> • Vegetables (for preparations) • Reheating 	<p>LOW</p> <ul style="list-style-type: none"> • All kinds of cooking • Reheating frozen food • Reheating easy-to-burst food 	<ul style="list-style-type: none"> • Stewing 	<ul style="list-style-type: none"> • Defrosting

Use of plastic wrap

Plastic wrap may be required by some recipe although it is not needed for reheating.

For details, please refer to "Time setting reference for manual heating" (Pages 52-53) or the supplied Cookbook.

About frozen food and popcorn

To heat commercially available frozen food, please select the output power and set the heating time stated in the instructions on the packaging.

To heat popcorn, observe the heating state from a short distance during heating according to the heating method stated on the packaging.

The heating time is for your reference only. If heating is insufficient, adjust the time while observing the situation.

Precautions

Do not heat a small amount of mixed vegetables. Otherwise, sparks may occur, and burning, smoking and drying may be caused.

加熱
(Reheat)

定溫加熱
(Desired Temp)

Heats food with microwave by using the infrared sensor.

Heating at a desired temperature

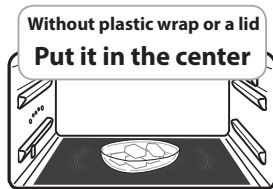


Microwave (Infrared sensor)

★ The portion is based on one serving (150 g).

Example: Soften Butter

1 Put in the food.

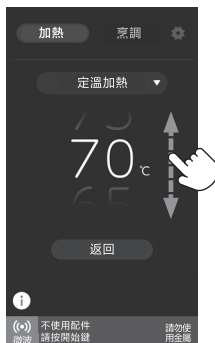


- Choose a shallow, microwaveable heat-resistant container that matches the portion of food, and put the container in the center of the chamber.
- If the chamber is very hot, wait until it has cooled down before heating. (If the chamber is hot, the infrared sensor may not work properly.)

2 Select the microwave output power (“微波 600W” (Microwave 600W)) on the initial screen. ▶ 定溫加熱 (Desired Temp)



3 Set the temperature.



- How to set the temperature → Page 15
- Settable range: -10 °C to 90 °C
- For the temperature setting reference, see the next page.
- The portion is based on one serving (150 g).
For a larger portion, set a higher temperature; for a smaller portion, set a lower temperature.
- For food less than 100 g, do not set the temperature to 50 °C or above.

4 Get started. (Heating starts.)



5 Once the buzzer sounds three times, the heating is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes) You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- To continue heating after heating is complete, touch **延長** (Prolong) within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Message

- The infrared sensor is used to detect the surface temperature of food, so the inside of food may not reach the set temperature. The temperature inside the food may be higher or lower than the set temperature depending on the type and thickness of the food, seasonings, etc.
 - The final temperature may vary with the size, shape, and material of the container.
- * If it is used incorrectly, the effect may be poor. In addition, it may cause the food to burn, smoke or catch a fire.

⚠ WARNING



Do not overheat any food.

Prohibited

Otherwise, it may cause smoking or ignition.
• Observe the situation during heating.



Do not use any container with a lid for Microwave heating with the infrared sensor. (Page 24)

Prohibited

Otherwise, it may cause the food to be overheated or catch a fire, or cause the container to break as the food temperature cannot be detected properly if the container is covered with a lid.
• Please remove the lid before heating.

Please follow the instructions



Please read carefully

Pages 6-7

Pages 24-25

Safety precautions "For heating with microwave"

Precautions and tips on auto heating

● To heat infant or care food

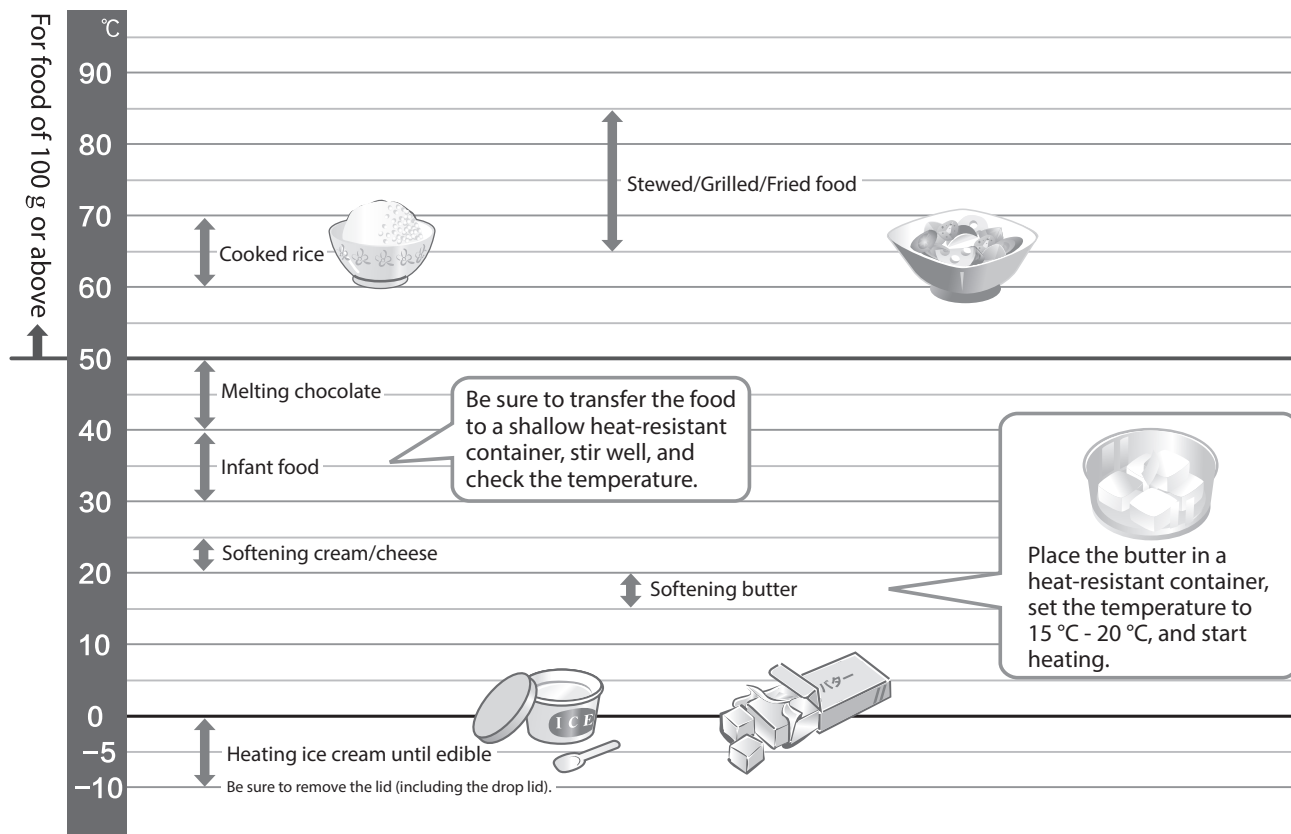
- Transfer the food to a shallow heat-resistant container.
- Do not heat frozen food.
Please heat it in the manual "微波" (Microwave) mode while observing the situation.
- Be sure to stir the food well and check the food temperature before feeding the baby.

Be careful!



- Do not heat beverages in the [定温加热] (Desired Temp) mode.
For milk, coffee and wine, please heat them with the corresponding option in • . For others, please set a moderate time by referring to the time reference on Pages 52-53 and perform the heating in the manual "微波" (Microwave) mode while observing the situation.

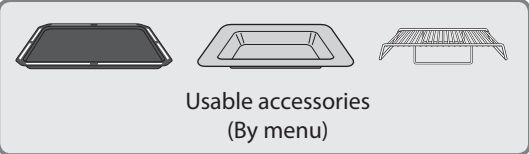
Temperature Setting Guide



烹調
(Cook)

熱風對流
(Convection)

Cooking with Convection



With preheat

* Menus where the square tray needs to be preheated in the supplied Cookbook.

1 On the **烹調 (Cook)** screen, select **熱風對流 (Convection)** and **有預熱 (With preheat)**, and adjust the temperature.



- How to set the temperature → Page 15
- Settable range: 100 °C to 300 °C; 350 °C
However, if the chamber is hot (when “注意高溫” (CAUTION: High Temperature!) flashes on the display panel), the temperature may not be able to be set to 260 °C or above, in order to protect the electrical components.
- After the temperature is set, the standard preheating time is displayed. (The displayed standard preheating time may be different from the actual preheating time.)

2 Get started. (Preheating starts.)



- The remaining time is displayed at 1 minute before the preheating ends.

3 Once the buzzer sounds five times, the preheating is complete (when “預熱完成” (Preheating ends) is displayed.)

- The preheating hold time is about 20 minutes. (At 260 °C - 350 °C, the preheating hold time is about 10 minutes.)
If no action is done during this period, the buzzer will sound 3 times, the preheating hold state will end, and then the power will shut off.

4 Place the food in the chamber, and adjust the time. (Please refer to the separate Cookbook.)



- How to set the time → Page 15
- To reset the time, please touch **清除 (Clear)**.
- Max settable time: 90 minutes (100-250 °C)
60 minutes (260-300 °C; 350 °C)
- To change the temperature and time after start → Page 15

After preheating, the square tray will get hot, so be careful when taking it out or putting food on it.

5 Get started. (Cooking starts.)



- Put in the food, and then touch the “開始” (Start) button to start heating.
* After preheating, if the door is not opened and closed, the oven does not work even after “開始” (Start) is touched.

6 Once the buzzer sounds three times, the cooking is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- [注意高溫] (CAUTION: High Temperature!) appears on the display panel.
- To continue heating after cooking is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Preheating: Heats the chamber to a suitable temperature for cooking in advance.

