Thank you for purchasing this Panasonic appliance.

English

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Safety Instructions

- Important safety instructions. Before operating this oven, please read these instructions carefully and keep for future reference.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.
- When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Warning! The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- Warning! Do not place this oven near an electric or gas cooker range.

Safety Instructions

- This oven is intended for counter-top use only. It is not intended for built-in use or for use inside a cupboard. The microwave oven shall not be placed in a cabinet.
- Warning! Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be by a qualified service person.
- Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- Warning! Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

For Countertop use:

- Oven must be placed on a flat, stable surface 85 cm above floor level. For proper operation, the oven must have sufficient air flow. i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.
- When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.

Safety Instructions

- If smoke is emitted or a fire occurs in the oven, press Stop/Cancel pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- This appliance is intended to be used in household applications only.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by **microwave.** Pressure may build up and the eggs may explode, even after the microwave heating has ended.
- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended.
- **Do not use commercial oven cleaners.**
- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.

Safety Instructions

- Only use utensils that are suitable for use in microwave ovens.
- Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- Users are advised to avoid downward pressure on the mircrowave oven door when in the open position. There is a safety risk that the oven will tilt forward.
- A steam cleaner is not to be used for cleaning the appliance.
- This microwave oven is intended for heating food and beverages only. Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppadoms. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloths, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- The oven lamp must be replaced by a service technician trained by the manufacturer. Do not attempt to remove the outer casing from the oven.
- Caution! In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility. Care should be taken not to displace the turntable when removing containers from the appliance.

Disposal of Old Equipment



Only for European Union and countries with recycling systems

This symbol on the products, packaging, and/or accompanying documents means that used electrical and electronic products must not be mixed with general household waste.

For proper treatment, recovery and recycling of old products, please take them to applicable collection points in accordance with your national legislation.

By disposing of them correctly, you will help to save valuable resources and prevent any potential negative effects on human health and the environment.

For more information about collection and recycling, please contact your local municipality.

Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

Installation and Connection

Examine Your Microwave Oven

Unpack the oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. If you find any damage, notify your dealer immediately. Do not install a damaged microwave oven.

Earthing Instructions

If your AC outlet is not grounded, it is the personal responsibility of the customer to have it replaced with a properly grounded wall socket.

⚠ Important!

This unit has to be properly earthed for personal safety.

Operation Voltage

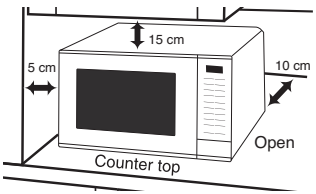
The voltage has to be the same as specified on the label on the oven. If a higher voltage than specified is used, it may cause a fire or other damages.

Placement of Your Oven

This oven is intended for counter-top use only. It is not intended for built-in use or use inside a cupboard. The microwave oven shall not be placed in a cabinet.

Counter-top Use:

1. Place the oven on a flat and stable surface more than 85 cm above the floor.
2. When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.
3. For proper operation, ensure a sufficient air circulation for the oven.
4. Allow 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.
5. Do not place this oven near an electric or gas cooker range.



6. The feet should not be removed.
7. This oven is only for household usage. Do not use outdoors.
8. Avoid using the oven in high humidity.
9. The power cord should not touch the outside of the oven. Keep the cord away from hot surfaces. Do not let the cord hang over the edge of a table or work top. Do not immerse the cord, plug or oven in water.
10. Do not block the air vents on the sides and back of the oven. If these openings are blocked during operation the oven may overheat. In this case the oven is protected by a thermal safety device and resumes operation only after cooling down.

Important User Instructions

Use of Your Oven

1. Do not use the oven for any reason other than the preparation of food. This oven is specifically designed to heat or cook food. Do not use this oven to heat chemicals or other non-food products.

2. When the oven is not being used, do not store any objects inside the oven in case it is accidentally turned on.

3. The appliance must not be operated by **microwave without food in the oven.** Operation in this manner may damage the appliance.

4. If smoke is emitted or a fire occurs in the oven, press Stop/Cancel pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.

5. Before use, check that utensils/ containers are suitable for use in microwave ovens.

6. The microwave oven is intended for heating food and beverages only. Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppodums. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.

⚠ Important!

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

Oven Light

When it becomes necessary to replace the oven light, please consult your dealer.

Cooking Times

1. The cooking times given in the cookbook are approximate. The cooking time depends on the condition, temperature, amount of food and on the type of cookware.

2. Begin with the minimum cooking time to help prevent overcooking. If the food is not sufficiently cooked you can always cook it for a little longer.

