

Goodmans *Cuisine*



GMX997SSG

Microwave Oven with Grill

User Guide

Microwave oven

Thank you for buying this Microwave oven with grill which is designed to give you many years of satisfactory service.

You may already be familiar with using a microwave oven but do please take time to read these instructions. They are designed to familiarise you with the unit's many new features and to ensure you get the very best out of your purchase.

Safety is Important

Your safety and the safety of others is important. Please, therefore, ensure you read the Safety instructions on Page 17 **before** you operate this Microwave.

Getting started

Remove your Microwave oven carefully from the box. You may wish to store the packaging for future use.

In the box

Inside your microwave oven package you should have:

- Microwave Oven
- Glass Tray
- Roller Ring
- Metal Rack
- Shaft
- Washer
- User Guide

If any items are missing call the Helpline on 020 8787 3111.

Read these instructions before use.

Preparation for use

Precautions to prevent exposure to microwave energy.

Never operate the oven with the door open.

Do not tamper with the safety interlocks.

Do not place any object between the oven front face and the door.

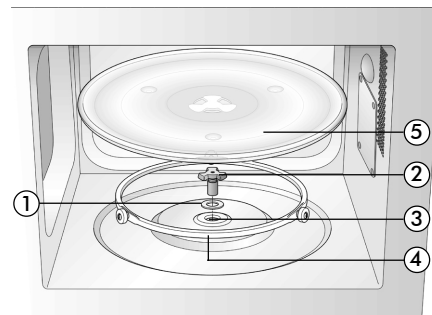
Do not allow residue to build up on the door seals.

Do not operate the oven if:

- **The door is bent**
- **The hinge or latch is broken**
- **The door seals and sealing surfaces are damaged.**

Inspect the microwave oven and power lead for any damage. If any damage is found do not use the oven. Contact the dealer where the product was purchased.

Put the washer (1) on the shaft (2) and locate the shaft over the drive pin through the hole (3) in the floor of the microwave compartment. Place the roller ring (4) in the recess in the microwave floor. Place the glass tray (5) on the roller ring and make sure the cut outs in the centre of the tray locate over the lugs on the shaft. Do not operate the microwave oven without any of these items installed.



Location

Locate the microwave on a horizontal surface strong enough to support the microwave oven's weight, away from heat and steam.

There must be airspaces of 20 cm above the oven, 10cm at the back and 5 cm either side to provide sufficient ventilation.

Do not place anything on top of the oven or block any vents. Do not remove the feet.

Route the mains lead away from all hot and sharp surfaces. Do not trap the lead under the microwave.

Cookware	Microwave cooking	Grill cooking	Combination cooking
Heat resistant glass	Yes	Yes	Yes
Non heat resistant glass	No	No	No
Heat resistant ceramics	Yes	Yes	Yes
Microwave safe plastic dish	Yes	No	No
Kitchen paper	Yes	No	No
Metal tray	No	Yes	No
Metalrack	No	Yes	No

Cookware guide

Transparent containers are best for microwaving as they allow energy to pass easily through the container and heat the food.

Microwaves cannot penetrate metal, therefore metal utensils or dishes with metallic trim should not be used.