- The temperature cannot be changed during preheating.
- If the temperature is set to 350 °C, the preheating temperature will change to 300 °C.
- Standard preheating time: Approx. 5 minutes for 200 °C, approx. 11 minutes for 250 °C, and approx. 20 minutes for 300 °C.
→ The time may vary slightly with the chamber temperature before preheating, room temperature and voltage.

About the set temperature: Regarding the set temperature for convection, the temperature is measured at the center of the chamber with a thermoelectric thermometer. (Based on the measurement method stipulated in the JIS) If the temperature is measured with a commercially available thermometer, the measured temperature may be different.

Without preheat

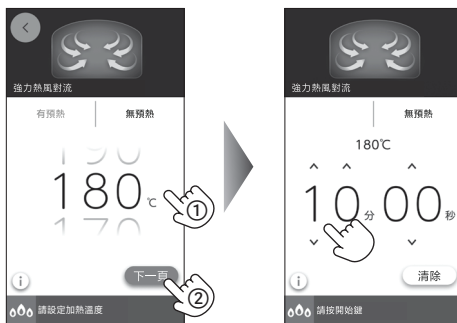
1 Place the food in the chamber.

(For accessories, see the recipes in the separate Cookbook.)

2 On the **烹調 (Cook)** screen, select **熱風對流 (Convection)** ▶ **無預熱 (Without preheat)**.



3 Adjust the temperature (①), touch **下一頁 (Next)** (②), and adjust the time.



- How to set the temperature → Page 15
- Settable range: 100 °C to 300 °C; 350 °C
However, if the chamber is hot (when “注意高溫” (CAUTION: High Temperature!) flashes on the display panel), the temperature may not be able to be set to 260 °C or above, in order to protect the electrical components.
- How to set the time → Page 15
- To reset the time, please touch **清除 (Clear)**.
- Max settable time: 90 minutes (100-250 °C)
60 minutes (260-300 °C; 350 °C)
- To change the temperature and time after start → Page 15

4 Get started. (Cooking starts.)



5 Once the buzzer sounds three times, the cooking is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the **[取消] (Cancel)** button.
- **[注意高溫] (CAUTION: High Temperature!)** appears on the display panel.
- To continue heating after cooking is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Message

- The roasting result may vary with the room temperature, shape, portion, size, initial temperature, chamber temperature, power supply voltage, etc.
A better effect can be achieved if you wrap parts of the food in tin foil before heating or flip the food over during cooking.

Notes

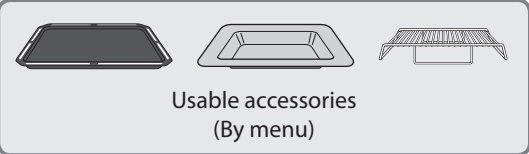
- Please note that the square tray is hot right after cooking.
- Read the Safety Precautions “For heating with tubes and steam” on Page 7.

烹調
(Cook)

其他
(Others)

發酵
(Fermentation)

Fermentation



Fermentation, Steam Fermentation

* For fermentation of bread dough.

1 Place the food in the chamber.

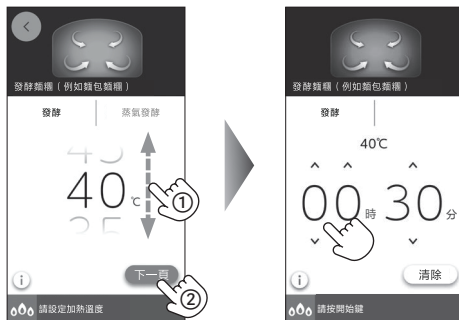
(For the position of each accessory, please refer to the separate Cookbook.)

- **蒸氣發酵 (Steam Fermentation)** Get prepared for adding water when using steam. (Page 10) Insert the water tank to the bottom.

2 On the **烹調 (Cook)** screen, select **其他 (Others)** ▶ **發酵 (Fermentation)** .



3 Adjust the temperature (①), touch **下一頁 (Next)** (②), and adjust the time.



- How to set the temperature → Page 15
- Settable range: 30 °C, 35 °C, 40 °C, and 45 °C
- How to set the time → Page 15
- To reset the time, please touch **清除 (Clear)** .
- Max settable time:
10 hours for Fermentation; 90 minutes for Steam Fermentation.
- To change the temperature and time after start → Page 15

4 Get started. (Fermentation starts.)



- If it is dry, wrap the dough in plastic wrap, cover it with a damp cloth or spray water mist over it.
- When the chamber temperature is close to the set temperature, the heating tube does not operate. This is normal.
- For Steam Fermentation, when the chamber temperature is close to the set temperature, sufficient steam may not be generated. Please note that the food may be too dry.

5 Once the buzzer sounds three times, the fermentation is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes) You can stop the prompt tone by opening the door or touching the **[取消] (Cancel)** button.
- After Steam Fermentation is completed, drain the pipes and perform self cleaning. (Page 57) To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Wait until the chamber and accessories cool down before fermentation

When “因爐內高溫無法使用發酵（或蒸氣發酵）模式” (Fermentation (or Steam Fermentation) is not available due to the high temperature in the oven) appears, touch the “取消” (Cancel) button, open the door, and wait until the chamber cools down. The food cannot be fermented well if the chamber is hot.

烹調
(Cook)

燒烤
(Grill)

Gilling

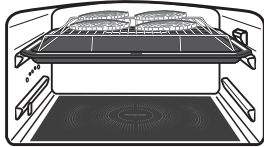


How to cook

Fermentation/Gilling

Example: Grilled Fish

1 Place the food in the chamber.



- Put a gridiron on a square tray, put the food on the gridiron, and place the square tray in the chamber.
- To cook with the upper heating tubes, it recommended that you put the food on the upper shelf.
- Do not use a gridiron if the food is high.

2 Select **燒烤 (Grill)** on the **烹調 (Cook)** screen, and adjust the time.



- How to set the time → Page 15
- To reset the time, please touch **清除 (Clear)**.
- Max settable time: 30 minutes
- To change the time after start → Page 15

3 Get started. (Cooking starts.)



- To brown both sides, flip the food over and touch the “開始” (Start) button again during heating.

4 Once the buzzer sounds three times, the cooking is complete.

- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- [注意高溫] (CAUTION: High Temperature!) appears on the display panel.
- To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Take care when taking the square tray out since the chamber and the square tray are hot.



Notes

Please note that the square tray is hot after cooking.

- Read the Safety Precautions “For heating with tubes and steam” on Page 7.

加熱
(Reheat)

蒸氣微波
(Steam Microwave)

烹調
(Cook)

蒸氣
(Steam)

低溫蒸煮
(Low Temp Steam)

Cooking with Steam

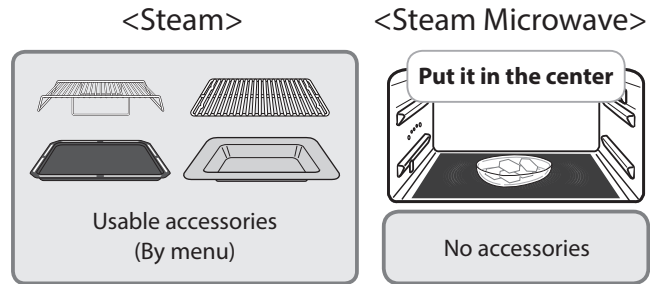


Cooking with Steam/Steam Microwave

(Time setting reference: Pages 52-53)

1 Get prepared for adding water, and place the food in the chamber.

- Get prepared for adding water in advance. (Page 10)
Insert the water tank into place.
- Steam: Cooking with steam only.
- Steam Microwave: Heating with both microwave (400W) and steam.
Please be careful about the container used.
* Do not use the square tray or tin foil. Otherwise, sparks may occur.
- For Steam Microwave, choose a microwaveable heat-resistant container, and put the container directly in the center of the chamber.



2 For Steam: Select **蒸氣 (Steam)** on the **烹調 (Cook)** screen, and adjust the time.

(For Steam Microwave: From **加熱 (Reheat)** (the initial screen), touch the microwave output button (“微波 600W ▼” (Microwave 600W)) → **蒸氣微波 (Steam Microwave)**, and adjust the time. (Please follow the procedure on Page 40.)



- How to set the time → Page 15
- To reset the time, please touch **清除 (Clear)**.
- Max settable time: 30 minutes for **蒸氣 (Steam)**
30 minutes for **蒸氣微波 (Steam Microwave)**
- To change the time after start → Page 15

3 Get started. (Cooking starts.)



- Steam is generated in about 1 minute after the “開始” (Start) button is touched.

4 Once the buzzer sounds three times, the cooking is complete.

- Watch out for steam when opening the door.
Also, watch out for the steam coming out of the exhaust outlet.
- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- Drain the pipes and perform self cleaning.
- To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Take care when taking the square tray out since the chamber and the square tray are hot.



Notes

Please note that the square tray is hot after cooking.

- Watch out for the steam coming out when you open the door during steam heating.
Also, watch out for the remaining steam coming out of the exhaust outlet.
- Read the Safety Precautions “For heating with tubes and steam” on Page 7.

When steaming at a low temperature, wait until the chamber has cooled down before cooking.

- The food cannot be cooked well if the chamber is very hot. When “因爐內高溫，無法使用低溫蒸煮” (Low Temp Steam is not available due to the high temperature in the oven) appears, touch the “取消” (Cancel) button, open the door, and wait until the chamber cools down.

Make sure that there is no standing water in the water tank before using steam.

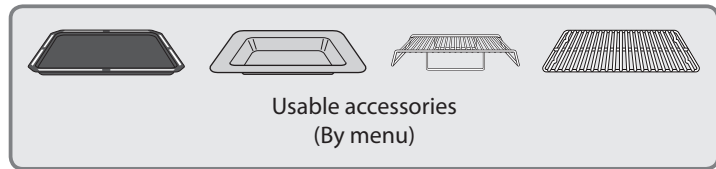
Watch out for steam when taking food out!



