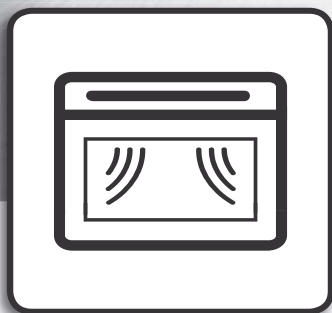


**WMF250G**



[www.whirlpool.eu](http://www.whirlpool.eu)

**Whirlpool**

**SENSING THE DIFFERENCE**

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## INSTALLATION

- \* **WARNING: Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loosed door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact qualified service personnel.**
- \* Improper use of the grounding plug can result in a risk of electric shock.
- \* Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if you have doubts as to whether the microwave oven is properly grounded.
- \* The grounding of this appliance is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.
- \* The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.
- \* This microwave oven must be placed on a flat, stable surface to hold its weight and the weight of food to be cooked in the oven.
- \* Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
- \* Do not operate the oven without turntable and turntable support in their proper positions.
- \* The socket must be really accessible so that it can be easily unplugged in an emergency.
- \* Make sure that the power supply code is undamaged and does not run under the oven or cover any hot or sharp surface.
- \* Do not use the oven outdoors.
- \* Check that the voltage on the rating plate corresponds to the voltage in your home.
- \* Do not remove the microwave inlet protection plates located on the side of oven cavity wall. It prevents grease & food particles from entering the microwave inlet channels.
- \* Ensure the oven cavity is empty before mounting.
- \* Ensure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean the interior with a soft, damp cloth.
- \* Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surface, electrical shock, fire or other hazards may result.
- \* Do not use extension cord: if the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.
- \* Do not install this appliance in kitchen cupboards without the specified 45mm rear chimney. Inadequate ventilation could adversely affect the performance and life of the appliance.

## IMPORTANT SAFETY INSTRUCTIONS

Read Carefully And Keep For Future Reference

- \* If material inside / outside the microwave oven ignite or smoke is emitted, keep microwave oven door closed and turn the microwave oven off. Disconnect the power or shut off power at the fuse or circuit breaker panel.
- \* Do not leave the microwave oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating foods.

### **WARNING:**

- \* If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

### **WARNING:**

- \* It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which provides protection against exposure to microwave energy.

### **WARNING:**

- \* When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperature generated.

**⚠ WARNING:** \* Liquids and other foods must not be heated in sealed containers since they are liable to explode.

- \* The appliance and its accessible parts become hot during using. Care should be taken to avoid touching heating elements inside the microwave oven.
- \* Children less than 8 years of age shall be kept away unless continuous supervision.
- \* The microwave oven is intended for heating foods and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- \* This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- \* Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. Children should be supervised to ensure that they do not play with the appliance. Keep the appliance and its cord out of reach of children less than 8 years.
- \* Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode even after microwave heating has ended.
- \* This appliance is not intended for use at altitudes above 2000m.

**!** The appliances are not intended to be operated by means of an external timer or separate remote-control system. Do not leave the microwave oven unattended if you are using a lot of fat or oil since they can overheat and cause a fire!

- \* Do not heat, or use flammable materials in or near the microwave oven. Fumes can create a fire hazard or explosion.
- \* Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers or other combustible materials. Fire could result.
- \* Do not use corrosive chemicals or vapors in this appliance. This type of microwave oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
- \* Do not hang or place heavy items on the door as this can damage the microwave oven's opening and hinges. The door handle should not be used for hanging things on.

## TROUBLE SHOOTING GUIDE

**If the microwave oven does not work, do not make a service call until you have made the following checks:**

- \* The Plug is properly inserted in the wall socket.
- \* The Door is properly closed.
- \* Check your Fuses and ensure that there is power available.
- \* Check that the microwave oven has ample ventilation.
- \* Wait for 10 minutes, then try to operate the microwave oven once more.
- \* Open and then close the door before you try again.

This is to avoid unnecessary calls for which you will be charged.

When calling for Service, please give the serial number and type number of the microwave oven (see Service label).

Consult your warranty booklet for further advice.

If the mains cord needs to be replaced it should be replaced by the original mains cord, which is available via our service organization. The mains cord must only be replaced by a trained service technician.