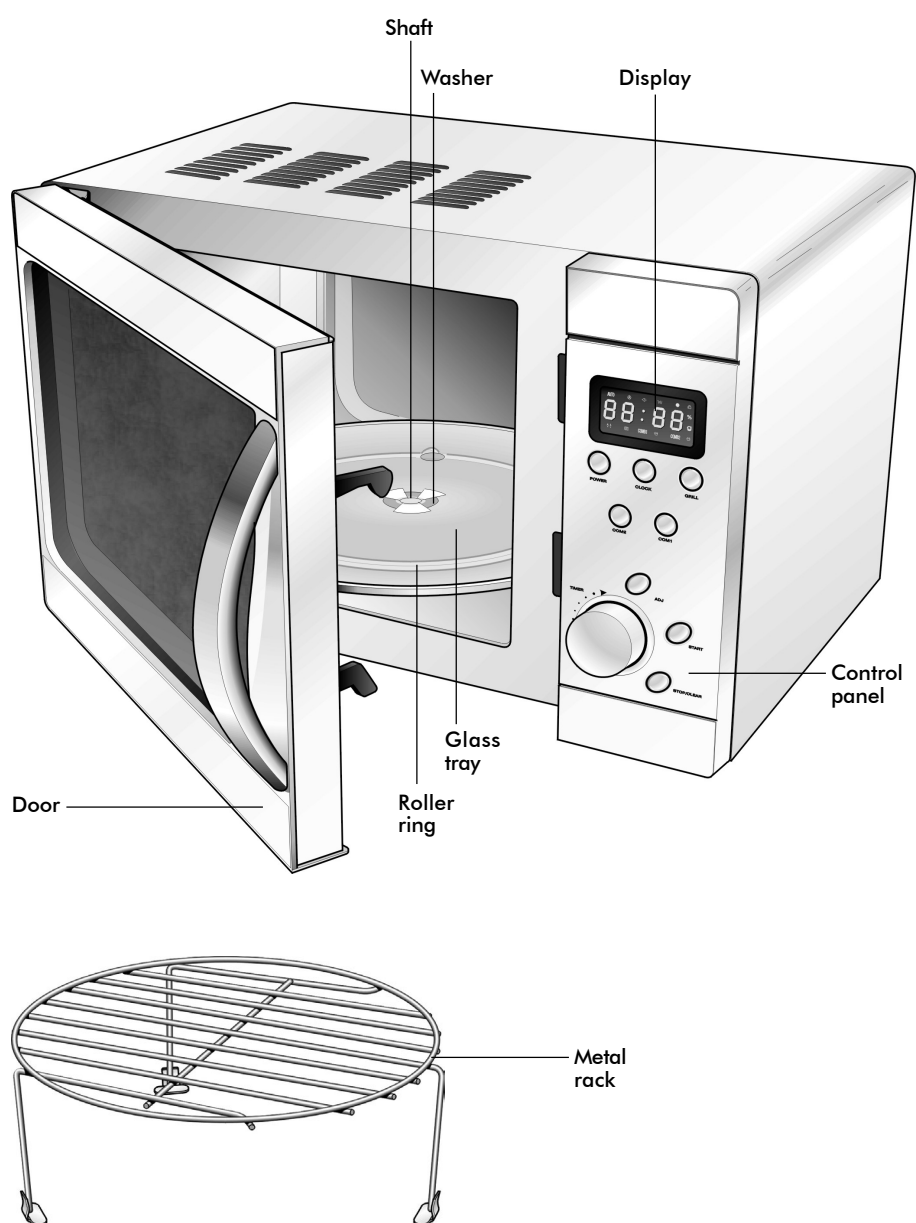
Do not use recycled paper products as they may contain small metal fragments which may cause sparks.

For even cooking, round or oval dishes rather than square or oblong ones are recommended.