Cooking with Low Temp Steam (35-95 °C)

1 Get prepared for adding water, and place the food in the chamber.

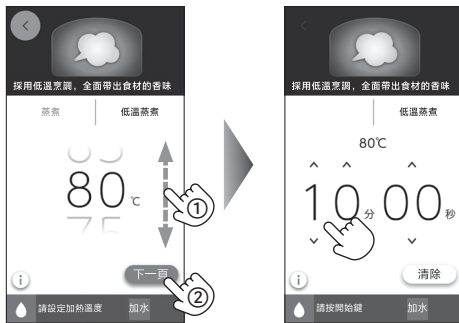
- Get prepared for adding water (Page 10). Insert the water tank into place.



2 On the **烹調 (Cook)** screen, select **蒸氣 (Steam)** ▶ **低溫蒸煮 (Low Temp Steam)**.



3 Adjust the temperature (①), touch **下一頁 (Next)** (②), and adjust the time.



- How to set the temperature → Page 15
- Settable range: 35-95 °C
- How to set the time → Page 15
- To reset the time, please touch **清除 (Clear)**.
- Max settable time: 30 minutes
- To change the temperature and time after start → Page 15

4 Get started. (Cooking starts.)



5 Once the buzzer sounds three times, the cooking is complete.

- Watch out for steam when opening the door. Also, watch out for the steam coming out of the exhaust outlet.
- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- Drain the pipes and perform self cleaning.
- To continue heating after heating is complete, touch **延長 (Prolong)** within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Take care when taking the square tray out since the chamber and the square tray are hot.

■ When water runs out/low in the water tank during cooking

- The buzzer will sound, and “加水” (Water Refill) will flash on the display panel. Fill the water tank with water in time.
- Once water is added, “加水” (Water Refill) disappears. (You can also fill the water tank with water even during cooking.)

■ After cooking, empty the water tank and wipe off any moisture in the chamber. (Page 57)

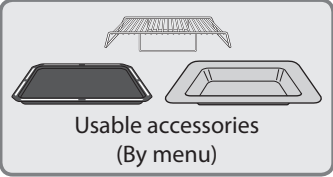
烹調 (Cook)

其他 (Others)

過熱水蒸氣烤焗 (Superheated Steam)

混合烹調 (Hybrid)

Steam



Cooking with Superheated Steam/Hybrid

Superheated Steam Cooks food with steam heated to 100 °C or above (Superheated Steam).

Hybrid Cooks food with superheated steam and high-power heating tubes at the same time.

With preheat

Superheated Steam involves high temperature. Be particularly careful because it may not be visible to naked eyes.

1

Get prepared for adding water, and select

其他 (Others)

過熱水蒸氣烤焗 (Superheated Steam)

過熱水蒸氣烤焗 (有預熱) (Superheated Steam (With preheat))

on the 烹調 (Cook) screen.

(For Hybrid, select

其他 (Others)

混合烹調 (Hybrid)

混合烹調 (有預熱) (Hybrid (With preheat))

on the

烹調 (Cook)

screen.)



- Get prepared for adding water. (Page 10)
- Insert the water tank into place.

2

Adjust the temperature.



- How to set the temperature → Page 15
- Settable range: 100 °C to 250 °C; 300 °C. However, if the chamber is hot (when “注意高溫” (CAUTION: High Temperature!) flashes on the display panel), the temperature may not be able to be set to 300 °C or above, in order to protect the electrical components.
- After the temperature is set, the standard preheating time is displayed. (The displayed standard preheating time may be different from the actual preheating time.)

3

Get started. (Preheating starts.)



- The remaining time is displayed at 1 minute before the preheating ends.

4

Once the buzzer sounds five times, the preheating is complete. (“預熱已完成” (Preheating Complete) appears.)

- The preheating hold time is about 20 minutes. (Or about 10 minutes for 300 °C.) If no action is done during this period, the buzzer will sound three times, the preheating hold state will end, and then the power will shut off.

5

Place the food in the chamber, and adjust the time.

(For accessories, see the recipes in the separate Cookbook.)



- How to set the time → Page 15
- To reset the time, touch 清除 (Clean).
- Max settable time: 60 minutes
- To change the temperature and time after start → Page 15

After preheating, the square tray will get hot, so be careful when taking it out or putting food on it.

6

Start heating. (Cooking starts.)



- Put in the food, and then touch the “開始” (Start) button to start heating.

* After preheating, if the door is not opened and closed, the oven does not work even after “開始” (Start) is touched.

7

Once the buzzer sounds three times, the cooking is complete.

- Watch out for steam when opening the door. Also, watch out for the steam coming out of the exhaust outlet.
- The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes) You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- Drain the pipes and perform self cleaning.
- To continue heating after heating is complete, touch 延長 (Prolong) within 1 minute to set the time, and start heating while observing the situation. (Page 15)

Preheating: Heats the chamber to a suitable temperature for cooking in advance.

- The temperature cannot be changed during preheating.
- Standard preheating time: Approx. 5 minutes for 200 °C, approx. 11 minutes for 250 °C, and approx. 20 minutes for 300 °C.

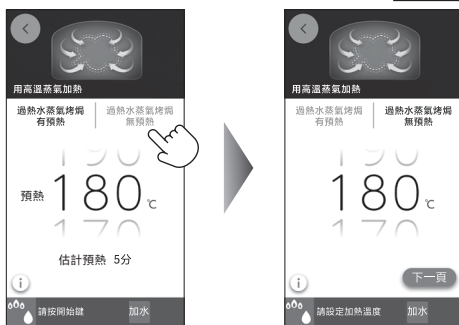
→ The time may vary slightly with the chamber temperature before preheating, room temperature and voltage.

Without preheat

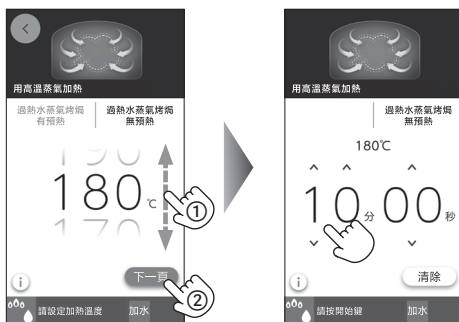
1 Place the food in the chamber.

(For accessories, see the recipes in the separate Cookbook.)

2 Get prepared for adding water, and select 過熱水蒸氣烤焗 (有預熱) (Superheated Steam (With preheat)) in Step 1 on Page 50. (For Hybrid, select 混合烹調 (無預熱) (Hybrid (Without preheat)) in Step 1 on Page 50.)



3 Adjust the temperature (①), touch 下一頁 (Next) (②), and adjust the time.



- How to set the time → Page 15
- Settable range: 100 °C to 250 °C; 300 °C
However, if the chamber is hot (when “注意高溫” (CAUTION: High Temperature!) flashes on the display panel), the temperature may not be able to be set to 300 °C, in order to protect the electrical components.
- How to set the time → Page 15
- To reset the time, please touch 清除
(Clear).
- Max settable time: 60 minutes
- To change the temperature and time after start → Page 15

4 Get started. (Cooking starts.)



5 Once the buzzer sounds three times, the cooking is complete.

- Watch out for steam when opening the door.
Also, watch out for the steam coming out of the exhaust outlet.
The buzzer will sound if you forget to take out the food. (After 1/3/5 minutes)
- You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- Drain the pipes and perform self cleaning.
- To continue heating after heating is complete, touch 延長
(Prolong) within 1 minute to set the time, and start heating while observing the situation. (Page 15)

■ When water runs out/low in the water tank during cooking

→ The buzzer will sound, and “加水” (Water Refill) will flash on the display panel. Fill the water tank with water in time.

- Once water is added, “加水” (Water Refill) disappears. (You can also fill the water tank with water even during cooking.)

Message

- The roasting result may vary with the room temperature, shape, portion, size, initial temperature, chamber temperature, power supply voltage, etc.
A better effect can be achieved if you wrap parts of the food in tin foil before heating or flip the food over during cooking.
- Steam will come out when the chamber heats up.

Notes

Please note that the square tray is hot after cooking.

- Read the Safety Precautions “For heating with tubes and steam” on Page 7.

Time setting reference for manual heating

⚠ WARNING



Do not overheat any food.

Otherwise, it may cause smoking or even a fire.

- Prohibited
- Set the time conservatively, and observe the situation during heating.
 - If the stuffed red bean paste heats up in advance, smoking or even a fire may be caused after heating for more than 3 minutes.



Do not overheat beverages, high-oil foods, foods with thickeners, etc.

Otherwise, when taken out of the oven, the food may suddenly boil, thus resulting in scalds.

- Prohibited
- Stir the beverage well with a spoon before and after heating it.
 - Set the time conservatively, and observe the situation during heating.

Sets the cooking time reference for output power and time.

The heating time is directly proportional to the portion of the food. For a half portion, reduce the heating time by half accordingly.

- **Unit of capacity: ml=cc**
- **Normal: Approx. 20 °C; Refrigerated: Approx. 10 °C; Frozen: Approx. -20 °C**
- **With plastic wrap... ○/Without plastic wrap... ×**

Do not heat sealing bagged food or canned food. Otherwise, it may cause a fire, cracking, damages, injuries or scalds.