Small Quantities of Foods

Small quantities of food or foods with low moisture content can burn, dry out or catch on fire if cooked too long. If materials inside the oven should ignite, keep the oven door closed, turn the oven off and remove the plug from the socket.

Eggs

Do not cook eggs in their shells and whole hard-boiled eggs by microwave. Pressure may build up and the eggs may explode, even after the microwave heating has ended.

Piercing Skin

Food with non porous skins, such as potatoes, egg yolks and sausages must be pierced before cooking by **microwave** to prevent bursting.

Important User Instructions

Meat Thermometer

Use a meat thermometer to check the degree of cooking of roasts and poultry only when the meat has been removed from the oven. Do not use a conventional meat thermometer in the microwave oven because it may cause sparking.

Liquids

When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

To prevent this possibility the following steps should be taken:

a Avoid using straight-sided containers with narrow necks.
b Do not overheat.
c Stir the liquid before placing the container in the oven and again halfway through the cooking time.
d After heating, allow it to stand in the oven for a short time, stir again before carefully removing the container.

Paper/Plastic

When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.

Do not use recycled paper products (e.g. kitchen roll) unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires during use.

Remove wire twist-ties from roasting bags before placing the bags in the oven.

Utensils/Foil

Do not heat any closed cans or bottles because they might explode.

Metal containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.

If you use any aluminium foil, meat spikes or metalware the distance between them and the oven walls and door should be at least 2 cm to prevent sparking.

Feeding Bottles/Baby Food Jars

The top and teat or lid must be removed from feeding bottles or baby food jars before placing in the oven.

The contents of feeding bottles and baby food jars are to be stirred or shaken.

The temperature has to be checked before consumption to avoid burns.

Oven Accessories

Accessories

The oven comes equipped with a variety of accessories. Always follow the directions given for use of the accessories.

Glass Tray

1. Do not operate the oven without the roller ring and the glass tray in place.

2. Never use another type of glass tray than the one specially designed for this oven.

3. If the glass tray is hot, let it cool before cleaning or placing in water.

4. The glass tray can turn in either direction.

5. If the food or cooking vessel on the glass tray touches the oven walls and stops the tray rotating, the tray will automatically rotate in the opposite direction. This is normal.