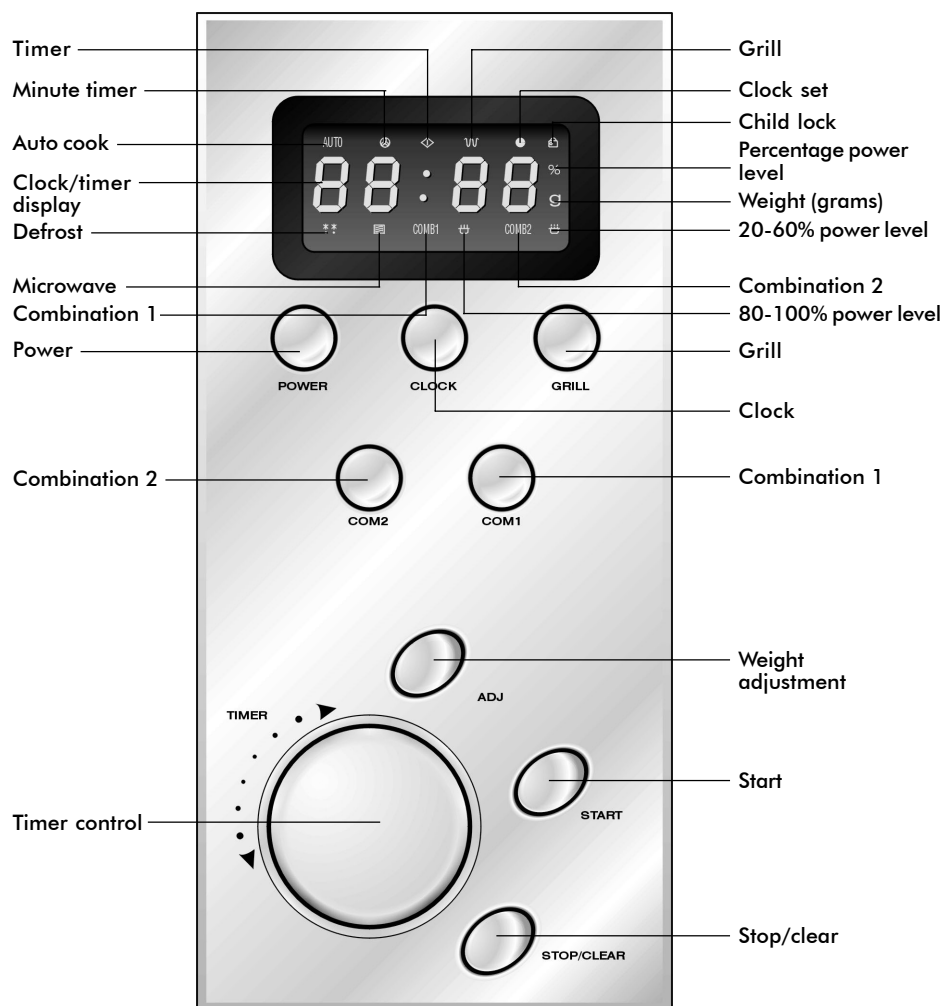
If you are unsure whether a utensil is suitable for use in the microwave oven carry out the following check:

Place the empty utensil in the oven and microwave on high for 60 seconds. If the utensil becomes very hot, it is not suitable for use in the oven.

Quick view



Control panel



Using the Microwave

The clock

When you first plug the microwave in the display will show 1:01. This is a 12-hour clock which allows you to set the time from 1:00 to 11:59.

Whilst the oven is plugged in but not in use the clock will display the time of day. When the oven is in use the clock becomes the cook timer.

Setting the clock



Press the **Stop/Clear** button.

Press the **Clock** button.

Rotate the **Timer control** dial clockwise until the correct hour is displayed.

Press the **Clock** button.

Rotate the **Timer control** dial until the correct minute is displayed.

Press the **Clock** button. The time is now set.

Child lock

Prevents unsupervised operation of the microwave by children.

To set the child lock



Press and hold the **Stop/Clear** button until the padlock icon appears on the display and the oven emits a beep (about three seconds).

To release the child lock



Press and hold the **Stop/Clear** button until the padlock icon disappears from the display and the oven emits a beep (about three seconds).

Cooking with the microwave

Caution

Never operate the microwave oven empty as this will cause damage.

Microwave cooking principles

Do not cook directly on the glass tray, place the food on a microwavable dish.

Arrange food with the thickest areas to the outside of the dish.

Cook for the shortest indicated time but do not under cook. Add extra time if required. Severely over cooked food can smoke or ignite.

Cover food while cooking. The cover prevents spatter and helps the food cook more evenly.

Turn foods over during cooking to speed the cooking of foods such as hamburgers and chicken. Larger items, such as joints of meat must be turned at least once.

Rearrange small items of food halfway through cooking. Turn them over and move ones from the centre of the dish to the outside and items from the outside to the centre.

Cover thin pieces of food like the ends of chicken legs with small pieces of aluminium foil to prevent them becoming over cooked.

Microwave power cooking

The maximum cooking time is 60 minutes.



Select the power level by pressing the **Power** button.