Reheating (Microwave 600W)

Menu	Portion	Standard duration	Plastic wrap
Cooked Rice	1 cup (150 g)	Approx. 1 min	×
Rice and Dishes	1 cup (340 g)	Approx. 3 min	×
Soup • Miso Soup	1 cup (150 ml)	Approx. 1 min 30 sec	×
Stewed Vegetables	150 g	Approx. 1 min 20 sec	×
Curry/Vegetables	200 g	Approx. 2 min 10 sec	○
Siu Mai	6 (100 g)	Approx. 50 sec	×
Meat Bun/ Red Bean Paste Bun	1 (90 g)	Approx. 40 sec	○
Butter Roll	2 (70 g)	Approx. 20 sec	×
Baked Bread	1 (110 g)	Approx. 30 sec	×
Grilled Sweet Potato	1 (200 g)	Approx. 1 min	×

Beverage (Microwave 600W)

Menu	Portion	Standard duration	Plastic wrap
Milk (Refrigerated)	1 cup (200 ml)	Approx. 1 min 40 sec	×
Wine (Room temperature)	1 cup (160 ml)	Approx. 1 min	×
Water (Room temperature)	1 cup (200 ml)	Approx. 1 min 20 sec	×
Coffee (Room temperature)	1 cup (150 ml)	Approx. 1 min 30 sec	×

Vegetables (Microwave 600W)

	Menu	Portion	Standard duration	Plastic wrap
Vegetables (Leafy)	Spinach	100 g	Approx. 1 min 50 sec	○
	Cabbage	100 g	Approx. 2 min 10 sec	○
	Cauliflower	100 g	Approx. 1 min 40 sec	○
Vegetables (Root)	Potato	1 (150 g)	Approx. 3 min 30 sec	○
	Taro	100 g	Approx. 2 min 30 sec	○
	Pumpkin	150 g	Approx. 3 min	○
	Carrot	100 g	Approx. 1 min 50 sec	○
	Sweet Potato	200 g	Approx. 4 min 30 sec	○

- Sprinkle some water over vegetables before heating. (To avoid over-roasting)

Reheating frozen food (Microwave 600W)

Menu	Portion	Standard duration	Plastic wrap
Cooked Rice (Frozen)	1 cup (150 g)	Approx. 2 min 30 sec	○
Curry/Vegetables (Frozen)	200 g	Approx. 6 min	○
Siu Mai (Frozen)	5 (100 g)	Approx. 2 min 20 sec	○
Meat Bun/Red Bean Paste Bun (Frozen)	1 (90 g)	Approx. 1 min 30 sec	○

Defrosting frozen meat • fish (Microwave 200W)

Menu	Portion	Standard duration	Plastic wrap
Meat	100 g	Approx. 3 min	×
	200 g	Approx. 4 min 30 sec	×
	400 g	Approx. 9 min	×
	600 g	Approx. 12 min	×
Sashimi	100 g	Approx. 1 min 30 sec	×
	200 g	Approx. 3 min	×
	400 g	Approx. 5 min	×
	600 g	Approx. 7 min	×

Reheating with steam (Steam Microwave 400W)

Menu	Portion	Standard duration	Plastic wrap
Cooked Rice (Refrigerated)	1 cup (150 g)	Approx. 1 min 30 sec	×
Meat Bun/Red Bean Paste Bun (Refrigerated)	1 (90 g)	Approx. 1 min	×
Siu Mai (Refrigerated)	10 (150 g)	Approx. 1 min 50 sec	×
Cooked Rice (Frozen)	1 cup (150 g)	Approx. 3 min 40 sec	×
Meat Bun/Red Bean Paste Bun (Frozen)	1 (90 g)	Approx. 2 min	×
Siu Mai (Frozen)	10 (150 g)	Approx. 3 min 30 sec to Approx. 4 min	×

- For commercially available frozen and processed foods, please refer to the instructions on the packaging and heat them while observing the situation.
- When heating is insufficient or uneven, please remove the food and stir it, or exchange the position and then continue heating it.

Time setting reference for manual heating (continued)

Steam (蒸氣 (Steam))

* Heats the food by using a square tray and a gridiron (on the lower shelf).

Menu	Portion	Standard duration	Plastic wrap
Meat Bun or Red Bean Paste Bun	1 (90 g)	Approx. 15 min	×
Meat Bun or Red Bean Paste Bun (Frozen)	1 (90 g)	Approx. 25 min	×
Siu Mai (Refrigerated)	10 (150 g)	Approx. 15 min	×
Siu Mai (Frozen)	10 (150 g)	Approx. 20 min	×

Defrosting frozen vegetables (Microwave 600W)

Menu	Portion	Standard duration	Plastic wrap
Edamame	100 g	Approx. 2 min 10 sec	○
Taro	100 g	Approx. 2 min 20 sec	○
Pumpkin	150 g	Approx. 3 min	○
Mixed Vegetables	100 g	Approx. 2 min	○

* Transfer the food to a heat-resistant container, and sprinkle a little more water over the mixed vegetables before heating.

How to cook
Troubleshooting

Time setting reference for manual heating/FAQs

FAQs

Question	Answer	Reference page
Is a gap required between the oven and the wall or furniture?	Yes. If there is no gap between them, the wall or furniture may be overheated, thus causing a fire or injury. • Please leave a gap of more than 10 cm on top. • There is no need to leave a gap on the left, right, rear or bottom. However, for walls, household appliances, furniture and sockets which are not heat-resistant, it is necessary to leave a gap greater than indicated. • Ensure there is sufficient space in front of the oven so that the food can be easily put in and taken out while the door is fully open.	4
Should the oven be earthed?	Yes. To prevent malfunction or electric shock due to current leakage, always use a power outlet with earth connection.	4
Is it necessary to heat the empty oven and deodorize for the first use?	Yes. For the first use, run the [Heat the empty oven / Deodorize] operation, and remove any oil stains or grease in the chamber. Smoke or odor may come out, but this is normal.	22
How can dirt be removed?	Perform self cleaning by referring to "Self-cleaning method".	54–57
What containers can be used?	Refer to "Usable/Unusable containers".	20–21
How can the excess water be drained?	Refer to "Water removal method".	57
How can the product be moved?	Move the product by holding its left and right sides properly.	8
Is it normal that the floor under the product gets hot after use?	After continuous heating, prolonged heating or roasting, the floor under the product or the wall surfaces near it may get hot due to the heat from the product. This is normal. Do not touch them with your bare hands before they have cooled down. In addition, do not use the product on tatami mats, carpets, table cloths or any other items which are not heat-resistant.	—

Self-cleaning method

The key to efficient self-cleaning is timeliness and carefulness.

⚠ WARNING



Unplug and cool down

Please remove the power plug and wait until the main unit cools down before self-cleaning.

Otherwise, it may cause an electric shock, injuries or scalds.



Prohibited

Do not use the product while there is any oil, food residues or moisture attached in the chamber or on the door.

Otherwise, it may cause sparks, smoke, fire or damages to the chamber if microwaves are concentrated on dirty areas. In addition, it may cause rust.

• When the above substances are present, wipe them off after the main unit has cooled down.



No wet hands

Do not handle the power plug with a wet hand.

Otherwise, it may cause an electric shock.

To prevent rust and ensure long-term use

Be sure to wipe off the dirt and moisture if any in the chamber after each use.

① Wipe the entire chamber (i.e. the left and right sides, inside, top and bottom, and the inner side of the door) clean with a wrung-out cloth.

② Open the door and let it air dry. After wiping off the moisture, leave the door open for about 1 hour.

* Be careful not to hit the door or apply any pressure to it.

Cover and door

Wipe them clean with a wrung-out cloth.

• Be sure to wipe off the cleaner thoroughly after removing tough dirt with a cloth soaked with diluted kitchen cleaner (mild).

Notes

• Do not spill water on it. Otherwise, it may cause rust or malfunction.

Touch screen

After wiping with a soft wrung-out cloth, use a dry towel to remove the remaining moisture if any.

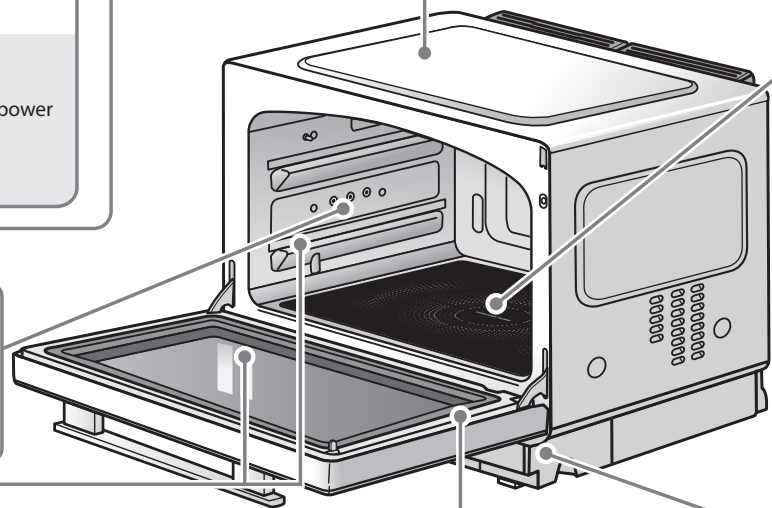
Notes

• Perform cleaning after the power plug is removed or the power turns off automatically. (To prevent operational errors)
• Do not wipe vigorously. (To avoid scratches)

Steam outlet

Wipe it clean with a wrung-out cloth.

• After steam cooking, white traces (or scales) may be seen near the steam outlet. Wipe them off carefully with a wrung-out cloth.



Door and inner side of the chamber

Wipe them clean with a wrung-out cloth.

• For tough dirt, place a damp cloth on the dirty area, let it sit for about 30 minutes, and then wipe it clean. Be sure to wipe off the cleaner thoroughly after removing tough dirt with a cloth soaked with diluted kitchen cleaner (mild).

For the condensed moisture after each cooking, wipe it off with a dry cloth after the main unit has cooled down.