**⚠ WARNING:** \* Service only to be carried out by a trained service technician. Do not remove any cover.

# PRECAUTIONS

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## GENERAL

This appliance is intended to be used in household and similar applications such as:

- \* Staff kitchen areas in shops, offices and other working environments;
- \* Farm houses;
- \* By clients in hotels, motels and other residential environments;
- \* Bed and breakfast type environments.

No other use is permitted (e.g. heating rooms).

- \* The appliance should not be operated without food inside of it. Operation in this manner is likely to damage the appliance.
- \* The ventilation openings on the microwave oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the microwave oven and poor cooking results.
- \* Put a glass of water inside. The water will absorb the microwave energy and the microwave oven will not be damaged. Never operate with the empty unit.
- \* Do not store or use this appliance outdoors.
- \* Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar area.
- \* Do not use the cavity for any storage purposes.
- \* Remove wire twist-ties from paper or plastic bags before placing bag in the microwave oven.
- \* Do not use your microwave oven for deep-frying, because the oil temperature cannot be controlled.
- \* Use hot pads or microwave oven mitts to prevent burns, when touching containers, microwave oven parts, and pans after cooking.

## LIQUIDS

e.g. beverages or water. 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:



- \* Avoid using straight-sided containers with narrow necks.
- \* Stir the liquid before placing the container in the microwave oven.
- \* After heating, allow standing for a short time, stirring again before carefully removing the container from the microwave oven.

## CAREFUL

After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scald or burns can be avoided.

## ENVIRONMENTAL HINTS

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- \* The packing box may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene, etc.) out of the reach of children.
- \* This appliance is marked according to the European directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. 
- \* The symbol on the product, or on the documents accompanying the product, indicates that this appliance may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.
- \* Disposal must be carried out in accordance with local environmental regulations for waste disposal.
- \* For more detailed information about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product. 
- \* Before scrapping, cut off the mains cord so that the appliance cannot be connected to the mains.

## MAINTENANCE & CLEANING

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- \* Failure to maintain the microwave 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.
- \* Do not use metal scouring pads, abrasive cleansers, steel-wool pads, gritty washcloths, etc. which can damage the control panel, and the interior and exterior microwave oven surfaces. Use a cloth with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.
- \* Use a soft and damp cloth with mild detergent to clean the interior surfaces, front and rear of the door and the door opening.
- \* Do not use steam cleaning appliances when cleaning your microwave oven.
- \* The microwave oven should be cleaned regularly and any food deposits should be removed.
- \* At regular intervals, especially if spill overs have occurred, remove the turntable, the turntable support and wipe the base of the oven clean.
- \* Cleaning is the only maintenance normally required. It must be carried out with the microwave oven being disconnected.
- \* Do not spray directly on the microwave oven.
- \* This microwave oven is designed to operate cooking cycles with a proper container in cavity directly.
- \* Do not allow grease or food particles to build up around the door.
- \* This product offers an AUTO CLEAN function, which allows for easy cleaning of the microwave cavity. For more details, please refer to the AUTO CLEAN section.
- \* The Grill element does not need cleaning since the intense heat will burn off any splashes:
- \* If the Grill is not used regularly, it should be run for 10 minutes a month to burn off any splashes, in order to reduce the risk of fire.

## ACCESSORIES

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- \* There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.
- \* Metallic containers for food and beverages are not allowed during microwave cooking.
- \* Ensure that the utensils you use are microwave oven proof and allow microwaves to pass through them before cooking.
- \* When you put food and accessories in the microwave oven, ensure that they do not come in contact with the cavity wall of the microwave oven.
- \* This is especially important with accessories made of metal or metal parts.
- \* If accessories containing metal come into contact with the microwave oven interior, while the microwave oven is in operation, sparking can occur and the microwave oven could be damaged.
- \* For better cooking performance, it is suggested that you need to put the accessories in the middle of the inner cavity.
- \* Below accessories will come with the product, available for the microwave or grill using.



