

APPROXIMATE COOKING TIMES FOR FISH (ON FULL POWER)

Item	Weight	CookingTime	StandingTime
Cod fillets	450g	3-4 minutes	4-10 minutes
Cod steaks	225g	3-4 minutes	4-10 minutes
Haddock fillets	225g	3-4 minutes	4-10 minutes
Kipper fillets	450g	3-4 minutes	4-6 minutes
Plaice fillets	225g	3-4 minutes	6-8 minutes
Trout (2 fish,gutted but whole) turn fish over half way through		3.5-5 minutes	4-6 minutes

The times given above are approximate and should be adjusted to suit portion sizes and individual taste.The average cooking time for fish is around 3.5 minutes per 450 g (1 lb). The fish should be lightly covered during the standing period.
Temperature of the fish should reach 70° C.The fish should be opaque and flake easily.

APPROXIMATE COOKING TIMES FOR FRESH VEGETABLES (ON FULL POWER)

Item	Weight	Added water	CookingTime
Aubergines (peeled and diced)	450g	30-40 ml	4.5-5.5 minutes
Broccoli (trimmed and sliced into spears)	225g	50 ml	3.5-4.5 minutes
Brussels Sprouts(peeled)	225g	50 ml	5.5-7.5 minutes
Carrots (diced)	225g	30 ml	5.5-7.5 minutes
Cauliflower (in florets)	450g	50-60 ml	7-9 minutes
Courgettes (diced or sliced)	450g	10 ml	5.5-7.5 minutes
Peas (removed from pods)	225g	40-50 ml	4.5-5.5 minutes
Potatoes,jacket (2,scrubbed and pierced all round)	225g	None	7-9 minutes
Potatoes,(in 40mm pieces)	450 g	40-50 ml	6-7 minutes
Spinach (shredded)	225g	None	3.5-5.5 minutes

The times given above are approximate and should be adjusted to suit quantities, portion sizes and individual taste.The average cooking time for vegetables is around 5.5 minutes per 450 g (1 lb).When adding salt,mix it with the water or add it after cooking.
To cook vegetables:Mix them with the water in a ceramic curved bottomed bowl and cover lightly.After cooking leave the vegetables to stand for 2-3 minutes before straining (if necessary) and serving.

Troubleshooting

If the oven fails to operate:

- Check that the oven is plugged in securely. If it is not, unplug from the outlet, wait 10 seconds and plug it in again securely.
- Check for a blown fuse or a tripped circuit breaker. If these are intact, test the outlet with another appliance.
- Check that the clock is set and that the child lock is off.
- Make sure that the oven door closes fully and securely.

If none of the above rectifies the situation, contact the Tesco helpline. **Do not try to adjust or repair the oven yourself.**

Cleaning and Care

These steps should be taken after every use.

- Disconnect the power supply and wait for the appliance to completely cool down.
- Remove the turntable support ring and the turntable and wash then in warm soapy water.
- Clean the oven cavity, the outer edge of the cavity, and the oven door with water and a mild detergent. A special microwave oven cleaner is not necessary.Do not use scouring pads,or other abrasives.
- Make sure that the door seals are clean,dry and undamaged.
- Wipe outer surfaces and control panel with a damp soft cloth.
- If liquids have been splashed on the wall of the oven cavity,they must be fully removed otherwise smoke may occur when the appliance is next used.

- If the cavity emits odours, boil a cup of water with a squeeze of lemon juice for 5-7 min.to remove them.
- Dry all parts thoroughly and replace them.

For advice and spares contact the Tesco helpline: 0845 456 6767

Warranty

This appliance is covered by a warranty for 12 months from the date of purchase. If a fault develops during this period, please return your complete product to a Tesco store with your proof of purchase. This warranty in no way affects your consumer rights.