Notes

• Do not scratch with sharp-pointed objects including brushes and forks to avoid scratches or cracks.

Door washer

If water droplets or food residues accumulate on the door washer, gently wipe them off with a wrung-out cloth after the main unit has cooled down.

Notes

• Do not scratch strongly or squeeze the door washer in or out. Otherwise, it may cause steam leakage.
(Do not remove the door washer.)

■ If the odor in the oven persists even after self cleaning

Please refer to “Heating the empty oven/Deodorizing” (Page 22) to relieve the odor.

■ If the oven is not to be used for a long time

After performing “Water Removal” (Page 57), disconnect the power plug from the power outlet, clean all parts carefully, and store them in a place free of moisture and dust.

Notes

Do not use any other detergents than neutral ones (such as alkaline and acidic kitchen and household detergents), baking cleaners, powder cleaners, gasoline, thinners, bleach, hot water, spray detergents containing flammable gases (LPG, etc.), brushes, hard parts of sponge brushes, nylon brushes containing abrasives, metal brushes, etc. Otherwise, it may cause damages, discoloration, deformation, smoking, fire, rusting, paint peeling, etc. In addition, it may also lead to stubborn stains which are hard to remove.



Prohibited

Sponge brush



Do not use the hard side (with abrasive non-woven fabrics).
Use the sponge side for cleaning.

Abrasive nylon sponge



Do not use it for cleaning.
Use non-abrasive sponges for cleaning.

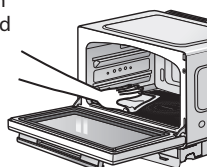
Tips

Use of steam makes it easier to remove dirt from the chamber, square tray, deep tray, gridiron and steam rack.
Please refer to “How to perform self cleaning with steam” on Page 56 for details. (Do not use any methods other than those given on Page 56.)

Chamber bottom

Please wipe off the dirt from the chamber bottom with a wrung-out cloth in time. If microwave is used, dirt that adheres to the oven may be charred and blackened during roasting.

- If the dirt is hard to remove, apply some liquid cleanser (or cream cleanser) to the dirty area, let it to sit for around two minutes, and then remove it with plastic wrap scrunched up into a ball. Then, wipe away the cleanser with a damp cloth.



Notes

- Do not scratch with metallic scourers or sharp-pointed objects to avoid scratches or cracks.
- Do not scratch the surrounding silicone washer or the lacquered coating of the chamber to avoid scratches.

Water Tank • Drain Tray

Empty the water tank and drain tray. If they are dirty, remove the dirt with a soft sponge, rinse with water, and wipe the moisture off.

- If you are concerned about dirt, please wipe them clean with diluted kitchen cleaners (mild) and then rinse with water.



Notes

- Do not attempt to dry accessories in a dishwasher or dish drier or by exposing them to sunlight. Otherwise, it may cause deformation or damage.

Square tray, deep tray, gridiron, steam rack

Wash with a soft sponge and kitchen cleaner (mild), and then wipe off the moisture thoroughly.

- For tough dirt, soak it in warm water before washing.
- For stubborn stains, refer to “How to perform self cleaning with steam” (Page 56).
- If moisture remains on the square tray, deep tray, gridiron or steam rack, rust may occur.
- For tough dirt on a deep tray



Use a melamine foam sponge (or a white sponge without detergents) to scrub it clean.



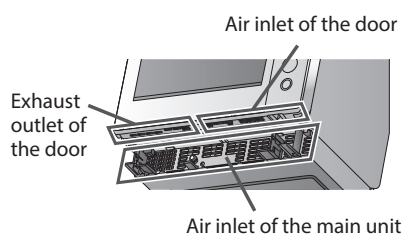
Notes

- Do not cool them down quickly after use; otherwise, it may cause damages or deformation to the main unit. In addition, if water is added right after heating, steam or high-temperature droplets may be splashed.
- Do not scratch or clean with metallic scourers or sharp-pointed objects. Otherwise, it may cause scratches or deformation.

Air inlet and exhaust outlet

Remove the water tank/drain tray, and then suck the dust with a vacuum cleaner.

- If dust accumulates in the air inlet and exhaust outlet, it will be hard for electrical components to cool down, which may result in malfunction.



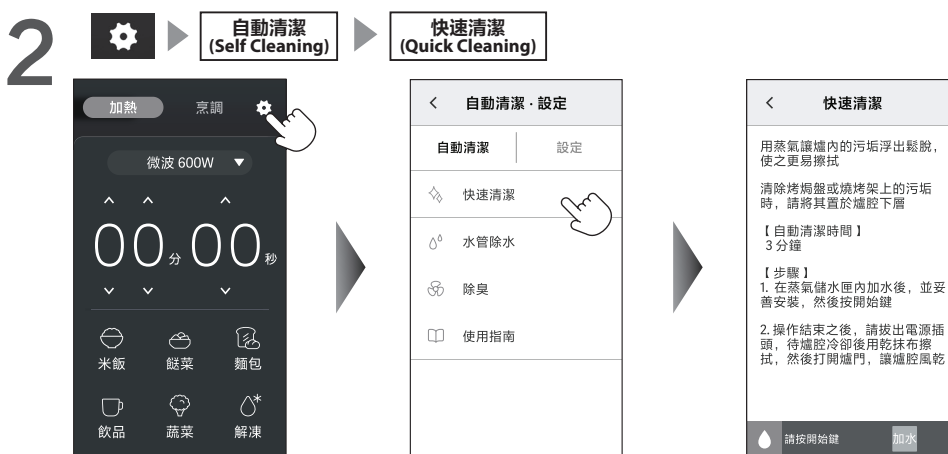
Self-cleaning method (continued)

When dirt is a concern

How to perform self cleaning with steam

With steam, it will be easier to wipe the dirt off the chamber since dirt will lift right out. In addition, it will be easier to remove dirt if you put the square tray, gridiron or steam rack to be cleaned in the chamber.

- 1 Insert the water tank into the main unit after filling it with water. (Page 10)
* To remove dirt from a square tray, deep tray, gridiron or steam rack, place it in the chamber.



- 3 Get started.
(Self cleaning starts. It takes 3 minutes.)



- 4 Once the buzzer beeps three times, the quick cleaning is complete.
 - Watch out for steam when opening the door. Also, watch out for the remaining steam coming out of the exhaust outlet.
 - The buzzer will sound if the door is not opened (after 1 minute, 3 minutes, and 5 minutes). You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.

- 5 After water removal (Page 57), wait until the chamber has cooled down, and then wipe off the dirt if any.
 - After water removal, remove the power plug, wait until the chamber, square tray, deep tray, gridiron and steam rack have cooled down, and then wipe off the dirt if any.
 - Empty the water tank and drain tray, and then wash them clean with water.
 - Wipe off the water droplets on the inner side of the chamber and door with a dry cloth.

- 6 Open the door to air-dry the chamber (for about 1 hour).
("To prevent rust and ensure long-term use" on Page 54)

Message

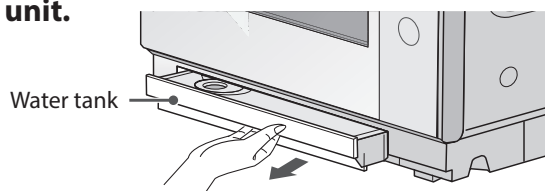
- Please note that the chamber, square tray, deep tray, gridiron, steam rack and steam outlet will become hot right after heating.
- Quick cleaning can relieve the odor, but it cannot remove all kinds of odors.

After each use of steam

Water removal method

Drain the pipes after steam heating.

1 Remove the water tank from the main unit.



2

自動清潔
(Self Cleaning)

▶

水管除水
(Water Removal)



3 Get started. (Water removal starts. It takes 2 minutes.)



4 Once the buzzer beeps three times, the water removal is complete.

- The buzzer will sound if the door is not opened (after 1 minute, 3 minutes, and 5 minutes). You can stop the prompt tone by opening the door or touching the [取消] (Cancel) button.
- After it is over, wait until the main unit has cooled down, and wipe off the water droplets on the inner side of the chamber and door with a dry cloth.

5 (During self cleaning, refer to Step 1 of "Self Cleaning") Open the door to air dry the chamber (for about 1 hour).

("To prevent rust and ensure long-term use" on Page 54)

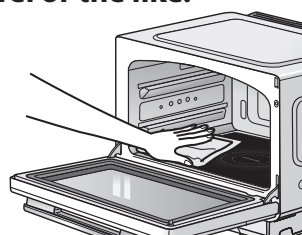
Message

- Please note that, after it is over, the drained water turns to steam and the steam outlet becomes hot.

Self Cleaning

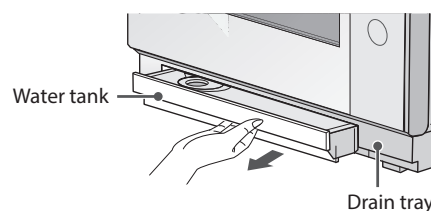
Each time after cooking, be sure to wipe off the water droplets attached to the chamber or the door with a dry towel or the like once the main unit has cooled down. If steam cooking is repeated with water droplets remaining in the chamber or on the door, water may spill out of the drain tray.

1 Wipe off the water droplets attached to the chamber or the door with a dry towel or the like.



2 Empty the water tank and wash it clean with water.

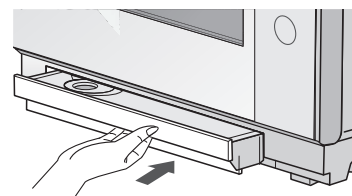
- Refer to Page 55 for the self-cleaning method.



3 Empty the drain tray.

- Refer to Page 55 for the self-cleaning method.