Number of presses	Display	Power output
1	100%	100%
2	80%	80%
3	60%	60%
4	40%	40%
5	20%	20%
6	0%	0% (Minute Timer)

For example, to cook for 2 minutes on 60%:



Press the **Power** button three times, the display will show 60% and the Timer, Microwave and Power setting icons will flash.

Rotate the **Timer control** dial clockwise until the display shows 2 00. The Timer, Microwave and Power Setting icons will flash.

Press the **Start** button.

To stop the cooking at any time during the 2 minutes, open the microwave door. The oven will automatically shut off but the programmed information will be retained. Close the door and press **Start** again to resume cooking.

This is useful for checking or stirring dishes during cooking.



If you press the **Stop/Clear** button during cooking, the oven will stop cooking. Press the **Start** button to continue cooking.

If you press the **Stop/Clear** button twice during cooking, the oven will stop cooking and the program will be cancelled.

When the timer reaches zero the oven will stop cooking and it will emit three beeps.

The timer will revert to clock mode when the oven has completed its cooking programme.

Automatic Cooking

In automatic cooking, the power level and cooking time are determined by the food type and weight.

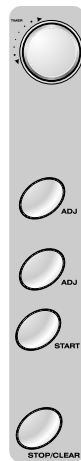
The table opposite lists the food types and weight settings for automatic cooking.

Please Note

These settings are only a guide. Always check the food is properly cooked. If further cooking is required, continue microwave cooking in the conventional way.

Example:

To cook a 1400g chicken looking at the table, chicken is line 7.



Turn the **Timer control** dial clockwise until the display shows 7. The **AUTO** icon will flash.

Find 1400g on line 7 and go to the bottom of the table. You will see that a 1400g chicken requires you to press the **Adj** button 5 times.

Press the **Adj** button and the display should show 14 00g with the **AUTO** and timer icons flashing. If this is correct press the **Start** button.

To cancel the setting, press the **Stop/Clear** button.

Food type	Weight setting								
1 Hot beverages	1 cup	1 soup	2 soup						
2 Rice	80g	100g	120g						
3 Spaghetti	100g	200g	300g						
4 Potatoes	150g	300g	450g	600g					
5 Automatic reheating	70g	140g	210g	280g	320g	350g	380g	420g	450g
6 Fish	50g	100g	150g	200g	250g	300g	350g	400g	450g
7 Chicken	800g	1000g	1200g	1300g	1400g	1500g	1700g	1800g	2000g
8 Beef/lamb	300g	500g	800g	1000g	1200g	1300g	1800g		
9 Skewered meat	80g	100g	150g	200g	300g	400g	500g	600g	700g
Adj button presses	1	2	3	4	5	6	7	8	9

Express cooking

If you press the Start button, the oven will cook on High power (100%) for 30 seconds. Further presses of the Start button will increase the cooking time in 30 second steps up to 2.5 minutes and then in one minute steps to a maximum of 12 minutes.

For example:



Press the **Start** button three times for a cook time of 1.5 minutes or 10 times for a cook time of 7.5 minutes.

The display will show the cook time and the 100% power icon.



Press the **Stop/Clear** button to stop cooking. The Timer and Microwave icons will flash.



Press the **Start** button to continue cooking.



To cancel the setting press the **Stop/Clear** button twice.

Automatic defrost

The automatic defrost can be used to defrost meat, poultry and sea food.

Enter the weight of the food to be defrosted and the time and power rating will be set automatically.

The weight ranges from 100g to 4000g.



To defrost, turn the **Timer control** dial clockwise until the display shows 100g. The Auto Cook, Defrost and Timer icons will flash.

The display shows the oven is set to defrost a weight of 100g. The Auto cook, Defrost and Timer icons will flash.



To increase the weight setting turn the **Timer control** dial clockwise until the required weight is displayed. The weight goes up in 100g steps.



When the correct weight is displayed, press the **Start** button.



To cancel the setting, press the **Stop/Clear** button.

After defrosting allow the food to stand for the same time as the defrosting time.