Specifications

Mains Supply	230V-240VAC,50 Hz: 1150W
Microwave Output	700Watts
Dimensions	258mm(H)×440mm(W)×345mm(D)
Oven Capacity	17 Litres
Microwave Frequency	2,450 MHz
NetWeight:	10.7 kg

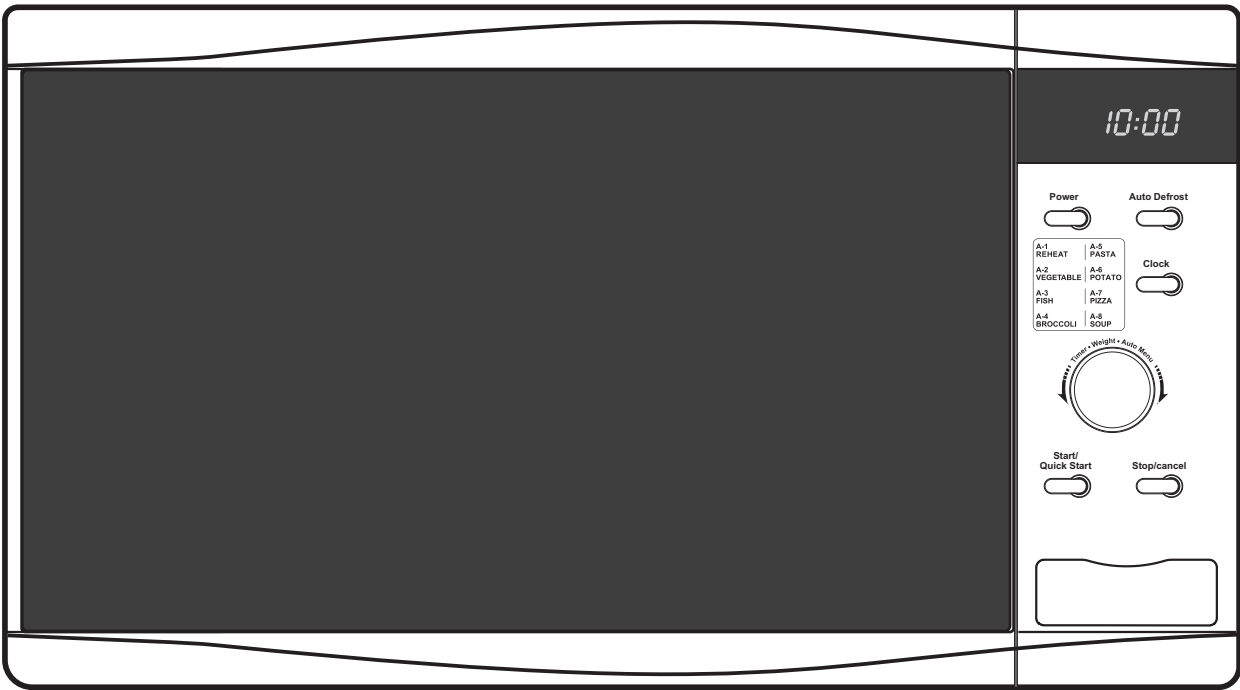


THIS APPLIANCE MUST BE EARTHED

UK:Waste electrical products should not be disposed of with household waste. Separate disposal facilities exist, for your nearest facilities. See www.recycle-more.co.uk or in-store for details.
ROI: Produced after 13th August 2005. Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice



MT08 Microwave Oven User Guide



CAUTION

RISK OF ELECTRIC SHOCK DO NOT DISMANTLE

Please follow all the precautions listed below for safety and to reduce the risk of injury or electrical shock.

- Read all the instructions and retain them.
- Before use check that the voltage stated on the rating plate on the rear of your microwave oven corresponds to your mains voltage.
- The mains socket must be well earthed. Do not plug the oven into a mains adaptor into which other units are connected.
- 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 gives protection against exposure to microwave energy;
- Do not use the microwave oven with a damaged cord or plug or after the appliance has malfunctioned or is damaged. Seek expert assistance.
- Do not touch hot surfaces. Use handles or knobs only. Allow the appliance to cool before cleaning.
- WARNING: Do not operate the microwave oven empty. This could cause damage to the oven.
- Do not immerse the body of the microwave oven or the electrical cord or plug in water or liquids.
- Do not place the microwave oven on or near a hot gas or electric burner.
- Use the appliance on a stable heat-resistant surface.
- Never leave the microwave oven unattended when it is operational.
- Make sure that the power cable does not touch any hot surface or overhang a table edge.
- Do not use the microwave oven outdoors.
- Unplug the oven when not in use and before cleaning.
- Do not obstruct the ventilation slots or place objects on top of the oven.
- Do not use attachments or accessories not recommended by the manufacturer.
- 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.
- Heat-insulation (oven) gloves should be used when removing a hot container from the oven.
- Do not use the microwave oven for any purpose not expressly specified in this manual.
- There are no user serviceable parts in your microwave oven. Unauthorised dismantling or servicing will void the product warranty.

