

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

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IMPORTANT SAFETY INSTRUCTIONS

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

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

- 1. Read all instructions before using the appliance.
- 2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 1.
- This appliance must be grounded. Connect only to properly grounded outlet. See "grounding instructions " on page 3.
- 4. Install or locate this appliance only in accordance with the provided installation instructions.
- 5. Some products such as whole eggs and sealed containers -for example, closed glass jars- are able to explode and should not be heated in this oven.
- 6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- 7. As with any appliance, close supervision is necessary when used by children.
- 8. To reduce the risk of fire in the oven cavity:
- a. Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
- c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and

disconnect the power cord or shut off power at the fuse or circuit breaker panel.

- d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
- 9. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THEIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID. To reduce the risk of injury to person:
- a. Do not overheat the liquid.
- b. Stir the liquid both before and halfway through heating it.
- c. Do not use straight-sided containers with narrow necks.
- d. After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- e. Use extreme care when inserting a spoon or other utensil into the container.
- **10.** Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.
- **11.** Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking.
- 12. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
- **13.** Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the

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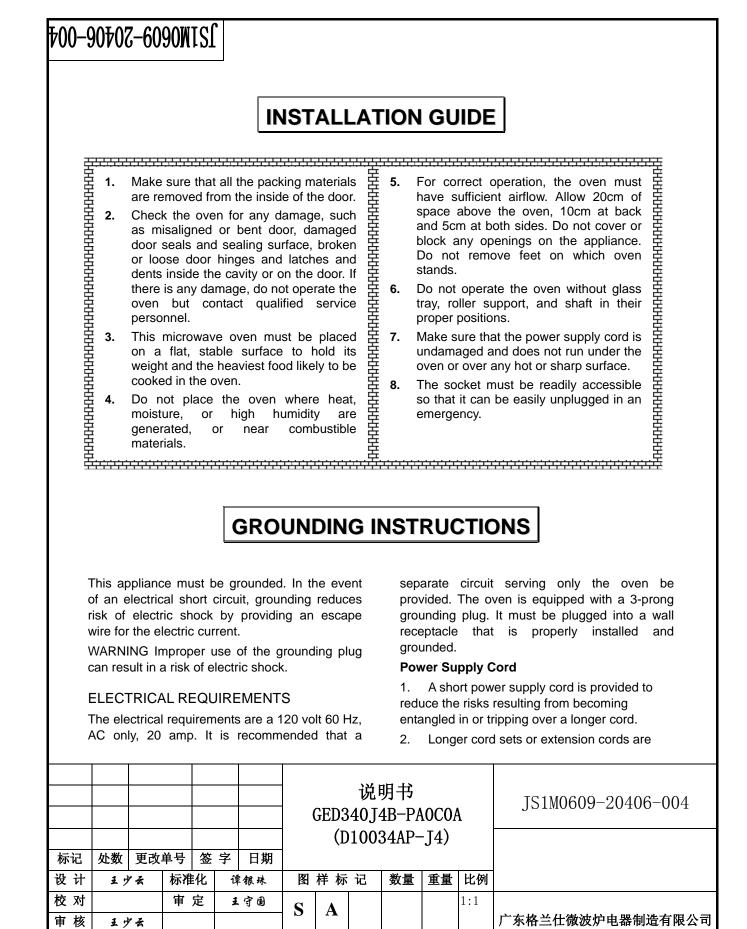
utensil.

- 14. Do not cover or block any openings on the appliance.
- **15.** Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
- 16. Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.
- **17.** Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.
- 18. Use only thermometers, which are

specifically designed for use in microwave ovens.

- **19.** Do not operate any heating or cooking appliance beneath this appliance.
- **20.** Be certain the glass tray and roller rings are in place when you operate the oven.
- 21. This appliance should be serviced only by qualified service personnel, contact nearest authorized service facility for examination, repair, or adjustment.
- 22. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.

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available and may be used if care is exercised in their use.

3. If long cord or extension cord is used:

a) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.

b) The extension cord must be a grounding-type 3-wire cord, and The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

Notes:

If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.

Neither Galanz nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

Radio or TV Interference

Please save sales receipt for warranty.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may harmful cause interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:.