Using the grill

The grill is for cooking thin slices of meat, steaks, chops, kebabs, sausages etc. It is also suitable for toasted sandwiches and au gratin dishes.



To cook with the grill, press the **Grill** button. Turn the **Timer control** dial to show the required cooking time on the display. The grill and timer icons will flash.



Press the **Start** button, the grill icon will remain displayed.



Press the **Stop/Clear** button to stop cooking. The timer and grill icons will flash.



Press the **Start** button to continue cooking.



To cancel the setting, press the **Stop/Clear** button twice.

Combination cooking

Combination cooking uses both the grill and the microwave. This method reduces the cooking time over conventional cooking and overcomes the unappetising appearance associated with some microwaved food.

There are two combination programmes:
Combination 1 - 30% microwave, 70% grill.
Use for fish, potatoes and au gratin dishes.
Combination 2 - 55% microwave, 45% grill.
Use for puddings, omelettes, baked potatoes and poultry.

Caution

Check the cookware guide (Page 4) for utensils suitable for combination cooking.



To cook on combination, select the combination programme by pressing either the **Com 1** or **Com 2** button. Turn the **Timer control** dial to show the required cooking time on the display. The combination icon (COMB1 or COMB2) and timer icons will flash.



Press the **Start** button, the combination icon will remain displayed.



Press the **Stop/Clear** button to stop cooking. The timer and combination icons will flash.



Press the **Start** button to continue cooking.



To cancel the setting, press the **Stop/Clear** button twice.

Manual defrosting with the microwave

Microwave defrost principles

Food frozen in plastic bags or in their packaging may be placed directly in the oven, as long as they have no metal parts (e.g. bands or closure rivets).

Certain foods, such as greens, vegetables and fish, do not have to be completely defrosted before you begin cooking them.

Stewed foods and meats and meat sources defrost better and quicker if they are stirred from time to time.

While defrosting, meat and fish lose their liquid content. It is recommended that you defrost such items in a tray or bowl.

It is advisable to separate individual pieces of meat and freeze them separately. This will save valuable time when defrosting.

Always allow defrosted items to stand after defrosting before cooking them. Standing time should be at least as long as the defrost time.

Defrosting

The power setting for defrosting is 40%.

For example, to defrost for 2 minutes:



Press the **Power** button four times, the display will show 40%.

Rotate the **Timer control** dial clockwise until the display shows 2 00.



Press the **Start** button.

To stop the defrosting at any time during the 2 minutes, open the microwave door. The oven will automatically shut off but the programmed information will be retained. Close the door and press **Start** to resume cooking. The Microwave, Timer and 20-60% Power Level icons will flash.

This is useful for checking or stirring dishes during cooking.



If you press the **Stop/Clear** button during defrosting, the oven will stop cooking. Press the **Start** button to continue defrosting.



If you press the **Stop/Clear** button twice during defrosting, the oven will stop defrosting and the program will be cancelled.

When the timer reaches zero the oven will stop defrosting and it will emit three beeps.

The timer will revert to clock mode after the oven has completed its defrosting programme

Defrosting times

For defrosting times see the defrost chart on pages 12 and 13.

These times provided as a guide only - food should be piping hot before serving. Always make sure food is fully defrosted before

Defrost Chart

Food	Time (mins. per lb/450g)	Standing Time (min)
Meat		
Whole joints (beef, lamb pork etc)	8-11	20-30
Minced beef/lamb	7-9	10-15
Steak, chops, cutlets	6-9	10-15
Sausages, bacon	4-5	5
Cooked casseroles	15	5 mins half way 5 mins at end
Cubed meat	7-8	10-15
Poultry		
Whole chicken, duck, turkey, etc.	8-10	20-30
Drumsticks, wing, thigh (small)	6-8	10-15
(large)	7-9	10-15
Fish		
Whole fish (trout, mackerel)	4-5	5-10
Fillets (plaice, kippers)	3-5	10-15
Steaks (cod, salmon)	4-5	10-15
Prawns, scallops	5-6 (per 8oz/225g)	5-10
Boil in a bag fish	3-5	5
Bread		
Large sliced/unsliced loaf	5-7/6-8	10-15
1 Slice	10-20 secs	

