



QUICK REFERENCE GUIDE



CONTROL PANEL

DIGITAL DISPLAY
The display includes a 24-hour clock and indicator symbols.



JET DEFROST BUTTON
Use to select Jet Defrost function and select type of food to be defrosted.

ADJUST KNOB
Use to set the cooking time or weight.

STEAM BUTTON
Use to select Steam function and select food class.

JET MENU CRISP BUTTON
Use to select Jet Menu Crisp function and select food class.

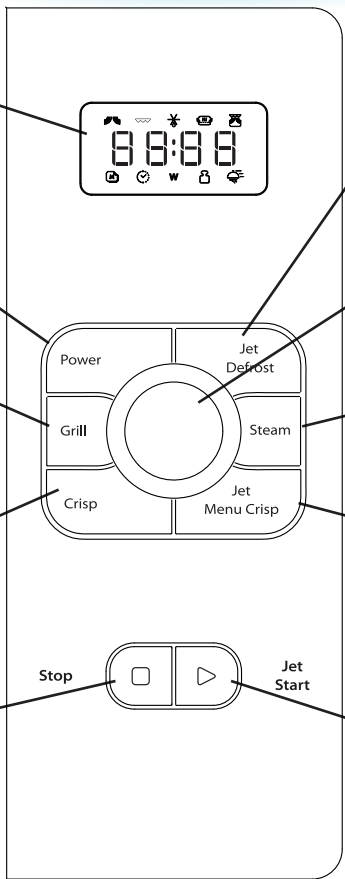
JET START BUTTON
Use to start the cooking process or invoke the Jet Start function.

POWER BUTTON
Use to set the desired microwave power level.

GRILL BUTTON
Use to select Grill function.

CRISP BUTTON
Use to select Crisp function.

STOP BUTTON
Press to stop or reset any of the oven functions.



PAUSE OR STOP COOKING

TO PAUSE COOKING:

THE COOKING CAN BE PAUSED to check, turn or stir the food by opening the door. The setting will be maintained for 10 minutes.

TO CONTINUE COOKING:

CLOSE THE DOOR and press the Jet Start button ONCE. The cooking is resumed from where it was paused.

PRESSING THE START BUTTON TWICE will increase the time by 30 seconds.

IF YOU DON'T WANT TO CONTINUE COOKING:

REMOVE THE FOOD, close the door and press the STOP button.

NOTE: After cooking ends, the fan, turntable and cavity lamp is on before pressing STOP button, it's normal.

A BEEP WILL SIGNAL once a minute for 10 minutes when the cooking is finished. Press the STOP button or open the door to cancel the signal.

NOTE: The oven will only hold the settings for 60 seconds if the door is opened and then closed after the cooking is finished.



CHILD LOCK

THIS AUTOMATIC SAFETY FUNCTION IS ACTIVATED 1 MINUTES AFTER the oven has returned to "stand bymode". In this mode the door will be locked.

THE DOOR MUST BE OPENED AND CLOSED e.g. putting food into it, before the safety lock is released. Else the display will show "door".



JET START

THIS FUNCTION IS USED for quick reheating of food with a high water content such as clear soups, coffee or tea.

1 PRESS THE JET START BUTTON.

THIS FUNCTION AUTOMATICALLY STARTS with maximum microwave power level and the cooking time set to 30 seconds. *Each additional press* increases the time with 30 seconds. You may also alter the time by turning the adjust knob to increase or decrease the time after the function has started.



CLOCK

WHEN THE APPLIANCE IS FIRST PLUGGED IN or after a power failure, it will enter clock setting mode automatically.

- 1 TURN THE ADJUST KNOB** to set the hour when the left-hand digit (hours) blinking.
- 2 PRESS START BUTTON** to set the hours.
- 3 TURN THE ADJUST KNOB** to set the minute when the two right hand digit (minutes) blinking.
- 4 PRESS START BUTTON** to set the minutes.

THE CLOCK IS SET and in operation.

DURING YOUR SETTING, if you press the Stop button it will exit the setting and enter standby mode with only colon shown.

NOTE: If current clock setting is not completed till clock set mode time out (1 minute), it will enter Standby mode with only colon shown.

TECHNICAL SPECIFICATION

SUPPLY VOLTAGE	240 V/50 Hz
RATED POWER INPUT	1900 W
MW OUTPUT POWER	700 W
GRILL	900 W
OUTER DIMENSIONS (HxWxD)	300x 520 x 442
INNER DIMENSIONS (HxWxD)	197 x 326 x 325

COOK & REHEAT WITH MICROWAVES

USE THIS FUNCTION for normal cooking and reheating, such as vegetables, fish, potatoes and meat.