**WIRE RACK**



**GLASS TURNTABLE**

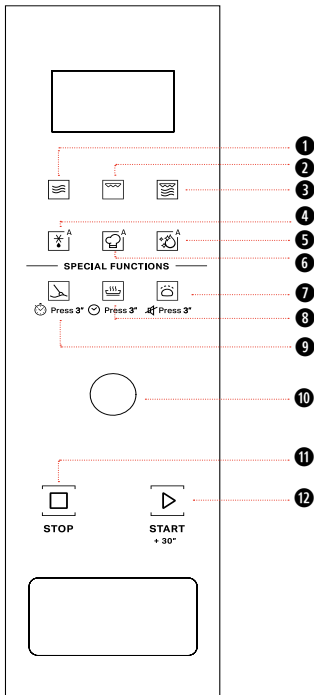


**TURNTABLE SUPPORT**

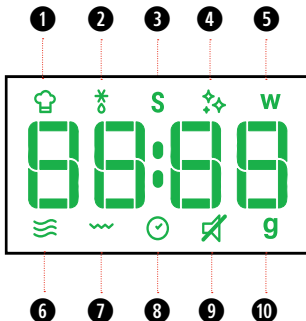
## Technical Specification

Data Description	WMF250G
Supply Voltage	230-240V~50 Hz
Rated Input Power	1400 W
Grill	1000 W
Outer dimensions (HxWxD)	390 x 594 x 379
Inner dimensions (HxWxD)	220 x 340 x 344

## CONTROL PANEL DESCRIPTION



- ① Microwave
- ② Grill
- ③ Combi Grill (grill with microwave)
- ④ Auto Defrost
- ⑤ Auto Clean
- ⑥ Auto Cook
- ⑦ Kitchen Timer / Mute On/Off by 3 seconds
- ⑧ Soften&Melt
- ⑨ Special functions / Clock setting by 3 seconds
- ⑩ Rotator Knob
- ⑪ STOP
- ⑫ START/JET START



- ① Auto cook Icon
- ② Defrost Icon
- ③ Special Functions Icon
- ④ Auto clean Icon
- ⑤ Microwave power (watt) Icon
- ⑥ Microwave Icon
- ⑦ Grill Icon
- ⑧ Clock/Insert time Icon
- ⑨ Mute Off Icon
- ⑩ Weight (grams) Icon



## STAND-BY MODE

The oven is in Stand-by mode when the clock is displayed (or when the display will show “:”, in case the clock has not been set).

**ECO STANDBY:** The function is set in order to have power saving. During Standby mode, you can press **KNOB** button for 3 seconds to enter ECO STANDBY mode.

After cooking end, the display will show time or “:” for 10 seconds then go to ECO STANDBY mode. Press **KNOB** button for 3 seconds again to quit the mode.



## START PROTECTION / CHILD LOCK

**THIS AUTOMATIC SAFETY FUNCTION** is activated one minute after the microwave oven has returned to “Stand-by mode”.

When the safety function is activate the door must be opened and closed in order to start the cooking, otherwise the display will show “door”.

door



## PAUSE OR STOP COOKING

### TO PAUSE COOKING:

The cooking can be paused to check, add or turn or stir the food by opening the door. The setting will be maintained for 5min. The function will be stopped by pressing STOP button during cooking.

### TO CONTINUE COOKING:

Close the door and press the **JET START** button. The cooking is resumed from where it was paused.

### If you don't want to continue cooking you can:

Remove the food, close the door and press the **Stop** button.

### When the cooking is finished:

The display will show the text “End”. An acoustic beep will signal once a minute for 2 minutes.

Please note that reducing or stopping this programmed cooking cycle will not have a negative impact on the function of the product.



## ADD / STIR / TURN FOOD

**DEPENDING ON THE SELECTED FUNCTION**, it could be needed to add / stir / turn food during cooking. In these cases the microwave oven will pause cooking and ask you to perform the needed action.

When required, you should:

- \* Open the door.
- \* Add or Stir or Turn the food (depending on the required action).
- \* Close the door and restart by pressing **KNOB/JET START** button.

Notes: if the door is not opened within 2 minutes from the request to Stir or Turn the food, the microwave oven will continue the cooking process (in this case the final result may not be the optimal one). If the door is not opened within 2 minutes from the request to Add the food, the microwave oven will go to the Stand-by mode.



## JET START

**THIS FEATURE ALLOWS YOU** to start the microwave oven quickly.

- 1 Pressing the **JET START** Button, the Microwave function will start at full microwave power (900W) for 30 seconds.