4 Insert the water tank and drain tray into the main unit.



5 Open the door to air-dry the chamber (for about 1 hour).

("To prevent rust and ensure long-term use" on Page 54)

Refer to Page 10 for instructions on how to install/remove the water tank and drain tray.

In case you cannot cook well

Microwave heating and Steam heating

Item	Troubleshooting	Solution
Reheating Rice and Dishes	Cooking stops suddenly. The desired heating effect is not achieved with [自動加熱] (Auto Heating).	<ul style="list-style-type: none"> When the chamber (especially the bottom) is hot, the infrared sensor may not work properly. Open the door, wait until the chamber has cooled down, and then start heating.
	The food cannot be reheated.	<ul style="list-style-type: none"> Is the food put in a metal container or wrapped with tin foil? Have you used the supplied square tray? The square tray cannot be used. Please place the food in the center of chamber. You can use the image of the chamber bottom as the reference for placement. If the chamber is hot, after long-time heating or continued heating, or when a small portion is heated, please lower the output power to protect the electric components. Please wait for a while before continuing to heat or use.
	The food is overheated with [自動加熱] (Auto Heating).	<ul style="list-style-type: none"> Is it heated with a lid on? Do not use a lid. Otherwise, the infrared sensor may not work properly. Please place the food in the center of chamber (on the front, rear, left and right). If the position is not right, the desired heating effect may not be achieved. Is the food portion too small? The portion for each heating should be more than 100 g. For correct detection by the infrared sensor, please use a chunky container with a wide opening for heating.
	The cooked rice becomes very dry.	<ul style="list-style-type: none"> For a moist result, sprinkle a little water on the food before heating. For a moist result, heat the food with 蒸氣加熱 (Steam Heating) or 蒸氣微波 (Steam Microwave).
	The sauce splashes when stewed food or braised fish is reheated.	<ul style="list-style-type: none"> Place the food in a deep container, and heat it with plastic wrap in the manual [微波] (Microwave) mode while observing the situation.
	Curry and Happosai cannot be reheated.	<ul style="list-style-type: none"> For the thick food, heat it in the 普通菜式 (Regular) mode while observing the situation. After heating, mix the whole thing well. (Pages 27-28)
	Frozen cooked rice cannot be reheated.	<ul style="list-style-type: none"> When the food starts to melt from the surface or after the food is wrapped in another layer of plastic wrap, the infrared sensor may not work properly. Please heat the food up right after taking it out from the refrigerator. If the cooked rice is still frozen, keep the plastic wrap cling tightly to the cooked rice. Do not wrap the food in multiple layers of plastic wrap. Do not place the food to reheat with the joint of plastic wrap on the top. Heat the frozen cooked rice wrapped with plastic wrap on a heat-resistant flat plate.
	Frozen food cannot be reheated.	<ul style="list-style-type: none"> When the food starts to melt from the surface or after the food is wrapped in another layer of plastic wrap, the infrared sensor may not work properly. Please heat the food up right after taking it out from the refrigerator. In addition, keep the plastic wrap cling tightly to the food. The “自動加熱” (Auto Heating) mode is not applicable to some of commercially available frozen foods. Please heat the food in the manual “微波” (Microwave) mode while observing the situation as per the instructions on the packaging.
	The food becomes very dry.	<ul style="list-style-type: none"> Heat the food with 蒸氣加熱 (Steam Heating) or 蒸氣微波 (Steam Microwave) for a moist effect.
	Tempura or other deep-fried food becomes sloppy after being reheated.	<ul style="list-style-type: none"> Please heat the food with 油炸食品 (Fried) for a crispy result.
	Two types of food cannot be heated properly at the same time.	<ul style="list-style-type: none"> Is the food placed in a corner of the chamber? Is the food portion too large? If the portion of side dishes is larger than that of cooked rice, they cannot be heated well. Depending on the combination of its type and portion, the food may not be heated well. → If the foods are not reheated well, heat them in the manual “微波” (Microwave) mode while observing the situation.

Item	Troubleshooting	Solution
Defrosting	The food is not defrosted properly.	<ul style="list-style-type: none"> • Lay the food flat on a shallow Styrofoam tray or kitchen paper to defrost. <ul style="list-style-type: none"> → If the food is placed in a deep Styrofoam tray, the edges of the tray will block the monitoring signal. As a result, the temperature may not be measured correctly and the food may not be defrosted well. • The food with a thickness of up to 3 cm can be defrosted well. Try to make the thickness even, and wrap thinner parts or fish tails with plastic wrap. (Page 34) • To defrost two or more foods at the same time, ensure that the foods are of the same type and size. • The food may not be defrosted well depending on its shape and type.
	The food is defrosted insufficiently.	<ul style="list-style-type: none"> • If the temperature of the food increases partially, the infrared sensor may detect the increase and stop heating, resulting in insufficient defrosting. <ul style="list-style-type: none"> → If its thickness is uneven, the food may be partially heated. So, make sure that the thickness is uniform before freezing. → If the food is defrosted insufficiently, prolong the heating or defrost the food in the manual “微波 200W” (Microwave 200W) while observing the situation. → When the food starts to melt from the surface or after the food is wrapped in another layer of plastic wrap, the infrared sensor may not work properly. Please defrost the food right after taking it out from the refrigerator.
Milk and wine	Heating stops right after it starts. The beverage temperature is still low.	<ul style="list-style-type: none"> • When the chamber (especially the bottom) is hot, the infrared sensor may not work properly. Open the door, wait until the chamber has cooled down, and then start heating.
	The milk is overheated.	<ul style="list-style-type: none"> • Is it heated in the 牛奶 (Milk) mode? Do not use the “加熱” (Reheat) button to start heating since the temperature may be too high. • What portion is the milk? Fill the milk to around 8/10 of the container. The milk may come to a boil if the portion is too small in the container. • Please select a suitable container as specified on Page 31.
	The wine is overheated.	<ul style="list-style-type: none"> • Is it heated in the 酒 (Wine) mode? Do not use the “加熱” (Reheat) button to start heating since the temperature may be too high. • What portion is the wine? Fill the wine to around 8/10 of the container. The wine may come to a boil if the portion is too small in the container. • Please select a suitable container as specified on Page 31.
	The upper half and the lower half of the wine are of different temperatures.	<ul style="list-style-type: none"> • Mix it well after heating. • When using a sake bottle, wrap the neck of the bottle with tin foil to reduce the temperature difference between the top and bottom. (Page 31)
Vegetables	The food is not reheated properly.	<ul style="list-style-type: none"> • Is it heated with a lid on? Do not use a lid. • For root vegetables, wrap the whole flat plate with plastic wrap. For leafy vegetables, wrap the vegetables only with a plastic wrap instead of the whole plate. • If it is less than 100 g, reheat the food in the manual “微波 600W” (Microwave 600W) mode while observing the situation.
	The vegetables (leafy/root) become very dry.	<ul style="list-style-type: none"> • Wash the vegetables clean with water and cook them without shaking them dry. Sprinkle some water over vegetables if necessary.
	Some parts are overheated while others under-heated.	<ul style="list-style-type: none"> • Make sure that such vegetables as pumpkins and potatoes are cut into a uniform size. Overlap leaves and stems of the spinach interchangeably. • After heating, take the plate out from the oven and leave it as it is for about 5 minutes. • To heat two or more types of vegetables at the same time, ensure that the vegetables are of a uniform size.

In case you cannot cook well (continued)

Microwave heating, Steam heating and Heating with heating tubes

Item	Troubleshooting	Solution
Steamed	The heating time is very long.	<ul style="list-style-type: none"> Since the food is heated after steam is generated, steam heating takes longer than heating with only microwave. If a moist result precedes over the heating speed, select 米飯 (Rice) • 普通菜式 (Regular).
Desired Temp	Cooking stops automatically shortly after it starts, and the temperature of the food is still very low.	<ul style="list-style-type: none"> When the chamber (especially the bottom) is hot, the infrared sensor may not work properly. Open the door, wait until the chamber has cooled down, and then start heating.
Steam	The food is not reheated properly.	<ul style="list-style-type: none"> Is the portion appropriate? The food may not be heated properly if the portion is different from that specified in the Cookbook. Has the water tank run out of water? If the water tank runs out of water or you forget to add water in time, the steam may not come out any longer, thus resulting in a poor heating result. Ensure that the water tank is inserted into place.
Steam Heating	The food is not reheated properly.	<ul style="list-style-type: none"> Has the water tank run out of water? If the water tank runs out of water or you forget to add water in time, the steam may not come out any longer, thus resulting in a poor heating result. Ensure that the water tank is inserted into place.
Convection	The roasting result is poor, and the roasting color is uneven.	<ul style="list-style-type: none"> The roasting result may vary with the room temperature, shape, portion, size, initial temperature and power supply voltage, etc. Please observe the condition during heating. The roasting result may be uneven if the dough size is not uniform. Make sure that the dough is of a uniform size. If you are concerned about uneven roasting, flip the food over and exchange the positions of the square tray on the upper and lower shelves during heating. In addition, wrapping some foods with tin foil can improve the heating result. * Please wear oven mitts when taking the square tray out to avoid scalds. Wrap the tin foil around the edge of the square tray to prevent it from being blown away by the hot air during heating. (Malfunction may be caused if the tin foil is blown away by hot air and stuck to the surface of the oven during heating.) Depending on such factors as the cake mold and conditions, the result may not be good even if the food is heated at the temperature indicated in the recipe. Try to set the temperature higher or lower by 10 °C to 20 °C than the temperature indicated in the recipe.
Fermentation	The fermentation result is poor.	<ul style="list-style-type: none"> Fermentation conditions may vary with the room temperature, temperature of dough, types of yeast, proportion of materials, etc. Adjust the fermentation temperature and time while observing the dough condition. If the dough is dry, sprinkle some water mist over the dough while observing the situation.
Toast	The roasting color is too dark or too light.	<ul style="list-style-type: none"> To adjust the cooking effect, set it to “細火” (Low) for lighter roasting, or set it to “大火” (High) for darker roasting. The roasting color may vary with the bread thickness, size, proportion of materials, bread type, moisture content, room temperature, chamber temperature, timing of flipping over, etc. If the roasting color is light, place the food with the side you wish to continue roasting facing up, and prolong the heating or roast in the manual “燒烤” (Grill) while observing the situation.