6. Do not cook foods directly on the glass tray, except when cooking baked potatoes.

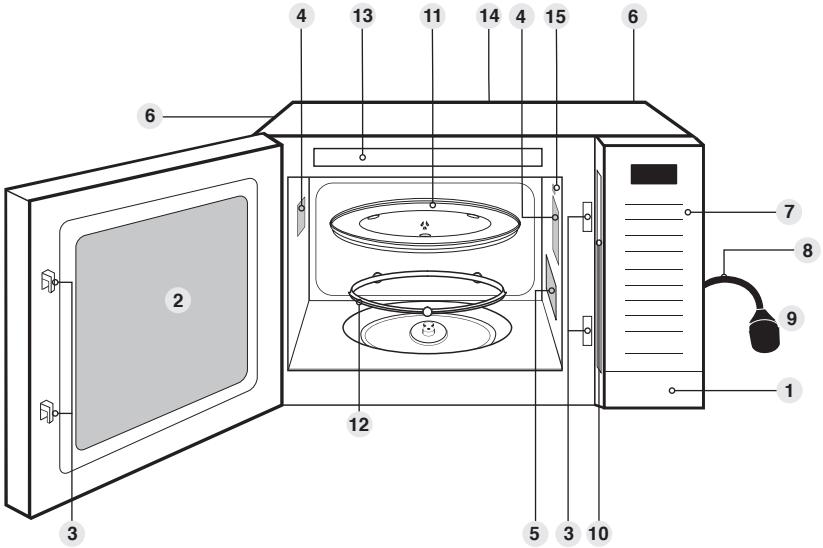
Roller Ring

1. The roller ring and the oven floor should be cleaned frequently to prevent noise and build-up of remaining food.

2. The roller ring must always be used for cooking together with the glass tray.

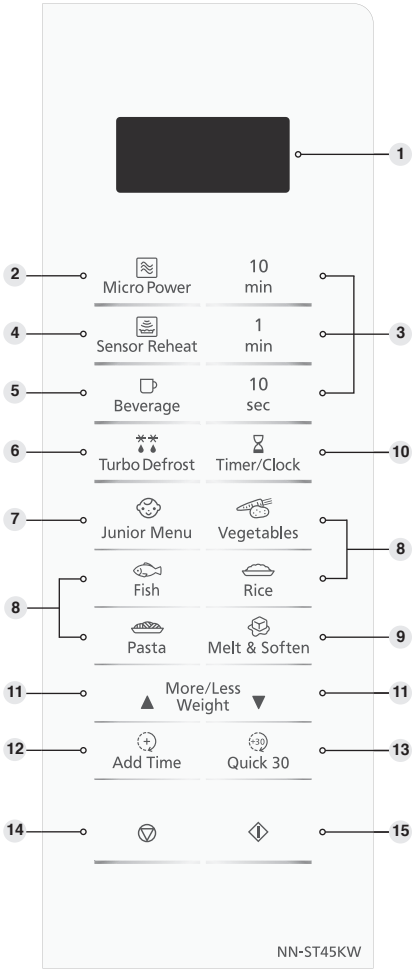
Parts of Your Oven

1 **Door release button**
Press to open the door. When you open the oven door during cooking, the cooking is stopped temporarily without clearing earlier made settings. The cooking is resumed as soon as the door is closed and Start pad pressed.
2 **Oven window**
3 **Door safety lock system**
4 **Oven air vent**
5 **Waveguide cover (do not remove)**
6 **External oven air vents**
7 **Control panel**
8 **Power supply cord**
9 **Plug**
10 **Identification label**
11 **Glass tray**
12 **Roller ring**
13 **Position your supplied menu label here**
14 **Warning label**
15 **Oven light**



Note
The illustration is for reference only.

Control Panel



1 **Display window**
2 **Microwave power levels pad** (page 14)
3 **Time pads**
4 **Auto Sensor Reheat programs pad** (page 24)
5 **Auto Weight Beverage program pad** (page 26)
6 **Turbo Defrost pad** (page 21-22)
7 **Auto Weight Junior Menu programs pad** (page 27)
8 **Auto Sensor cook programs pads** (page 23, 25)
9 **Auto Weight Melt & Soften programs pad** (page 28)
10 **Timer/Clock pad** (page 13, 18-19)
11 **More/Less Weight pads** (page 22-23,26)
12 **Add Time pad** (page 17)
13 **Quick 30 pad** (page 16)
14 **Stop/Cancel pad:**
Before Cooking:
One press clears your instructions
During Cooking:
One press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.
15 **Start pad:**
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel pad is pressed once, Start has to be pressed again to continue cooking.

Beep Sound

When a pad is pressed correctly a beep will be heard. If a pad is pressed and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times.

Note

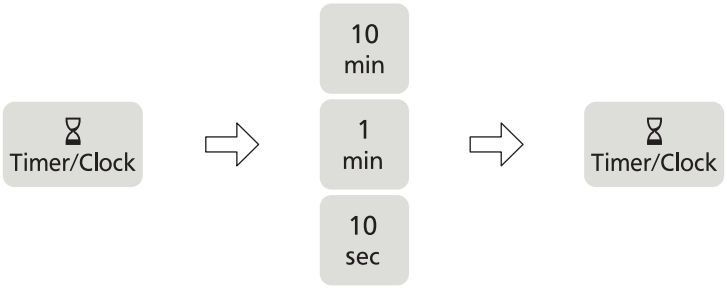
This oven is equipped with an energy saving function.

When in stand-by mode the brightness of the display will be reduced. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed.

If an operation is set and Start pad is not pressed, after 6 minutes the oven will automatically cancel the operation. The display will revert back to clock mode.

Setting the Clock

When the oven is first plugged in “88:88” appears in display window.



Press Timer/Clock twice
A colon starts to blink.

Press Time pads
Enter time of day by pressing Time pads. Use "10 min" pad to set the hours, and "1 min" and "10 sec" pads to set the minutes.

Press Timer/Clock
The colon stops blinking. Time of day is now locked into the display.

Note

1. To reset time of day, repeat step 1 through to step 3, as above.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 24 hour clock, i.e. 2 pm = 14:00 not 2:00.

Child Lock

Using this system will make the oven controls inoperable; however, the door can be opened. Child lock can be set when the display shows a colon or the time.

To set:



Press Start three times
The time of day will disappear. Actual time will not be lost. ‘Key Icon’ is indicated in the display.

To cancel:



Press Stop/Cancel three times
The time of day will reappear in the display.

Note

To activate child lock, Start must be pressed 3 times within a 10 second period.

Microwave Cooking and Defrosting

The glass tray must always be in position when using the oven.



Press	Power Level	Wattage
Once	High	1000 W
Twice	Medium - High	800 W
3 times	Defrost	270 W
4 times	Medium	600 W
5 times	Low	440 W
6 times	Simmer	300 W
7 times	Warm	100 W



Select the desired microwave power level

Set the cooking time
Maximum cooking time: 1000 W power: up to 30 minutes, other powers: up to 99 minutes 50 seconds.

Press Start
The cooking program will start and the time in the display will count down.