Tips and suggestions:

- It is possible to change the power level and the duration time even after the cooking process has been already started. To adjust the power level, simply press the **Microwave** button repeatedly or turn the **KNOB** to change the duration time.





## CLOCK

To SET THE **CLOCK** of your appliance:

- 1 In standby, press the **Kitchen Timer** button for 3 seconds.
- 2 Turn the **KNOB** to set the hour.
- 3 Press the **KNOB/JET START** button to confirm.
- 4 Turn the **KNOB** to set the minute.
- 5 Press the **KNOB/JET START** to confirm the setting.



Tips and suggestions:

- When plugged in, the screen shows "12:00" ("12" flashing), 1 minute later returns to standby (before returning standby can directly set clock).



## MICROWAVE

To COOK WITH MICROWAVE POWER individually.

- 1 Press the **Microwave** button. The default power level (750W) will be shown on the display and the watt icon starts blinking.
- 2 Press the **Microwave** button repeatedly or, turn the **KNOB** to select suitable cooking power, then press the **KNOB/JET START** button.
- 3 Turn the Knob to set the cooking time, then press the **KNOB/JET START** button to start cooking.

If need to change the power, press the **Microwave** button again, the desired power level can be selected.

POWER	SUGGESTED USE
90W	Softening ice cream, butter and cheeses.
160W	Defrosting.
350W	Simmering stews, melting butter.
500W	More careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
650W	Cooking dishes, not possible to stir.
750W	Cooking of fish, meat, vegetables, etc.
900W	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.



## GRILL

**THIS FUNCTION** use a powerful grill to brown foods, creating a grill or a gratin effect. The Grill function allows browning foods like chesse toast, hot sandwiches, popato croquettes, sausages, and vegetables.

- 1 Press the **Grill** button.
- 2 Turn the **KNOB** to set the cooking time, then press the **KNOB/JET START** button to start cooking.



Tips and suggestions:

- For food like cheese, toast, steaks and sausages, place food on the Wire Rack.
- Ensure that the utensils used are heat resistant when you use this function
- Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.
- Be careful, do not touch the grill element.
- It is possible to change the duration time even after the cooking process has been already started.
- To change the duration time, please turn the **KNOB**. Or press the **JET START** button once to increase the duration time by 30 seconds.



### NOTE:

If you want to change the cooking function, press **STOP** button twice to stop the current function, then operate according to the instructions for the new function.



## MUTE OFF

**THIS FUNCTION ALLOWS YOU** to activate/deactivate all the sounds played by the appliance, including button press, warnings, alarm, and end of the function. Press **Special** button for 3 seconds to put into mute, press the same button for 3 seconds again to turn on the sound. This function can operate at any time.



## COMBI GRILL (GRILL WITH MW)

THIS FUNCTION COMBINES **MICROWAVE AND GRILL** heating, allowing you to cook gratin in less time.

- 1 Press the **Combi Grill** button.
- 2 Press **Combi Grill** button repeatedly or turn the **KNOB** to select the cooking type, press the **KNOB/JET START** button to confirm.
- 3 Turn the **KNOB** to set the cooking time, then press the **KNOB/JET START** button to start cooking.

FOOD TYPE	SUGGESTED USE
CO_1	Combi 1 Seafood, Pudding. After cooking, it is recommended to allow food to rest for at least 5 minutes for better results.
CO_2	Combi 2 Meat, whole chicken, pieces, or fillets. After cooking, it is recommended to allow food to rest for 5-10 minutes

### Tips and suggestions:





- Ensure that the utensils used are microwave safe and heat-resistant when you use this function.
- Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.
- Be careful, do not touch the grill element.
- It is possible to change the duration time even after the cooking process has been already started.
- To change the duration time, turn the **KNOB** or press **JET START** button once to increase the duration time by 30 seconds.



## AUTO DEFROST

USE THIS FUNCTION to defrost meat, poultry, fish, and vegetables automatically.

- 1 Press the **Auto Defrost** button.
- 2 Press the **Auto Defrost** button repeatedly or turn the **KNOB** to select the food category in below table and press the **KNOB/JET START** button to confirm.
- 3 Turn the **KNOB** to set the weight. And press the **KNOB/JET START** button to start.