Instructions
<p>Shield any thin or narrow ends with foil. Turn twice during defrosting.</p> <p>Break apart frequently. Remove thawed pieces as soon as possible.</p> <p>Turn halfway through defrosting. Shield ends and bones with foil, if necessary.</p> <p>Separate and re-arrange twice during defrosting.</p> <p>Break up and set aside thawed pieces as they defrost.</p>
<p>Shield wings, breast bone, drumsticks with foil. Defrost breast side down first and turn half way through.</p> <p>Arrange thinner ends towards the centre of the dish. Turn and re-arrange twice.</p>
<p>Shield thin ends with foil, if necessary.</p> <p>Arrange in a single layer.</p> <p>Turn once.</p> <p>Stir halfway through.</p> <p>Pierce bag and place in an oven-proof dish. Turn half way through.</p>
<p>Remove from plastic wrapper. Stand on absorbent kitchen paper.</p>

Special features

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cooking.



Auto reminder

After a cooking or defrosting program has been completed, the oven will automatically continue to emit three beeps every two minutes until the oven is opened or the **Stop/Clear** button is pressed.

Minute timer

Allows you to use the microwave clock as a general kitchen timer (60 minutes max).



Operation

Refer to the Microwave power cooking table (Page 8) and set the power level to 0% by pressing the **Power** button six times.

The display should show 0% and the Minute Timer icon will flash.



Turn the **Timer** control clockwise until the time required is displayed. The Timer icon will also flash.



Press the **Start** button.

Press **Stop** to stop the timer.

Press **Start** to resume the timer.

Press **Stop** twice whilst timer is in

Care and maintenance

use to cancel the set time.

Cleaning

Caution

Turn off the microwave oven and remove the plug from the wall before cleaning.

Clean the inside of the oven with a damp cloth to remove food spatters. For stubborn stains, you can use a mild detergent. Do not use sprays or harsh cleaners as they may stain or dull the inside of the oven.

The outside surface should be cleaned with a damp cloth. Do not use a wet cloth as this could allow water to seep into ventilation openings and damage the operating parts. Wipe the door window both inside and out with a damp cloth.

If steam accumulates inside or around the outside of the door, wipe it away with a soft cloth.

You can remove the glass tray for cleaning. Wash the tray in warm soapy water or in a dishwasher.

The roller ring and oven floor should be cleaned regularly to allow the glass tray to rotate easily and quietly. Wash the roller ring in warm soapy water or in a dishwasher.

Maintenance

If the oven light needs replacing, consult your dealer to have it replaced.

Help and advice

The microwave oven will not operate, the display does not appear or the display disappears.

- Make sure the microwave oven is plugged in securely. If it is not, remove the plug from the socket, wait 10 seconds and plug it in again.
- Test the mains outlet with another appliance.

The microwave will not function correctly

- Make sure it is programmed correctly.
- Make sure the door is closed and the interlocks engaged.

Radio interference

Microwave ovens may cause interference to your radio, TV or similar equipment. Should this occur, it may be eliminated or reduced by the following:

- Clean all surfaces of the microwave oven (see Care and maintenance).
- Place the radio, TV etc. as far away from the microwave as possible.
- Use a properly installed antenna for your radio and TV to ensure a strong signal.

Safety instructions

! Read all the safety instructions before first use of your microwave.

Power source

You should only plug your microwave oven into a 230V AC, 50Hz supply.