Item	Troubleshooting	Solution
Pastry	Sponge Cake	The cake is not fluffy. <ul style="list-style-type: none"> • Are the eggs beaten well? Beat the eggs until what you write on them does not disappear shortly. • Are the mixture of eggs and flour over-stirred?
		The ingredients are not beaten well. <ul style="list-style-type: none"> • If there is moisture or oil in the bowl or whisk, it is hard to beat the mixture well. • Use a bowl free of moisture or oil.
		The flour is still lumpy. <ul style="list-style-type: none"> • Is the flour sifted? By sifting flour can coarse particles be removed and the flour aerated. • Is the flour blended and mixed?
		The cake sinks in the middle. <ul style="list-style-type: none"> • Was the egg beaten for too long?
		The roasting color is too dark or too light. <ul style="list-style-type: none"> • The roasting result may vary with the ingredients, cake type, etc. Please observe the situation during roasting.
	Chiffon Cake	The cake is not fluffy. <ul style="list-style-type: none"> • Beat the egg whites well, until they are stiff and do not fall out even if the bowl is turned upside down. It is easier to beat egg whites until bubbling after it has cooled down.
		There are many small holes in the middle of the cake. <ul style="list-style-type: none"> • The dough is aerated when it is poured into the mold. Be sure to pour the dough all at once into the mold from a certain height. • Is an aluminum mold used?
	Puff	The cake is not fluffy. <ul style="list-style-type: none"> • Is the portion appropriate? • When making the dough, did you set a correct microwave heating time?
	Cookies	The roasting color is uneven. <ul style="list-style-type: none"> • Are the thickness and size of the dough uniform?
	Bread	Butter Roll
The roasting color is uneven. <ul style="list-style-type: none"> • Is the size of each loaf of bread consistent? Prepare loafs of bread of a uniform size. 		
French Bread		The final result is poor. <ul style="list-style-type: none"> • Refer to "Tips on Baking French Bread" on Page 207 of the Cookbook.
Grilled Food	Grilled Vegetables in Cream Cheese	The roasting color is uneven. <ul style="list-style-type: none"> • The roasting color may vary with the type of cheese. Please observe the situation during heating.

Before asking for repairs

The following phenomena are not malfunctions.




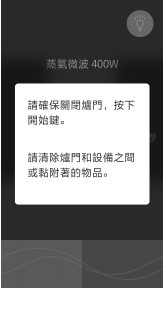
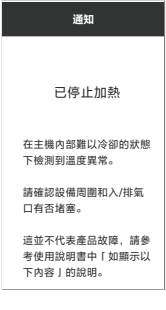

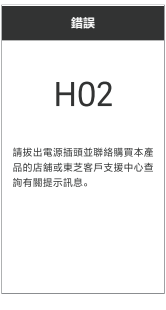
Phenomenon	Cause (Solution)
Nothing appears on the display panel after the power plug is inserted into the power outlet.	<ul style="list-style-type: none"> While the door is closed, just inserting the power plug into the power outlet will not turn on the power. Once the door is opened and then closed, the power-on status is displayed.
Ticking sounds are heard during cooking.	<ul style="list-style-type: none"> This is the switching sound of the switch inside the product. This is not a malfunction.
"POKOPOKO" or "POKON" sounds are heard continuously during roasting or other heating with tubes.	<ul style="list-style-type: none"> This is the sound of the door wall and square tray caused by heat shrinking. This is not a malfunction.
"GI" sounds are heard continuously at the beginning of microwave heating and during cooking.	<ul style="list-style-type: none"> This is the operating sound during microwave heating. This is not a malfunction.
During and after cooking, the sound (of the fan) comes and goes, and sometimes the sound is louder during cooking.	<ul style="list-style-type: none"> During cooking or after cooking, the cooling fan may run to cool down electrical components. After cooking, "冷却中" (Cooling) flashes while the cooling fan is running. Do not remove the power plug while the cooling fan is running.
No display and no response even after buttons are touched.	<ul style="list-style-type: none"> The power shuts off automatically in 2 minutes after the door is opened for energy saving. (Please open the door, wait until the power is turned on, and then start operation.)
After cooking, the buzzer sounds at an interval of 1 minute, 3 minutes or 5 minutes.	<ul style="list-style-type: none"> The buzzer will sound if you forget to take the food out from the oven after cooking. Open the door or touch the [取消] (Cancel) button.
No steam comes out. The water in the water tank is not reduced.	<ul style="list-style-type: none"> Check if the water tank is inserted correctly into the main unit after it is filled with water. During convection heating, steam if any is not visible to naked eyes. During steam fermentation, it may be impossible to generate sufficient steam if the room temperature is very close to the set temperature. If dryness is a concern, wrap the food with plastic wrap or a damp cloth, or sprinkle with water mist. The amount of water reduction in the water tank may vary with the menu. In some cases, only a small amount of water is reduced.
Sounds like "juwa", "bush", "shuwa" or "bushubushu" are heard during steam cooking.	<ul style="list-style-type: none"> This is the sound when water evaporates due to steam heating with tubes. This is normal. The sound may be particularly loud shortly after start of use.
The door becomes foggy.	<ul style="list-style-type: none"> During or after cooking, the door glass may turn foggy. It will return to normal after about 2 hours. During heating the empty oven and deodorizing, it will return to normal after about 30 minutes. (Page 22)
After cooking, water droplets adhere to the chamber and the inner side of the door. Water droplets fall. Water accumulates in the chamber.	<ul style="list-style-type: none"> Due to the improved cooking performance and enhanced airtightness in the oven, the steam from the food will adhere to the chamber and the door even if it is not under the steam cooking mode. Please wipe the water droplets off with a dry cloth and air-dry them after the water droplets have cooled down. (Page 54) Moreover, if the oven is placed on an unstable or tilted surface, water droplets drip easily. Please place the oven on a flat surface with sufficient strength.
The inside light does not turn on when the door is opened.	<ul style="list-style-type: none"> Check if it is set to "開門時， 爐内燈不亮起" (The inside light does not turn on when the door is opened.)? Set it again by referring to "Inside light ON/OFF" on Page 16.
Steam leaks between the door and the main unit.	<ul style="list-style-type: none"> According to the amount of steam or the room temperature, steam may leak, but this will not affect cooking or other performances. In addition, there is no microwave leakage during microwave cooking.
Smoke or odor are present.	<ul style="list-style-type: none"> When the oven is used for the first time, smoke or odor may occur due to burning of the anti-rust oil. Have you heated the empty oven and deodorized? (Page 22) Is the chamber or the door dirty?
White traces and watery substances are seen near the steam outlet.	<ul style="list-style-type: none"> The white traces are left by harmless minerals such as magnesium and calcium contained in tap water. (Pages 10 and 54)
In some cases, the temperature cannot be set to 260 °C or above.	<ul style="list-style-type: none"> If the chamber is hot, for protection of electric components, the temperature cannot be set to 260 °C or above in the Convection mode or 300 °C or above in the Superheated Steam or Hybrid mode.
Settings are canceled (or the power shuts off) during preheating.	<ul style="list-style-type: none"> In the Convection, Superheated Steam or Hybrid mode, there is a Preheating Retention Time after the preheating is completed. However, if no operation is done during this period, the buzzer will sound and the setting will be canceled. The power will automatically shut off soon. (Pages 44 and 50)

Phenomenon	Cause (Solution)
Cooking is paused unexpectedly.	<ul style="list-style-type: none"> • Did you open the door during heating? Please touch the [開始] (Start) button after closing the door. • During auto cooking, when manual operation is required, the buzzer sounds for 5 times. Please open the door, carry out the operation, and then touch the [開始] (Start) button after closing the door.
The set temperature cannot be reached.	<ul style="list-style-type: none"> • When the oven is empty, the temperature is measured by a thermoelectric thermometer at the center of the chamber (based on the measurement method stipulated in the JIS). When measuring with a commercially available oven thermometer, it is more difficult to track the temperature than the measurement method stipulated in the JIS. Therefore, it takes a certain time to reach the set temperature. • When cooking, please use the temperature provided in the Cookbook as a reference.
Sparks occur during cooking.	<ul style="list-style-type: none"> • Have you used the supplied square tray, deep tray or steam rack? The square tray, deep tray or steam rack cannot be used in for microwave heating. • Have you used a metal container, metal mesh or metal rod for microwave heating? • Sparks may occur if you use a container with gold powder, silver powder, gold leaf or silver leaf on it. • Is the chamber dirty? Microwaves may concentrate on the dirt and thus cause sparks. Wipe off the dirt if any. (Pages 54 and 55)
The food is heated insufficiently in the microwave heating mode.	<ul style="list-style-type: none"> • If the chamber is hot, after long-time heating or continued heating, or when a small portion is heated, the output power may be lowered to protect the electric components. Continue to heat, or wait for a certain period of time before next use.

Please check the following items before asking for repairs.