When cooking with your microwave oven:

- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- If you use plastic film when re-heating or cooking food use only film

How microwave ovens work

Microwave ovens work by producing high frequency energy from a device called a magnetron. This energy agitates the water molecules in the food which rub together causing heat. This heat cooks the food. Microwave cooking is very efficient; food cooks quicker than conventional methods. Microwave cooking can also help preserve the minerals and vitamins in many foods.

Although the temperature in a microwave oven is relatively cool the food can be extremely hot. Always take precautions when handling containers.

Safety standards

Microwave ovens are covered by a radiation safety standard which limits the amount of microwaves that can leak from an oven throughout its lifetime. This is far below the level known to harm people. The standard requires ovens to have systems that stop the production of microwaves the moment the latch is released or the door opened. No radiation remains after microwave production has ceased.

Prepackaged Foods and Containers

Most packaged foods suitable for microwaving are marked with the microwave symbol and instructions for heating. Always follow the guidelines when microwaving packaged foods.

- designed for microwave ovens and ensure that the film does not touch the food. If necessary, prick the film all over to allow steam to escape.
- Use your microwave oven only to heat food.
 - Do not heat oil for frying, or try to fry food in the microwave oven. The oil could catch fire.
 - Liquids and other foods must not be heated in sealed containers since they are liable to explode. If covered containers are used, the covers should be loose. Move such containers to and from the oven with care as food may splash and the lid may fall.
 - Eggs in their shells (whether raw or cooked), fruits in thick skins and nuts in their shells should not be heated in the microwave as they may explode even after microwave heating has ended.
 - Items such as potatoes and chestnuts must be peeled or pierced thoroughly before cooking.
 - The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
 - Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
 - Food can burn if overcooked. If you are unsure about how long to cook a food for, start with a short cooking time, and check the food regularly. If there are microwaving instructions supplied with the food always follow the instructions fully.
 - Clean the inside of your microwave regularly and remove any food deposits.
 - 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.
 - If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

RAW MEAT AND RAW MEAT PRODUCTS

- Meat and meat products should not be fully cooked from raw in a microwave oven. Raw meat may be partially cooked in a microwave oven but the final cooking process must be carried out by conventional cooking processes, (i.e boiling, roasting, frying, grilling etc) using a conventional cooker.
- When defrosting raw meat and meat products in a microwave oven ensure the item is fully defrosted and then immediately cook the meat using conventional cooking processes.
- Always clean the oven cavity thoroughly after partially cooking or defrosting raw meat.

Electrical Information

Before using this appliance ensure that the voltage of your electricity supply is the same as that indicated on the rating plate at the rear of the appliance.

THIS APPLIANCE MUST BE EARTHED.

The disconnect device for this appliance is the mains plug. The mains plug must not be obstructed in any way and must remain readily removeable from the mains supply.

Generally speaking, cooking containers made from porcelain, glass and plastic can be penetrated by microwaves. Use heat resistant containers suitable for microwave oven use, otherwise there is a risk of shrinking, deforming or burning. Metal containers, or containers having metal decoration or trim are not suitable. Some basic guidelines are given below:

Heat-resistant glass	✓	Ordinary glass	✗
Heatproof plastic	✓	Ordinary plastic	✗
Microwaveable film	!	Metal containers	✗
Ceramics	✓	Metal Grilles	✗
		Melamine	✗

Tesco stores stock a wide range of microwave containers and wraps designed for microwave ovens.

⚠ Plastic films should not touch food as they may gas, melt or break down when hot and contaminate food.

Wax paper, oven cooking bags, parchment paper and white microwave paper towels are safe for microwave use.

Wooden objects may catch fire - so avoid their use.