Note

The oven will automatically work on 1000 W microwave power if a cooking time is entered without the power level previously being selected.

Note

1. For multi-stage cooking refer to page 20.
2. Standing time can be programmed after microwave power and time setting. Refer to using the timer page 18-19.
3. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press ‘Add time’ pad once, then press ‘1 min’ pad to a maximum of 10 minutes. After selecting ‘Add Time’ function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
4. **Do not** use metal containers on microwave mode.

Defrosting Guidelines

Tips for Defrosting

Check the defrosting several times, even if you use the auto programs. Observe the standing times.

Standing Times

Individual portions of food may be cooked almost immediately after defrosting. It is normal for large portions of food to be frozen in the centre. Before cooking, allow to stand for a **minimum of one hour.** During this standing time, the temperature becomes evenly distributed and the food is defrosted by conduction. N.B. If the food is not going to be cooked immediately, store it in the refrigerator. Never refreeze defrosted food without first cooking it.

Joints and Poultry

It is preferable to place the joints on an upturned plate or plastic rack so that they are not resting in the juices. It is essential to protect delicate or projecting parts of this food with small pieces of foil to prevent these parts from cooking. **It is not dangerous to use small pieces of foil in your oven, provided they do not come into contact with the oven walls.**

Minced Meat or Cubes of Meat and Seafood

Since the outside of these foods quickly defrosts, it is necessary to separate them, break the blocks into pieces frequently while defrosting and remove them when they have defrosted.

Small Portions of Food

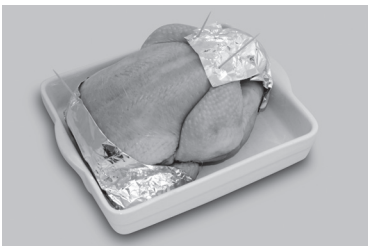
Chops and chicken pieces must be separated as soon as possible so that they defrost evenly throughout. Fatty parts and the ends defrost more quickly. Place them near the centre of the glass tray or protect them with small pieces of foil.

Bread

Loaves will require a standing time of 5-30 minutes to allow the centre to thaw. Standing time can be shortened if slices are separated and rolls and loaves cut in half.

Beep Sounds

Beeps will sound during the Turbo Defrost programs. The beeps are to remind you to check, stir, separate the pieces, or shield small parts. Failure to do this may result in uneven defrosting.







Using the Quick 30 Function

This function allows you to quickly set cooking time in 30 second increments.







Press Quick 30 to set the desired cooking time (up to 5 minutes).
Each press is 30 seconds. Time appears in the display. Power level is pre-set at 1000 W.

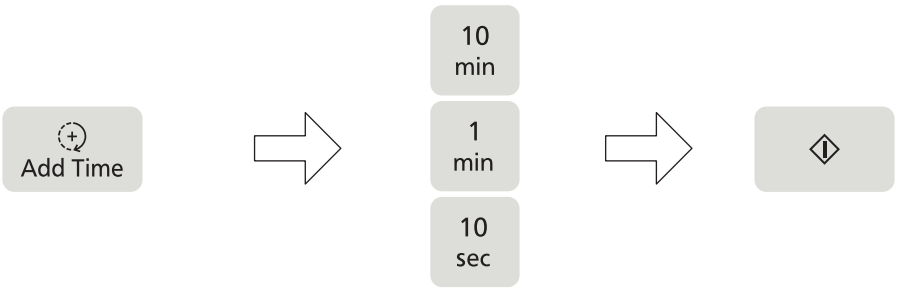
Press Start
The cooking will start and the time in the display will count down. At the end of cooking, five beeps will sound.

Note

1. If desired, you can use other power levels. Select desired power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you can not use the time pads.

Using the Add Time Function

This function allows you to add cooking time at the end of previous cooking.



After cooking, press Add Time pad.

Press time pads to add extra cooking time.
Maximum cooking time: 1000 W power: up to 30 minutes, other powers: up to 99 minutes 50 seconds.

Press Start
Time will be added. The time in the display window will count down.

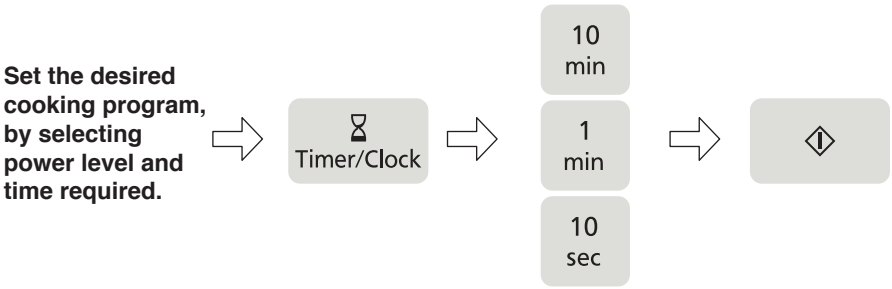
Note

1. This function is only available for Micro Power function and Standing Time and it is not available for Auto programs.
2. The Add Time function will be cancelled if you do not perform any operation for 1 minute after cooking.
3. The Add Time function can be used after multi-stage cooking.
4. The power level is the same as the last stage.