- 1 PRESS THE POWER BUTTON** repeatedly to set the power.
- 2 TURN THE ADJUST KNOB** to set the cooking time.
- 3 PRESS THE JET START BUTTON.**



ONCE THE COOKING PROCESS HAS BEEN STARTED: The time can easily be increased in 30-second steps by pressing the Start button. *Each press* increases the time with 30 seconds. You may also alter the time by turning the adjust knob to increase or decrease the time.

MICROWAVES ONLY	
POWER	SUGGESTED USE:
JET (700 W)	REHEATING OF BEVERAGES, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.
500 W	MORE CAREFUL COOKING e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
350 W	SIMMERING STEWS, melting butter.
160 W	DEFROSTING. Softening butter, cheeses.
90 W	SOFTENING Ice cream.

GRILL

USE THIS FUNCTION to quickly give a pleasant brown surface to the food.

- 1 PRESS THE GRILL BUTTON.**
- 2 TURN THE ADJUST KNOB** to set the cooking time.
- 3 PRESS THE JET START BUTTON.**

DURING COOKING TIME, It is possible to adjust the cook time by turning the adjust knob.

ENSURE THAT THE UTENSILS used are heat resistant and ovenproof before grilling with them.

DO NOT USE PLASTIC utensils when grilling. They will melt. Items of wood or paper are not suitable either.



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JET DEFROST

USE THIS FUNCTION for defrosting Meat, Poultry, Fish, vegetables and bread. JET Defrost should only be used if the net weight is between 100 g- 2.5 kg.

ALWAYS PLACE THE FOOD on the glass turntable.

- 1 PRESS THE JET DEFROST BUTTON repeatedly to select food class.
- 2 TURN THE ADJUST KNOB to set the weight of the food.
- 3 PRESS THE JET START BUTTON.



MIDWAY THROUGH THE DEFROSTING PROCESS the oven stops and prompts you to *TURN FOOD*.

Open the door.

Turn the food.

Close the door and restart by pressing the Start button.

Turn Food

FROZEN FOODS:

IF THE WEIGHT IS LESSER OR GREATER THAN RECOMMENDED WEIGHT:

Follow the procedure for "Cook & Reheat with microwaves" and choose 160 W when defrosting.

IF THE FOOD IS WARMER than deep-freeze temperature (-18°C), choose lower weight of the food.

IF THE FOOD IS COLDER than deep-freeze temperature (-18°C), choose higher weight of the food.

FOOD CLASS	AMOUNT	HINTS
1 MEAT	100G - 2Kg	Minced meat, cutlets, steaks or roasts.
2 POULTRY	100G - 2.5Kg	Chicken whole, pieces or fillets.
3 FISH	100G - 1.5Kg	Whole, steaks or fillets.
4 VEGETABLES	100G - 1.5Kg	Mixed vegetables, peas, broccoli etc.
5 BREAD	100G - 1Kg	Loaf, buns or rolls.

FOR FOOD NOT LISTED IN THIS TABLE and if the weight is lesser or greater than recommended weight, you should follow the procedure for "Cook and reheat with microwaves" and choose 160 W when defrosting.

NOTE: The oven continues automatically after 2 min. if the food hasn't been turned. The defrosting time will be longer in this case.

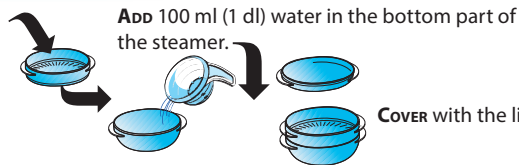
STEAM

USE THIS FUNCTION FOR such food as vegetables and fish.

ALWAYS USE THE SUPPLIED STEAMER when using this function.

- 1 PRESS THE FITNESS BUTTON repeatedly to select food class. (See table)
- 2 TURN THE ADJUST KNOB to set the weight of the food.
- 3 PRESS THE START BUTTON.

PLACE the food on the steam grid.



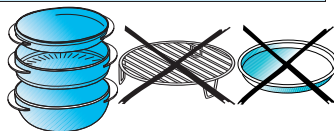
1	POTATOES / ROOT VEGETABLES	150G - 500G	USE EVEN SIZES. Cut the vegetables into even pieces. Allow to stand for 1 - 2 minutes, after cooking.
2	VEGETABLES (Cauliflower and Broccoli)	150G - 500G	
3	FROZEN VEGETABLES	150G - 500G	ALLOW TO STAND for 1 - 2 minutes.
4	FISH FILETS	150G - 500G	DISTRIBUTE FILLETS EVENLY on the steam grid. Interlace thin parts. Allow to stand for 1 - 2 minutes, after cooking.
5	CHICKEN FILETS	150G - 500G	USE EVENLY SIZED FILLETS and distribute them evenly on the steam grid. If you use frozen fillets, make sure the fillets are well defrosted before steaming. Allow to stand for 3 - 5 minutes, after cooking.
6	FRUIT	150G - 500G	CUT THE FRUIT IN EVENLY SIZED PIECES. If the fruit is very ripe, to avoid overcooking, program a lower weight than the actual. Allow to stand for 2 - 3 minutes after cooking.