Aluminium foil should not be used unless the recipe specifically requires its use. Metal skewers, ties, etc. should be removed from food before cooking. Avoid containers which narrow at the top as these may cause the contents to erupt when removed from the oven.

Example: Cook food at 50% power for 10 min starting at 21:20

- Press the POWER button
 - Select 50% power
 - Press START/QUICK START
 - Rotate the FUNCTION knob to set 10 minutes
 - Press the CLOCK button
 - Rotate the FUNCTION knob to select 21 hours.
 - Press the CLOCK button again.
 - Rotate the FUNCTION knob to select 20 minutes
 - Press START/QUICK START
- The display reverts to clock time**

When the preset time comes the buzzer will sound twice and the oven will complete the programme.

OTHER FUNCTIONS

Queries

- During cooking:** press the POWER button to briefly display the microwave power in the current programme.
- During cooking:** press the CLOCK button to briefly display the clock time.
- In Time Delay mode:** pressing the CLOCK button will briefly display the start time of the pre-set process.

Displays and Oven States

- Every time you press a button, the oven will beep once
- When you first rotate the FUNCTION knob in either direction during a cooking process the oven will beep once. If the button is not fully depressed, the action will not be registered and you will not hear a beep.
- When setting a cooking process, if you do not confirm the process by pressing the START/QUICK START button within one minute, the process will be cancelled and the oven will revert to displaying the clock time.
- The buzzer will sound five times to remind you when cooking is finished.
- Before inputting any cooking process, it is good practice to press the STOP/CANCEL button twice to clear the oven memory.

Tips for good cooking

Please read this section in conjunction with the Safety Guide on Page 2.

IMPORTANT NOTE: Raw meat should never be fully cooked in a microwave oven. You may partially cook raw meat in a microwave provided you complete the cooking process by conventional methods - i.e grilling, roasting etc.

- Stir liquids and purees before during and after cooking to distribute the heat evenly. Mashed potato will cook more evenly and more thoroughly if lightly covered.
- Never tightly cover food. Always cover it loosely.
- Do not allow plastic film to touch food as it may chemically break down or melt or even catch fire and contaminate the food.
- Arrange food in the dish so that the thicker part is on the outside and the thinner part inside for more even cooking. Fold under the thin edges of fish fillets and tapered foods. Control the shape to get more uniform results.
- 6-7 minutes per 500 gr. will cook most fruit and vegetables. Seafood takes less time.
- Different foods require different temperatures to cook. Add more minutes as you drop the power.
- Up to 20% of the cooking takes place after the oven turns off so always remember that your food will continue cooking after you've removed it.
- Food that takes an hour in to cook in a regular oven should take around 15 minutes in the microwave.
- Foods with baking powder should stand a few minutes before cooking to allow the leavening agents to work.
- If a recipe calls for milk and water, reduce the water.
- Rotate large items of food occasionally during cooking to encourage even heat distribution.
- Food cooks best and reheats better in a round dish or a dish with curved sides.
- Salt attracts microwaves. Don't just sprinkle it on food before cooking, stir it in or add it later.
- Fats and sugars attract microwaves - thoroughly mix sugar with other ingredients. Care should be taken when cooking foods with high sugar

or fat contents as they can reach very high temperatures.

- Handle pastry-wrapped foods like mince pies carefully as the filling gets hotter than the pastry.

Hints for reheating food

- Heat leftovers and pre-cooked food to at least 70°C. Food should be hot and steaming before it is served.
- When re-heating liquids such as meat stews see that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through.

Hints for defrosting

- Only defrost food in the microwave if you plan to cook the food immediately after it has thawed. Some areas of the food may begin to cook during defrosting, which can allow bacteria to flourish. Any raw meat must be fully defrosted and then cooked by normal cooking processes, i.e grilled, roasted, etc. Do not cook defrosted raw meat in a microwave oven.
- When defrosting, remove the food from the wrapping, place it on a microwave safe dish. Rotate and re-arrange food during defrosting. Where appropriate, stir the food and if possible, separate the food items and remove those which have already defrosted.