Using the Timer

The Timer can be used either before, during or after a cooking program. This feature can be used to set a standing time after cooking or to delay the start of your cooking.

1. To Set a Standing Time:



Press Timer/Clock

Set desired standing time (max 9 hrs 59 mins. "10 min" for hours, "1 min" and "10 sec" for minutes). An "H" will appear in the display to denote hours.

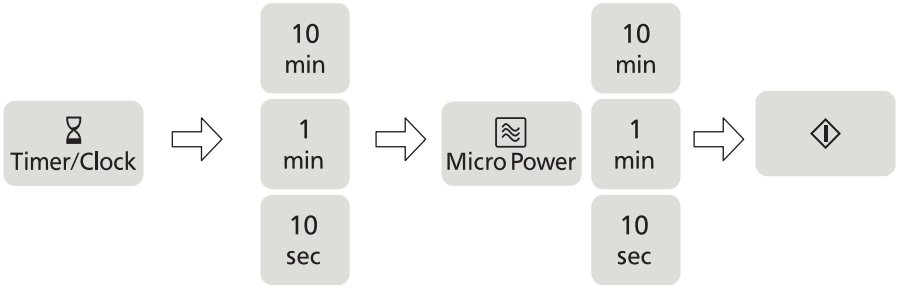
Press Start Cooking program will commence after which the standing time will count down.

Note

1. 3 stage cooking can be programmed including standing time.
2. If the oven door is opened during the standing time or minute timer, the time in the display window will continue to count down.
3. This feature may also be used as a minute timer. In this case press Timer/Clock, set time and press Start.
4. Standing time cannot be programmed after an auto program.

Using the Timer

2. To Set a Delay Start:



Press Timer/Clock

Set desired delay time (max 9 hrs 59 mins. "10 min" for hours, "1 min" and "10 sec" for minutes). An "H" will appear in the display to denote hours.

Set the desired cooking program, by selecting power level and time required.

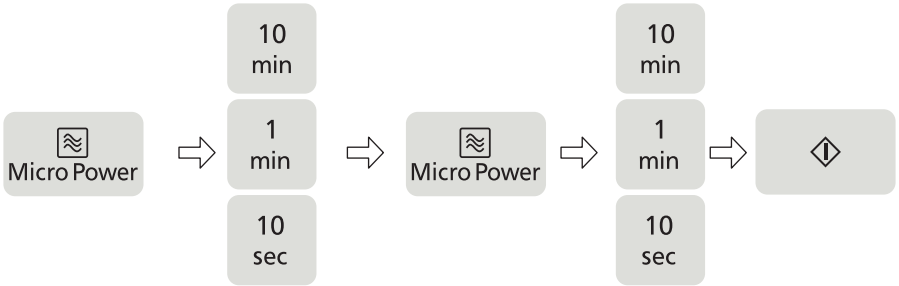
Press Start Cooking program will commence after which the delay time will count down.

Note

1. 3 stage cooking can be programmed including delay Start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program.

Multistage Cooking

2 or 3 stage cooking



Press Micro Power pad until the power you require appears in the display.

Set the cooking time.

Press Micro Power pad until the power you require appears in the display.

Set the cooking time.

Press Start The cooking program will start and the time in the display will count down.

Example: To cook on 300 W Simmer for 2 mintues and 270 W Defrost for 3 minutes.



Press Micro Power pad 6 times to select 300 W Simmer.

Set the cooking time to 2 mins.

Press Micro Power 3 times to select 270 W Defrost.

Set the cooking time to 3 mins.

Press Start

Example: To cook on 100 W Warm for 4 mintues and 600 W Medium for 5 minutes.



Press Micro Power 7 times to select 100 W Warm.

Set the cooking time to 4 mins.

Press Micro Power 4 times to select 600 W Medium.

Set the cooking time to 5 mins.

Press Start

Note

1. For 3 stage cooking, enter another cooking program before pressing Start.
2. During operation, pressing Stop/Cancel stops the operation. Pressing Start will resume operation. A second press of Stop/Cancel will cancel the selected program.
3. Whilst not operating, one press of Stop/Cancel cancels the selected program.
4. Auto programs cannot be used with multi-stage cooking.