THE STEAMER is designed to be used with microwaves only! NEVER USE IT with any other function at all.

USING THE STEAMER in any other function may cause damage.

ALWAYS ENSURE THAT the turntable is able to turn freely before starting the oven.

ALWAYS PLACE the steamer on the Glass Turntable.



CRISP

USE THIS FUNCTION to reheat and cook pizzas and other dough based food. It is also good for frying bacon and eggs, sausages, hamburgers etc.

- 1 PRESS THE CRISP BUTTON.
- 2 TURN THE ADJUST KNOB to set the cooking time.
- 3 PRESS THE START BUTTON.

IT IS NOT POSSIBLE TO CHANGE OR SWITCH the Power level or Grill on/off, when using the Crisp function.

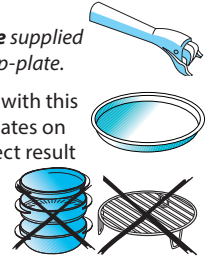
THE OVEN AUTOMATICALLY use Microwaves and Grill in order to heat the Crisp-plate. This way the Crisp-plate will rapidly reach its working temperature and begin to brown and crisp the food.

ENSURE that the Crisp-plate is correctly placed in the middle of the Glass turntable.

THE OVEN AND THE CRISP-PLATE become very hot when using this function.

- DO NOT PLACE THE HOT CRISP-PLATE on any surface susceptible to heat.
- BE CAREFUL, NOT TO TOUCH the ceiling beneath the Grill element.
- USE OVEN MITTENS or the special Crisp handle supplied when removing the hot Crisp-plate.

ONLY USE the supplied Crisp plate with this function. Other available Crisp plates on the market will not give the correct result when using this function.



JET MENU CRISP

USE THIS FUNCTION TO cook various types of frozen foods. THE OVEN WILL automatically select cooking method, time and power needed.

- 1 PRESS THE JET MENU CRISP BUTTON repeatedly to select the food class. (see table)
- 2 TURN THE ADJUST KNOB to set the weight of the food.
- 3 PRESS THE START BUTTON.

SOME FOOD CLASSES REQUIRE the food to be added, turned or stirred during cooking (varies between models). In these cases the oven will stop and prompt you to perform the needed action.

- Open the door.
- Add, Stir or turn the food.
- Close the door and restart by pressing the Start button.

NOTE: In "add food" status, if the door isn't opened at this time (within 2 minutes) the oven will stop and go to "standby mode". In "turn food"/"stir food" status, it will continue to cook if the door isn't opened within 2 minutes.



	FOOD CLASS	RECOMMENDED AMOUNT	ACCESSORIES TO USE	DURING COOKING
1	RICE	300G - 650G	INSERT THE EMPTY CRISP PLATE. ADD FOOD WHEN "ADD FOOD" IS DISPLAYED	STIR FOOD
2	PASTA	250G - 550G	INSERT THE EMPTY CRISP PLATE. ADD FOOD WHEN "ADD FOOD" IS DISPLAYED	STIR FOOD
3	BUFFALO WINGS / CHICKEN NUGGETS	250G - 500G	USE CRISP PLATE	TURN FOOD
4	FRENCH FRIES	250G - 500G	USE CRISP PLATE	STIR FOOD
5	PIZZA	250G - 750G	USE CRISP PLATE	
6	QUICHE	250G - 600G	USE CRISP PLATE	
7	BREADED FISH / FISH STICKS	250G - 500G	INSERT THE EMPTY CRISP PLATE. ADD FOOD WHEN "ADD FOOD" IS DISPLAYED	TURN FOOD
8	CORDON BLEU/ CHICKEN CUTLETS	1 - 4 Pcs (100-125G A Pcs)	INSERT THE EMPTY CRISP PLATE. ADD FOOD WHEN "ADD FOOD" IS DISPLAYED	TURN FOOD

FOR FOOD NOT LISTED IN THIS TABLE and if the weight is lesser or greater than recommended weight, you should follow the procedure for "Cook and reheat with microwaves".

NOTE: Small amounts of oil or butter can be placed on the Crisp Plate during preheating.