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

UTENSILS GUIDE

This section lists which utensils can be used in the microwave, which ones have limited use for short periods, and which ones should not be used in the microwave.

RECOMMENDED

Microwave browning dish — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.

Microwaveable plastic wrap — Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Paper towels and napkins — Use for short-term heating and covering; these absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and could ignite.

Glass and glass-ceramic bowls and dishes — Use for heating or cooking.

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Paper plates and cups — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and could ignite.

Wax paper — Use as a cover to prevent spattering.

Thermometers — Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used on microwave food once the food has been removed from the oven.

arLambda limited use

Aluminum foil — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful. You should keep distance of 1 inch (2.54cm) between aluminum foil and cavity.

Ceramic, porcelain, and stoneware— Use these if they are labeled "Microwave Safe". If they are not labeled, test them to make sure they can be used safely.

Plastic — Use only if labeled "Microwave Safe". Other plastics can melt.

Not Recommended

Glass jars and bottles — Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.

Paper bags — These are a fire hazard, except for popcorn bags that are designed for microwave use.

Styrofoam plates and cups — These can melt and leave an unhealthy residue on food.

Plastic storage and food containers — Containers such as margarine tubs can melt in the microwave.

Metal utensils — These can damage your oven. Remove all metal before cooking.

Note:

Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

COOKING TECHNIQUES

Your microwave makes cooking easier than conventional cooking, provided you keep these considerations in mind:

STIRRING

Stir foods such as casseroles and vegetables while cooking to distribute heat evenly. Food at the outside of the dish absorbs more energy and heats more quickly, so stir from the outside to the center. The oven will turn off when you open the door to stir your food.

ARRANGEMENT

Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy. To prevent overcooking, place delicate areas, such as asparagus tips, toward the center of the turntable.

SHIELDING

Shield food with narrow strips of aluminum foil to

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prevent overcooking. Areas that need shielding include poultry wing tips, the ends of poultry legs, and corners of square baking dishes. Use only small amounts of aluminum foil. Larger amounts can damage your oven.

TURNING

Turn foods over midway through cooking to expose all parts to microwave energy. This is especially important with large foods such as roasts.

STANDING

Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after heating stops. Let foods stand to complete cooking, especially foods such as cakes and whole vegetables. Roasts need this time to complete cooking in the center without overcooking the outer areas. All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is complete. Let liquids stand a moment before serving. When heating baby food, stir well at removal and test the temperature before serving.

ADDING MOISTURE

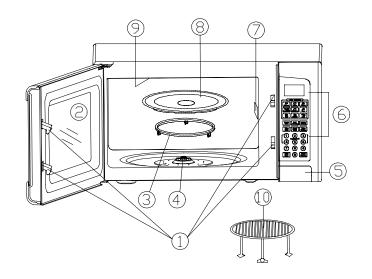
Microwave energy is attracted to water molecules. Food that is uneven in moisture content should be covered or allowed to stand so that the heat disperses evenly. Add a small amount of water to dry food to help it cook.

SPECIFICATIONS

Power Consumption:	120V~60Hz, 1450W (Microwave) 1250(Grill)
Output:	1100W
Operation Frequency:	2450MHz
Outside Dimensions(H×W×D):	11.8×21.3×22 in.
Oven Cavity Dimensions(H×W×D):	9.4×14.8×15.9in.
Oven Capacity:	1.20cu.ft
Cooking Uniformity:	Turntable System
Net Weight:	Approx. 39.2lb.