Turbo Defrost

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. Press Turbo defrost to select the correct defrost category and then enter in the weight of the food in grams (see page 22).

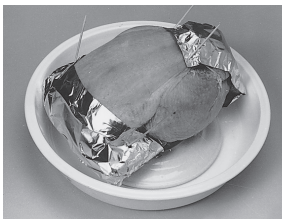
Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a microwave safe plate. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The **Chaos theory** principle is used in auto weight defrost programs to give you a quick and more even defrost. The Chaos system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **It is essential that you turn and stir the food frequently and shield if necessary. On hearing the first beep you should turn and shield (if possible).** On the second beep you should turn the food or break it up.

1st Beep
Turn or Shield



1st Beep
Turn or Shield



2nd Beep
Turn or break up



Note

1. Check foods during defrosting. Foods vary in their defrosting speed.
2. It is not necessary to cover the food.
3. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 5).
4. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
5. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.
6. Allow standing time so that the centre of the food thaws out (minimum 1-2 hours for joints of meat and whole chickens).

Turbo Defrost

With this feature you can defrost frozen food according to the weight.



Select the desired Turbo Defrost program
Auto program number appears in the display. The microwave, auto and defrost indicators light.

Enter the weight by pressing the More/Less Weight pads.
The more pad will start with the minimum weight for each food.

Press Start
Remember to stir or turn the food during defrosting.

Program	Weight	Instructions
6. Bread Turbo Defrost 1 press	100 g - 800 g	Small or large loaves of bread, white or wholewheat. Press Turbo Defrost once and turn at beep. Allow bread to stand for 5 minutes (white light bread) to 30 minutes (dense rye bread). Cut large loaves in half during standing time.
7. Small Pieces Turbo Defrost 2 presses	200 g - 1200 g	Small pieces of meat, escallop, sausages, minced meat, steak, chops, fish fillets (each 100 g - 400 g). Press Turbo Defrost twice. Turn/stir at beeps.
8. Big Piece Turbo Defrost 3 presses	400 g - 2000 g	Big pieces of meat, whole chickens, meat joints. Press Turbo Defrost three times. Whole chickens and meat joints will require shielding during defrosting. Protect wings, breast and fat with smooth pieces of aluminum foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Standing time of 1 to 2 hours should be allowed before cooking. Turn and shield at beeps.

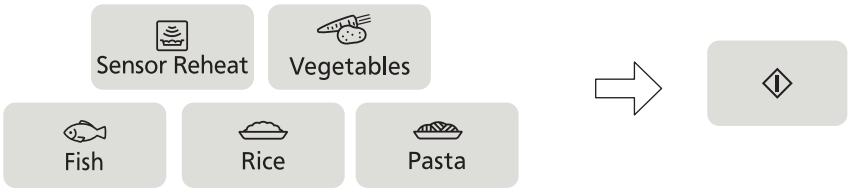
Note

See page 15 for defrosting guidelines.

Auto Sensor Programs

A variety of food may be cooked without having to enter the cooking time, weight or the power level.

e.g.



Select the desired Auto Sensor Program. **Press Start**



More/Less Weight control:

Preferences for degree of cooking vary for each individual. After having used Auto Sensor programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using More/Less Weight control, the programs can be adjusted to cook food for a longer or shorter time. Press More/Less Weight pad before pressing Start. If you are satisfied with the result of the Auto Sensor programs, you do not have to use this control.

Note

1. The oven automatically calculates the cooking time or the remaining cooking time.
2. The door should not be opened before the time appears in the display window.
3. The temperature for frozen food is assumed to be -18 °C to -20 °C, for other types of food +5 °C to +8 °C (refrigerator temperature). The reheat soup program is suitable for foods at refrigerator or room temperature.
4. To prevent any mistakes during Auto Sensor programs ensure that glass tray and the plate are dry.
5. The room temperature should not be more than 35 °C and not less than 0 °C.
6. Only cook foods within the recommended weight range described on pages 24-25.
7. For Auto Sensor programs soup, fresh vegetables, frozen vegetables, fresh fish, frozen fish cover with cling film. Pierce the cling film with a sharp knife once in the centre and four times around the edge. For programs chilled meal and frozen meal reheat in container as purchased. Pierce covering film. If transfering meals into a dish, cover with pierced cling film. For Auto Sensor programs rice and pasta cover with a lid.
8. For foods covered with cling film, pierce the film with a sharp knife, once in the centre and four times around the edge. If the cling film is not pierced, steam can not escape and this could result in over cooking.