FOOD TYPE	WEIGHT	SUGGESTED USE
P1 	100 - 2000g	Minced meat, cutlets, steaks or roasts. After cooking, allow food to rest for 5-10min for better results.
P2 	100 - 1000g	Larger, medium and small cut vegetables. Before serving, allow food to rest for 3-5 minutes for better results.
P3 	100 - 2000g	Whole steaks or fish fillet. Allow food to rest for 5-10 minutes for better results.
P4 	100 - 2000g	Whole chicken, pieces or fillets. After cooking, allow food to rest for 5-10 minutes for better results.

### Tips and suggestions:

- For better result we recommend defrost directly on the cavity bottom.
- If the food is warmer than deep-freeze temperature (-18°C), choose a lower weight than the food.
- If the food is colder than deep-freeze temperature (-18°C), choose a higher weight than the food.
- Separate pieces as they begin to defrost. Individual slices defrost more easily.
- Standing time after defrosting always improves the result since the temperature will then be evenly distributed throughout the food.



## AUTO CLEAN

**THIS AUTOMATIC CLEANING CYCLE** will help you to clean the microwave oven cavity and remove unpleasant odors.

### Before starting the cycle:

- 1 Put 300ml water into a container (see our recommendations in the below section "Tips and suggestions").
- 2 Place the container directly in the middle of the cavity.

### To Start The Cycle:

- 1 Press the **Auto Clean** button, the cleaning cycle duration will be visible on the display.
- 2 Press the **KNOB/JET START** button to start the function.

### When The Cycle Is Finished:

- 1 Press the **STOP** button.
- 2 Remove the container.
- 3 Use a soft cloth or a paper towel with mild detergent to clean the interior surfaces.

### Tips and suggestions:

- For a better cleaning result, it is recommended to use a container with a diameter of 17-20cm, and a height that is lower than 6.5cm.
- It is mandatory to use a container of light plastic material that is suitable for the microwave.
- As the container will be hot after the cleaning cycle is completed, it is recommended to use a heat resistant glove when removing the container from the microwave.
- For a better cleaning effect and removal of unpleasant odors, add some lemon juice or vinegar to the water.
- The Grill element does not need cleaning since the intense heat will burn off any splashes, but the space around it may need regular cleaning. This should be done with a soft and damp cloth with mild detergent.



## KITCHEN TIMER

**THIS FUNCTION USING** when you need a kitchen timer to measure exactly the time for various purposes such as letting the dough rise before baking etc.

Note that the Kitchen Timer does not activate any cooking cycle.

- 1 When the product is in Stand-By Mode, press the **Kitchen Timer** Button.
- 2 Turn the **KNOB** to set the minutes to measure.
- 3 Press the **KNOB/JET START** button. The function will start.

An acoustic signal will be heard when the timer has finished to count down.










## SOFTEN&MELT

**A SELECTION OF AUTOMATIC RECIPES** with preset values to offer optimal cooking results.

- 1 Press the **Soften&Melt** button.
- 2 Press **Soften&Melt** button repeatedly or turn the **KNOB** to select the desired recipe (see the table below).
- 3 Press the **KNOB/JET START** button to confirm the recipe and turn the **KNOB** to select the weight when there is a weight range in the table.
- 4 Press the **KNOB/JET START** button. The function will start.

The cooking recipe will be confirmed if the function button is not operated for 3 seconds, press the function key again to change the recipe type.

	FOOD TYPE			WEIGHT
P1	Melting	 Choco-late	Room temp.	100 - 500g/50g
P2	Melting	 Cheese	Refrigeration	50 - 500g/50g
P3	Melting	 Butter	Refrigeration.	100 - 500g/50g
P4	Melting	 Marsh mallow	Room temp.	100 - 500g/50g

P5	Soften	 Butter	Refrigeration	50 - 500g/50g
P6	Soften	 Ice Cream	Frozen	100 - 1000g/50g
P7	Soften	 Cream Cheese	Refrigeration	50 - 500g/50g

## SPECIAL

### P1 KEEP WARM

**THIS FUNCTION ALLOWS YOU** to keep your dishes warm automatically.

- 1 Press the **Special** button. Press **JET START** button to confirm
- 2 Press the +/- Button select suitable time, then press **JET START** button to start.