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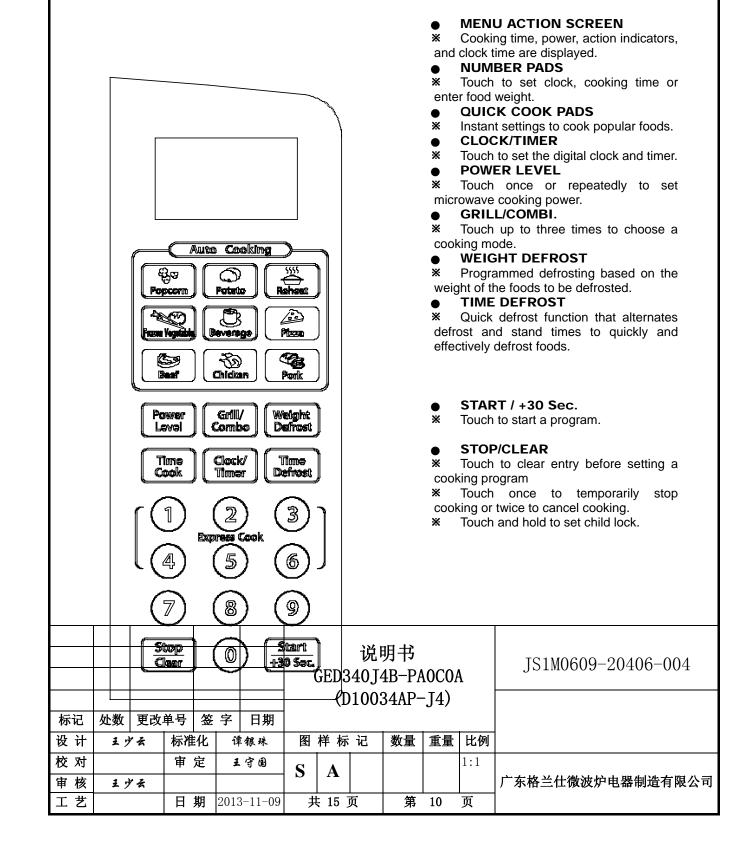
PART NAMES



- 1. Door Safety Lock System
- 2. Oven Window
- 3. Roller Ring
- 4. Shaft
- 5. Door button
- 6. Control Panel
- 7. Microwave Vent
- 8. Glass Tray
- 9. Grill Heater
- 10. Metal Rack

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CONTROL PANEL



HOW TO SET THE OVEN CONTROLS

- During cooking program, press STOP/CANCEL pad to pause the program, then press START to resume. Press STOP /CANCEL pad twice to cancel the program.
- End will display with beeps to remind the program is over, and it will sound every two minutes until you press STOP/CANCEL pad or open the door.

SETTING THE CLOCK

The clock works in 12 hour cycle, you can select it by pressing CLOCK repeatedly. For example: to set the time of 8:30.

- 1. Touch CLOCK button once.
- 2. Touch number pads to set the clock time.
- 3. Touch CLOCK button again to confirm.

Note: You can check the clock time during cooking by touching the CLOCK button.

MICROWAVE COOKING

To cook with microwave, time and power level should be set. The longest cooking time to be set by touching the number pads is 99 min. 99 sec.

Suppose you want to cook for 5 minutes at 60% of microwave power.

- 1. Touch TIME/COOK.
- 2. Touch number pads to set cooking time.
- 3. Touch POWER LEVEL button to set power level.
- 4. Touch START button.

By pressing the POWER button repeatedly, you can select one of the following microwave

power levels:

Press	Power Level	Display
Once	100%	P100
Twice	90%	P-90
3 times	80%	P-80
4 times	70%	P-70
5 times	60%	P-60
6 times	50%	P-50
7 times	40%	P-40
8 times	30%	P-30
9 times	20%	P-20
10 times	10%	P-10

GRILL COOKING

Grill cooking is particularly useful for thin slices of meat, steaks, chops, kebabs, sausages of piece of chicken. It is also suitable for hot sandwiches and au gratin dishes. The longest cooking time is 99 min, 99 sec.

Suppose you want to grill for 12 minutes.

- 1. Touch GRILL/COMBI. button once.
- 2. Touch number pads to set cooking time.
- 3. Touch START button.

COMBINATION COOKING

Combination 1:

The longest cooking time is 99 min. 99 sec

35% of time for microwave cooking, 65% for grill cooking. It is recommended for fish, potatoes or au gratin.

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Combination 2:

55% of time for microwave cooking, 45% for grill cooking. Use for puddings omelets, baked potatoes and poultry.

Suppose you want to set a COMBINATION cooking for 25 minutes.

- 1. Touch GRILL/COMBI. twice or 3 times.
- 2. Touch number pads to set cooking time.
- 3. Touch START button.