Auto Sensor Programs

Program	Weight	Instructions
1. Soup  1 press	150 g - 800 g	For reheating chilled and ambient soup. Place soup into a suitable sized container. Foods should be at refrigerator temperature approx +5 °C or room temperature. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Sensor Reheat pad once then press Start. Stir at beeps and end of program and allow a few minutes standing time.
2. Chilled Meal  2 presses	200 g - 1000 g	To reheat a fresh precooked meal or casserole. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Press Sensor Reheat pad twice then press Start. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes.
3. Frozen Meal  3 presses	200 g - 1000 g	To reheat a frozen precooked meal or casserole; All foods must be pre-cooked and frozen (-18 °C); Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Press Sensor Reheat pad three times then press Start. Stir at beeps and cut the blocks into pieces. Stir again at end of program and allow a few minutes standing time. Check temperature and cook further minutes if necessary before eating. This program is not suitable for portionable frozen foods.

Auto Sensor Programs

Program	Weight	Instructions
12. Fresh Vegetables  Vegetables 1 press	200 g - 1000 g	To cook fresh vegetables. Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp water per 100 g vegetables. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Vegetables pad once. Press Start. For larger weights, stir at beeps. Drain after cooking and season to taste.
13. Frozen Vegetables  Vegetables 2 presses	200 g - 1000 g	To cook frozen vegetables. Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp water. If cooking vegetables with high water content, such as spinach or tomatoes, do not add water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Vegetables pad twice. Press Start. Stir at beeps. Drain after cooking.
14. Fresh Fish  Fish 1 press	200 g - 800 g	To cook fresh fillets or steaks of fish. Place in a suitable sized container, add 2 tbsp (30 ml) water. Tuck thin ends underneath. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Fish pad once. Press Start.
15. Frozen Fish  Fish 2 presses	250 g - 800 g	To cook frozen fillets or steaks of fish. Place in a suitable sized container, add 1 tbsp (15 ml) water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Fish pad twice. Press Start.
16. Rice  Rice 1 press	100 g - 300 g	For cooking rice for savoury dishes not rice puddings. (Thai, Basmati, Jasmine, Suriname, Arborio or Mediterranean rice). This program is not suitable for brown rice. Rinse the rice thoroughly before cooking. Use a large bowl. Add 2 times boiling water to rice. Cover with a lid. Press auto sensor cook Rice pad once. Press Start. Allow to stand for 5 minutes after cooking. Drain after cooking.
17. Pasta  Pasta 1 press	100 g - 450 g	For cooking dried pasta. Use a large bowl. Add 1 tsp salt, 1 tbsp oil and boiling water. For 100 g - 290 g pasta add 1 litre of boiling water. For 300 g - 450 g pasta add 1½ litre of boiling water. Cover with a lid. Press auto sensor cook Pasta pad once. Press Start. Drain after cooking.

Auto Weight Programs

With this feature food can be cooked or reheated according to the weight. The weight has to be entered in grams.

Example



Select desired category
The microwave and auto indicator lights, frozen indicator also lights for frozen food auto programs. The program number appears in the display.

Enter the weight by pressing the More/Less Weight pads.
The more pad will start with the minimum weight for each food.

Press Start

Notes

1. The Auto weight programs must be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a standing time, after cooking with an Auto program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Auto Weight Beverage Programs

Program	Weight	Instructions
4. Beverage Beverage 1 press	200 ml or 400 ml	For reheating one beverage with a fixed weight of 200 ml or two beverages of 200 ml each from room temperature eg. coffee, tea or hot chocolate. Press Beverage pad once, select 200 ml for 1 beverage or 400 ml for two beverages and press Start. Stir before and after heating.
5. Milk Beverage 2 presses	200 ml or 600 ml	For reheating one mug of milk with a fixed weight of 200 ml or one jug of milk with a fixed weight of 600 ml from fridge temperature. This program is suitable for full fat, semi-skimmed and skimmed milk. The hot milk can be used for making milky coffee or hot chocolate. Press Beverage pad twice, select 200 ml for 1 mug or 600 ml for one jug and press Start. Stir before and after heating for one mug of milk. Stir at beeps during heating for one jug of milk.

Auto Weight Junior Menu Programs

The fruit and vegetable purées are ideal first foods for weaning babies. Homemade purées taste like real food and cost less than jars or packets. Extra portions can be frozen in ice cube trays, then defrosted and reheated.