### NOTE:

Using MW safe dish as the container  
The performance will be better if covering the dish with lid or film

### P2 DOUGH RISING

**THIS FUNCTION ALLOWS YOU** to raise bread dough.

- 1 Press the **Special** button repeatedly or press +/- button to choose P2.
- 2 Put 200ml water into a container.
- 3 Place the container directly in the middle of the cavity.
- 4 Press the **JET START** button. The function will start.

When the clock counts down to 30 minutes, the display shows "Add" (no operation for 5 minutes automatically return to standby).

- 5 Open the door, remove the container, put the dough onto the turntable.
- 6 Close the door, press **JET START** button to start.

### NOTE:

Don't open the door during the countdown. The volume of the container should be at least 3 times the one of the dough.

### P3 YOGURT

**THIS FUNCTION ALLOWS YOU** to obtain healthy and natural yogurt.

- 1 Press the **Special** button repeatedly to choose P3.
- 2 Put 1000g milk and 1g yogurt starter(heat-resistant) or 15g yogurt into container, then add 50g sugar, mix well. And put into the middle of cavity.
- 3 Press the **JET START** button to start. It needs 5Hr20mins for this recipe. Please do not open the door during the counting down. It will taste better if you keep the yogurt in refrigerator for 24hs after cooking. All the container should be sterilized with boiled water or UV light.



### AUTO COOK MENU













**A SELECTION OF AUTOMATIC RECIPES** with preset algorithms to offer optimal cooking results.

- 1 Press the **Auto Cook** button.
- 2 Press **Auto Cook** button repeatedly or turn the **KNOB** to select the desired recipe (see the following table).
- 3 Press the **KNOB/JET START** button to confirm the recipe and turn the **KNOB** to select the weight when there is a weight amount in below table.
- 4 Press the **KNOB/JET START** button. The function will start.

### NOTE:

According to the selected recipe, after a certain time, the display would ask you to add or turn or stir the food.

The cooking recipe will be confirmed once you leave the function button for 3 seconds, press the **Auto Cook** button again to change the recipe type.

FOOD TYPE		INITIAL STATE	WEIGHT AMOUNT	DURATION	PREPARATION
P1	 Homemade Lasagna	Room temperature	250-1000g /50g	10-30 min	Prepare your favorite lasagna recipe
P2	 Soup	Refrigerator temperature	300-1200g /300g	3-12 min	Cover the dish, leave an air ventilation
P3	 Scrambled eggs	Room temperature	1-4/1	2-6 min	Well beat the egg and water together, cover the measuring cup with plastic wrap, 15ml water for 1 egg
P4	 Fish fillet	Refrigerator temperature	200-500g /50g	4-7 min	Cover the dish and leave a vent
P5	 Meat loaf	Room temperature	400-900g /100g	15-25 min	Mix 800g mince meat, 2 eggs and 1.5g salt. Cover with film
P6	 Hamburger	Room temperature	100-400g /100g	22-28 min	Put the hamburger( 100g/each) on the grill rack. Turn food when oven prompts
P7	 Cupcakes	Room temperature	300g (8cups)	5-11 min	Put 125g eggs and 170g sugar into container then stir for 2-3mins,add 170g flour,10g baking powder , 100g water,50g butter, mix well,put food into the cups.Put the cups around the turntable to make uniform heat
P8	 Vegetables	Room temperature	200-500g /50g	3-6 min	Cut the vegetable into pieces,add 2 tablespoon water,cover the dish and leave an air vent
P9	 Popcorn	Room temperature	100g	2-3 min	Place the popcorn on turntable glass in the microwave oven
P10	 Potatoes Gratin	Room temperature	750-1200g /50g	20-30 min	Ingredients: 750g peeled potatoes , 100g shredded cheese, 1 egg, white and yolk blended 200g milk plus cream (15-20% fat content) 5g salt. Preparation: Use a food processor to cut the potatoes into 4mm thick slices. Fill the container with approximately half the amount of sliced potatoes and cover with half of the shredded cheese. Add the remaining potatoes. Mix the eggs, milk-cream and salt using electrical mixer and pour it over the potatoes. Finally spread the remaining cheese evenly on top of the gratin
P11	 Green Beans	Room temperature	200-500g /50g	3-7 min	Add 2 tablespoon water, cover the dish and leave an air vent
P12	 Beverage	Room temperature	1-2cups	1-5 min	Place the beverage in microwave safe dish