Αυτο соок

For food or the following cooking mode, it is not necessary to program the time and the cooking power. It is sufficient to indicate the type of food that you want to cook as well as the weight of this food. For example: to cook 0.7lb vegetable.

- 1. Place vegetable in the oven and close the door.
- 2. Press VEGETABLE to select weight.
- 3. Press START button.

Auto Cook Menu

Food	Note
Popcorn	1. For Chicken, Pork and Beef/Mutton, oven will
Potato	pause during cooking to let you turn over food.
Reheat	Be careful to handle with the very hot food in the
Vegetable	oven. To resume cooking, just close the door and press START pad, the oven will cook for the
Beverage	remaining time.
Pizza	2 Dower fluctuation and other factors may cause
Beef /Mutton	 Power fluctuation and other factors may cause the auto cooking not done exactly to your taste;
Chicken	the user may adjust cooking time accordingly.
Pork	

WEIGHT DEFROST

The oven allows the defrosting of meat, poultry, and seafood. The time and the defrosting power are adjusted automatically once the weight of food is programmed.

The maximum allowable weight for each category is shown below.

CATEGORY	WEIGHT	
Meat	5LB 16OZ	d1
Poultry	5LB 16OZ	d2
Seafood	2LB	d3

Suppose you want to defrost 3LB 14OZ meat.

- 1. Place food to be defrosted into the oven.
- Touch WEI. DEF. repeatedly until "d3" appears in the display.

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- 3. Touch number pad 1 MINUTE repeatedly to enter weight 3LB.
- Touch number pad 10 SECONDE and 1 SECONDE repeatedly to enter weight 14OZ.
- 5. Press START button.

Note: Press number pad 10 min to enter weight in 1LB increment, 10 sec for 10OZ increment, 1 sec for 1OZ increment.

During defrosting program, the system will sound beeps and pause to remind you to turn over the food, after that, press START to resume defrosting.

JET DEFROST

With JET DEFROST, you need to input defrosting time, the longest defrosting time is 99 min, 99 sec.

Suppose you want to set the oven to TIME DEFROST for 5 minutes.

- 1. Touch TIME DEFROST button.
- 2. Touch number pads to enter defrosting time.
- 3. Touch START button.

MULTI-STAGE COOKING

The oven can be programmed to do several consecutive functions.

Suppose you want to set the following cooking program:

①Jet Defrost.;

2 Microwave cooking;

③Grill cooking.

1. Touch STOP/CANCEL pad once.

- 2. Input Jet Defrost program.
- 3. Press MEMORY pad.
- 4. Input Microwave cooking program.
- 5. Touch MEMORY pad.
- 6. Input Grill cooking program.
- 7. Touch START pad.

Note: Jet Defrost should set as the first stage in a multistage cooking program. Quick Start , Weight Defrost and Auto Cook cann't be set in the multistage cooking program.

The respective lights will on to indicate which stage the oven is operating in. After total time has elapsed, beeps sound.

QUICK START

This feature allows you to start the oven quickly. In standby mode, touch QUICK START in quick succession to set time (each touch for 30 seconds, up to 99 minutes 59 seconds), the oven starts cooking automatically at full power.

CHILD LOCK

Use to prevent unsupervised operation of the oven by little children. The CHILD LOCK indicator will show on display screen, and the oven cannot be operated while the CHILD LOCK is set.

To set the CHILD LOCK: Press and hold the STOP/CLEAR button for 3 seconds, a beep sounds and LOCK indicator lights.

To cancel the CHILD LOCK: Press and hold the STOP/CLEAR button for 3 seconds until lock indicator on display turns off.

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CLEANING AND CARE

- 1. Turn off the oven and remove the power plug from the wall socket before cleaning.
- Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
- The outside surfaces 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.
- Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
- Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
- If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
- 7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in

warm sudsy water or in a dishwasher.

- 8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
- Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
- 10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
- 11. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- Please do not dispose this appliance into the domestic rubbish bin, it should be disposed to the particular disposal center provided by the municipalities.
- 13. When the microwave oven with grill function is first used, it may produce slight smoke and smell. This is a normal

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phenomenon because the oven is made of a steel plate coated with lubricating oil, and the new oven will produce fumes and odor generated by burning the lubricating oil. This phenomenon will disappear after a period of using.

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