Program	Weight	Instructions
9. Purée Vegetables  Junior Menu 1 press	100 g - 400 g	This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water: 100 g - 150 g vegetables 75 ml water. 155 g - 300 g vegetables 100 ml water. 305 g - 400 g vegetables 150 ml water. Cover with lid. Press the Junior Menu pad once. Enter the weight of the vegetables. Press Start. Stir halfway during cooking. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.
10. Purée Fruits  Junior Menu 2 presses	100 g - 400 g	This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water: 100 g -150 g fruit 75 ml water. 155 g - 300 g fruit 100 ml water. 305 g - 400 g fruit 150 ml water. Cover with lid. Press the Junior Menu pad twice. Enter the weight of the fruit. Press Start. Stir halfway during cooking. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.
11. Porridge  Junior Menu 3 presses	50 g- 200 g	This program is suitable for cooking porridge using plain oats. Use back of pack instructions for quantity of oats to milk. Use whole, semi skimmed or skimmed milk. This program is not suitable for making porridge with water only. Do not cover. Press the Junior Menu pad three times. Enter the weight of the oats used. Press Start. Stir at beeps. Allow to stand for 2 mins. Stir before serving.

Auto Weight Melt & Soften Programs

Program	Weight	Instructions
18. Cream Cheese  1 press	50 g - 300 g	For softening cream cheese. Place in a Pyrex® dish. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Melt & Soften pad once. Enter the weight, then press Start. After softening beat with a wooden spoon.
19. Chocolate  2 presses	50 g - 300 g	For melting milk or dark chocolate with cocoa solids content up to 50%. This program is not suitable for white chocolate or chocolate with cocoa solids over 50%. Place in a Pyrex® dish. Press Melt & Soften pad twice. Enter the weight, then press Start. Stir halfway during melting and again at end of melting.
20. Butter  3 presses	50 g - 300 g	For melting butter. Cube the butter and place in a Pyrex® dish. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Melt & Soften pad three times. Enter the weight, then press Start. Stir two thirds during melting and again at end of melting.
21. Ice Cream  4 presses	300 g - 1100 g	For softening ice cream. Keep in container purchased and remove lid. Press Melt & Soften pad four times. Enter the weight, then press Start.

Questions and Answers

Q: Why won't my oven turn on?
A: When the oven does not turn on, check the following:
1. Is the oven plugged in securely? Remove the plug from the outlet, wait 10 seconds and reinsert.
2. Check the circuit breaker and the fuse. Reset the circuit breaker or replace the fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet. If it seems that there is a problem with the oven, contact an authorised Service Center.

Q: My microwave oven causes interference with my TV. Is this normal?
A: Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Q: The oven won't accept my program. Why?
A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage of cooking.

Q: Sometimes warm air comes from the oven vents. Why?
A: The heat given off from the food whilst cooking warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: The oven stops cooking and 'H00', 'H97' or 'H98' appears in the display. Why?
A: This display indicates a problem with the microwave generation system. Please contact an authorised service centre.

Care of Your Oven

1. Turn the oven off before cleaning.

2. Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended.

   Do not use commercial oven cleaners.

3. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

4. If the control panel becomes dirty, clean it with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel. When cleaning the control panel leave the oven door open to prevent the oven from accidentally turning on. After cleaning press **Stop/Cancel** pad to clear display window.

5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm soapy water or in a dishwasher.

7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affects the bottom surface or roller ring wheels. After removing the roller ring from the cavity floor for cleaning, be sure to replace it in the proper position.

8. A steam cleaner is not to be used for cleaning.

9. This oven should only be serviced by qualified personnel. For maintenance and repair of the oven contact the nearest authorised dealer.

10. Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.

11. Keep air vents clean at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

Technical Specifications

Manufacturer		**Panasonic**
Model		**NN-ST45KW**
Power Supply		**230V / 50Hz**
Operating Frequency:		**2450 MHz**
Input Power:	**Initial Maximum**	**1550 W**
	Microwave	**950 W**
Output Power:	**Microwave**	**1000 W (IEC-60705)**
External Dimensions		**525 mm (W) × 388 mm (D) × 310 mm (H)**
Overall Cavity Dimensions		**355 mm (W) × 365 mm (D) × 251 mm (H)**
Uncrated Weight (approx.)		**11.5 Kg**
Noise		**65 dB**

Weight and Dimensions shown are approximate.

This product is an equipment that fulfills the European standard for EMC disturbances (EMC = Electromagnetic Compatibility) EN 55011. According to this standard this product is an equipment of group 2, class B and is within required limits. Group 2 means that radio-frequency energy is intentionally generated in the form of electromagnetic radiation for purpose of warming or cooking food. Class B means that this product may be used in normal household areas.

Manufactured by: Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd.
888, 898 Longdong Road. Pudong, Shanghai, 201203, China.

Imported by: Panasonic Marketing Europe GmbH

REP. EU: Panasonic Testing Centre
Winsbergring 15, 22525 Hamburg, Germany