Using your Microwave oven

WARNING

TO REDUCE THE RISK OF BURN, ELECTRIC SHOCK, FIRE, INJURY TO PERSONS OR EXPOSURE TO EXCESSIVE MICROWAVE ENERGY:

- Read all the operating instructions before using the microwave oven.
- This microwave oven should only be used for the purpose for which it was intended.
- Some products such as whole eggs and sealed containers (closed glass jars, sealed baby bottles with teats etc.) may explode and should not be heated in a microwave oven.
- Close supervision is necessary when used in the presence of children.
- Always have the glass tray and roller ring in place when operating the oven.
- Do not use the microwave oven for any other purpose than food preparation, such as drying clothes, paper or any other non-food item or for sterilising purposes.
- Do not use the microwave oven cavity for any type of storage, such as papers, cookbooks etc.
- Do not use the microwave for home canning. Microwave ovens are not designed for canning. Improperly canned food may spoil and be dangerous to eat.
- Do not cook any food surrounded by a membrane such as egg yolk, potatoes, chicken livers etc. without first piercing several times.
- Do not insert any object into the openings on the outer case.
- Do not remove any parts such as feet, couplings or screws from the microwave oven.
- Do not cook directly on the glass tray. Place food in a proper utensil before placing it in the oven.
- Do not use metal pans or dishes with metal handles.
- Do not use anything with a metal trim.
- Do not use paper covered wire twisties on plastic bags.
- Do not use melamine dishes as they will absorb microwave energy. This will cause the dish to crack or char and slow down the cooking process.
- Do not cook in containers with restricted opening such as soft drinks bottles as they may exploded if heated in a microwave oven.
- Always test the temperature of food cooked in a microwave especially if you are heating food/liquid for a baby. Always allow it to stand for a few minutes and stir the food/liquid to distribute the heat evenly.
- Use only a thermometer specifically for microwave cooking.
- Do not attempt to deep fry food in the oven.
- Food containing a mixture of fat and water should stand for 30 to 60 seconds in the oven after it has been turned off. This is to allow the mixture to settle and to prevent bubbling when a spoon is placed in the food/liquid.
- Always follow the cooking instructions in your cookbook. Some foods e.g. Christmas puddings, jam, and mincemeat heat up very quickly.
- When cooking foods with a high fat or sugar content do not use plastic containers.
- Do not use the microwave oven with a damaged lead or plug or after the appliance has malfunctioned or has been damaged. Return to the nearest authorised service centre for repair.

Servicing

- There are no user-serviceable parts in your microwave.
- Consult your dealer if you are ever in doubt about the installation, operation or safety of your microwave oven.

Electrical information

Make sure that the voltage of your electricity supply is the same as that indicated on the rating plate. This appliance may be fitted with a non-rewireable plug. If you need to change the fuse in a non-rewireable plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the plug must not be used until a replacement is obtained (available from the appliance manufacturer). It is important that the colour of the replacement fuse cover corresponds with the colour marking on the base of the plug.

If the plug has to be changed because it is not suitable for your socket, or becomes damaged, it should be cut off and an appropriate plug fitted following the wiring instructions below. The plug removed must be disposed of safely as insertion into a mains socket is likely to cause an electrical hazard.

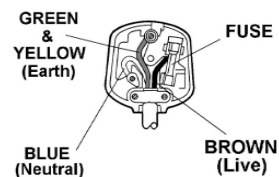
If a 13 Amp (BS1363) plug is used, a 13 Amp fuse (BS1362) must be fitted, or if any other type of plug is used a 13 Amp fuse must be fitted, either in the plug, adaptor or on the distribution board.

Important:

This appliance must be earthed

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:-

- The blue wire must be connected to the terminal marked with the letter N or coloured black.
- The brown wire must be connected to the terminal marked with the letter L or coloured red.
- The green/yellow wire must be connected to the terminal marked with the letter E or coloured green.



Guarantee

This product is guaranteed for twelve months from the date of original purchase. If any defect arises due to faulty materials or workmanship, the unit will either be replaced, a refund given or repaired free of charge (where possible) during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee is only valid within the boundaries of the country of purchase.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purposes.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexperienced repair.
- The manufacturer disclaims any liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish, your statutory or legal rights.

Technical specifications

Power Supply

AC. 220-240V ~ 50Hz

Power consumption 1200 watts

Power output 1000 watts (Grill)

800 watts (Microwave)

Operating frequency 2450 MHz

Cooking uniformity Turntable system - 270 mm dia.

Oven capacity 20 litres

Outside dimensions 295 x 458 x 390 mm

Weight 14.9 kg