Phenomenon	Cause (Solution)
The oven does not work.	<ul style="list-style-type: none"> • Is there a power failure? • Is the power plug disconnected? • Is the fuse or circuit breaker tripped? • Please open and then close the door, and then operate the buttons while touch screen is displayed. • Did you forget to touch the “開始” (Start) button after you open and close the door during cooking? • Was it initialized? When [已完成初始化。] (Initialization Complete) is displayed, temporarily remove the power plug and then insert it back into the power outlet, and open and close the door.
The food is not heated even after the “加熱” (Reheat) button is touched.	<ul style="list-style-type: none"> • Is there anything displayed other than the 加熱 (Reheat) screen? • Heating does not start even in 1 minute after the door is closed. (Open and close the door again, and then touch the button.)
The food is not heated with [自動加熱] (Auto Heating) (Microwave heating with the infrared sensor on Page 22).	<ul style="list-style-type: none"> • Is [注意高溫] (CAUTION: High Temperature!) displayed? (Some menus are not available if the chamber is hot. Open the door, wait until the chamber has cooled down, and touch the button after the [注意高溫] (CAUTION: High Temperature!) disappears.) • Is it in the [示範] (Demo) mode? Please exit this mode by referring to the description of [示範] (Demo) on Page 64.
The buzzer does not work.	<ul style="list-style-type: none"> • Is the buzzer set to mute? Please reset the buzzer by referring to “How to mute and restart the buzzer” on Page 16.
The cooking result is poor.	<ul style="list-style-type: none"> • Is the cooking method correct? (Check if a lid, plastic wrap, and any accessories are used.) • Did you cook while the oven was hot? (Wait until the chamber has cooled down.) • Is the portion of food to cook appropriate? • Are the top and bottom of the chamber dirty? • Did you select the right menu before cooking? • In case you cannot cook well, refer to Pages 58-61.
The touch screen does not response.	<ul style="list-style-type: none"> • Close the door, and wait for a while before operating. (To prevent mis-operation, there is no response if you touch a button right after closing the door.) • Touching with fingernails does not work. Please touch it with your fingertips. • Did you operate the touch screen with gloves and band aids on? • Please operate the touch screen directly with your fingertips. • Are there water droplets or dirt on the touch screen? • Did you touch the screen with more than two fingers simultaneously?
Sometimes, there is no response after the “開始” (Start) button is touched.	<ul style="list-style-type: none"> • Close the door, and wait for a while before operating. (To prevent mis-operation, there is no response if you touch a button right after closing the door.)
The circuit breaker is tripped.	<ul style="list-style-type: none"> • Are you using any appliances that exceed the capacity of household appliances (i.e. Capacity agreed with the power company). Try again after powering off unnecessary appliances and resetting the circuit breaker.

Error handling

Display	Reason (Cause) and Solution	Display	Reason (Cause) and Solution
	<p>注意高溫 (CAUTION: High Temperature!) is flashing.</p> <ul style="list-style-type: none"> After heating with tubes is completed, it prompts that the chamber is hot. The display of cooling disappears (about 15-20 min). (Touch the “取消” (Cancel) button or choose a different menu before the chamber cools down, the display will disappear.) <p>[Action]</p> <ul style="list-style-type: none"> Keeping the door open will speed up the cooling. Heating with tubes and manual microwave heating are still available while it is displayed. <p>However, the temperature for heating with tubes cannot be set to 260 °C or above.</p> <p>When the chamber is hot, pay attention to the used container to avoid scalds.</p> <ul style="list-style-type: none"> In such modes as Auto Heating, Defrost and Fermentation, for some menus, cooking is not possible or the infrared sensor does not work when the prompt of high temperature is displayed. In such case, please wait until the chamber has cooled down. (*1) 		<p>加水 (Water Refill) is flashing during cooking.</p> <ul style="list-style-type: none"> It prompts that the water tank runs out of water or it is not installed properly. <p>[Action]</p> <ul style="list-style-type: none"> If cooking is paused, fill the water tank with water and install it back, and then touch the “開始” (Start) button. If cooking is not paused, fill the water tank with water and install it back. Wait for a while until “加水” (Water Refill) disappears, and proceed with your cooking. If there is water in it, insert the water tank into place.
	<p>冷卻中 (Cooling) is flashing.</p> <ul style="list-style-type: none"> After the heating, it prompts that the fan is running to cool down the electric components. (The fan makes a sound, but it does not heat up.) <p>[Action]</p> <ul style="list-style-type: none"> The oven is still available while it is displayed. (However, when the chamber is hot, please refer to the above section*1.) 		<p>It is displayed during cooking.</p> <ul style="list-style-type: none"> It is displayed when the door is not securely closed. The oven does not heat up. <p>[Action]</p> <ul style="list-style-type: none"> Remove any articles (e.g. cloth and food residues) stuck or attached between the door and main unit. Close the door tightly, and touch “開始” (Start).
	<p>It is displayed during cooking.</p> <ul style="list-style-type: none"> The oven may stop working if the internal temperature is difficult to cool down and an abnormal temperature is detected inside the main unit. <p>[Action]</p> <ul style="list-style-type: none"> Touch the “取消” (Cancel) button, check that the area around the main unit and air inlet and exhaust outlet are not blocked, and then try again. → Refer to “Air inlet and exhaust outlet” on Page 55. 		<p>示範 (Demo) is displayed.</p> <ul style="list-style-type: none"> This is the mode for store demonstration. (The oven does not reheat up even after buttons are touched.) <p>[Action]</p> <ul style="list-style-type: none"> To exit this mode, repeat the following action twice: Touch and hold the “取消” (Cancel) button until sounds like “beep” and “buza” are heard (for about 3 seconds), and then touch the “取消” (Cancel) button again. <p>When the demo mode is exited, 示範 (Demo) disappears.</p>
	<p>Error code “H00” (where OO represents two digits) is displayed.</p> <ul style="list-style-type: none"> A fault may occur. <p>[Action]</p> <ul style="list-style-type: none"> Touch the “取消” (Cancel) button, and the display will disappear. (Some error codes may not disappear.) If an error code persists, a fault may occur. Please contact the retailer or Toshiba Household Appliances Consultation Center and offer the error code. 		

Warranty card and after-sales service

Should you have any queries about maintenance, use, self cleaning, or procurement of spare parts

Please contact the retailer or Toshiba Household Appliances Consultation Center. (Refer to the above.)

- A warranty card is included separately in the packaging of this product.
- In the event of a malfunction within the warranty period, the product will be repaired for free according to the provisions of the warranty card. However, a free replacement is not available.
- Please refer to Pages 58-64. In case of any abnormality, please stop using the product, unplug it from the power outlet, and contact our service center.

Notes for disposal


Please follow the local regulations to dispose of the product.

Specifications

Power supply	AC220V 50 Hz		
Rated power consumption	Microwave heating: 1430W; Heating with tubes: 1430W		
High frequency output power	1000W ^{*1} /600W/500W/200W equivalent/100W equivalent Output switching		
Vibration frequency	2450MHz		
Heating tubes	Convection 1410W/Grill 1100W/Steam 1000W		
Desired temperature range	100 °C - 300 °C, 350 °C ^{*2} , Low Temp Steam (35 °C - 95 °C ^{*3}), Fermentation (30 °C, 35 °C, 40 °C, 45 °C), Steam Fermentation (30 °C, 35 °C, 40 °C, 45 °C)		
Outline dimensions	498 mm (W) × 399 mm (D) × 396 mm (H)		
Chamber dimensions	394 mm (W) × 314 mm (D) × 232 mm (H)		
Weight (Mass)	Approx. 21 kg	Chamber volume	30L
Timer limits	Microwave 1000W: 5 minutes Steam/Low Temp Steam/Steam Microwave: 30 minutes Microwave 600W/Microwave 500W: 20 minutes; Grill: 30 minutes Microwave 200W/Microwave 100W/Fermentation: 10 hours; Steam Fermentation: 90 minutes Convection (100 °C - 250 °C): 90 minutes Convection (260 °C - 300 °C, 350 °C): 60 minutes Superheated Steam/Hybrid: 60 minutes		

- ※1 The rated high-frequency output power of 1000W is a short-time high-output function (for a maximum of 5 minutes). The rated continuous high-frequency output power is 600W. It will automatically switch to 600W.
- ※2 The operating time at 350 °C is about 5 minutes. After that, it will automatically switch to 230 °C. Even if the temperature is set to 260 °C or above, it will automatically switch to 230 °C. The highest temperature that can be set for Superheated Steam or Hybrid is 300 °C. In addition, when the set temperature is 350 °C, the preheating temperature is 300 °C. The temperature at the center is measured by the thermoelectric thermometer while the oven is empty. (Based on the measurement method stipulated in the JIS)
The temperature may not match when measured with food or accessories in the chamber.
(When cooking, please use the temperature specified in the supplied Cookbook as a guide.)
- ※3 To measure the temperature, place a square tray on the lower shelf, and then measure the temperature of the black aluminum (pseudo load) at the center of the square tray.
 - To measure the temperature, place a square tray on the lower shelf, and then measure the temperature of the black aluminum (pseudo load) at the center of the square tray.
 - The power consumption is "0" W when the power plug is inserted into the power outlet, the door is closed, and the display panel is off.
 - The annual power consumption is the value measured with the Energy saving laws and the device-specific "microwave oven" measurement method. (The classification name is also based on this method.)
 - The chamber volume is calculated according to the Japanese Industrial Standards (JIS).

Please check your microwave oven you are using for a long time!



Affectionate checking

Do you have any of the following problems with using this product?

- The power cord or power plug is abnormally hot.
- The food does not heat up even after the button is touched to start cooking.
- Sometimes the oven does not shut off automatically.
- An exceptional noise or an odor occurs during use.
- The oven wall or cover is dirty, and spark or smoke occurs.
- Other exceptions or failures occur.

Stop using the oven.

To prevent malfunctions and accidents, disconnect the power plug from the power outlet and contact your retailer for inspection and repair. (Do not allow anyone other than a qualified technician to disassemble the oven.)

#DetailsMatter

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