Steam and Smoke

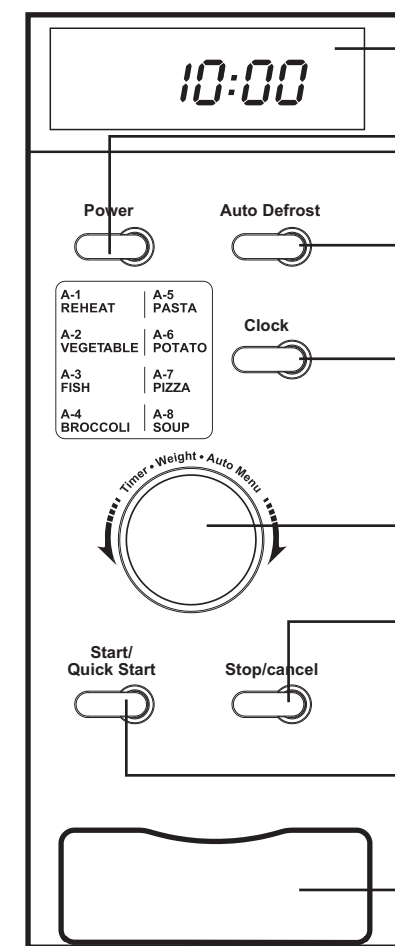
- Steam is a natural product of microwave cooking. It escapes from the vents in the top and rear of the appliance. These vents should never be blocked.
- Steam may condense in and around the oven during cooking and should be dried off after use.
- If during cooking, smoke starts to come from the oven do NOT open the oven door! Immediately switch off at the mains, unplug the oven and wait for the smoke to completely subside and the oven to fully cool down before removing the food.
- Before you use your microwave oven again, consult a service technician and have the oven tested.

Testing Your Oven

Place a cup of water in the oven and heat it on full power for 2 minutes. If the water gets hot the oven is working.

Your Microwave Oven

CONTROL PANEL



● MENU ACTION SCREEN

Clock, cooking time, power, action indicators are displayed.

● POWER

Press this button repeatedly to choose a range of power settings from full power (100%) to 0

● AUTO DEFROST

Press this button and then rotate the TIME/WEIGHT knob to auto-defrost food by weight. The maximum weight you can auto-defrost is 1.8 kg.

● CLOCK

Use to set the time of day or recall the time of day. The time of day will be displayed at all times except when the oven is operating. In the event of a power failure or if the oven is unplugged, the clock will have to be reset.

● FUNCTION KNOB

Use this in connection with other controls to set the Clock Time, alter Weight and Auto Defrost settings.

From STOP, use to set an Auto Cook Programme.

● STOP/CANCEL

Press once to stop a cooking process.

Press twice to cancel a program and clear the setting.

Use this button to set/cancel the Child Lock.

● START /QUICK START

Touch to start a cooking or defrosting program.

In Quick Start mode the oven will auto-start at full power as soon as the button is pressed. Further presses of the button will extend cooking time up to a maximum of 12 minutes.

● DOOR RELEASE

Press this to open the oven door. When you open the door all cooking operations are suspended.

GETTING STARTED

Plug the oven in

Switch on at the mains point.

The screen will display

SETTING THE CLOCK

The clock is a 24 hour clock. To enter a time of 8:30pm, enter 20:30

To enter a time of 8:30 pm

- Press the CLOCK button **once**. The Hours display flashes.
- Rotate the FUNCTION knob to select 20 hours.
- Press the CLOCK button again.
- Rotate the FUNCTION knob to select 30 minutes.
- Press CLOCK again.

The time is now set. You may reset the clock time whenever you wish by following the above procedure.

BASIC COOKING

- Press the Door Release to open the oven door.
- Place the food in a suitable container. Site the container centrally within the rim of the turntable. Close the door.
- Rotate the FUNCTION knob one click to the left
- Rotate the FUNCTION knob in either direction to set a cooking time from 10 seconds to a maximum of 95 minutes.

Each click increases/decreases the time interval as follows:

0 - 1 min : 5 seconds 1 - 5 min : 10 seconds

5 - 10 min : 30 seconds 10 - 30 min : 1 minute

30 - 95 min : 5 minute intervals

- Press START/QUICK START. The oven will commence cooking at full power. The clock displays the remaining time left for the cooking programme.

Example: Cook food at full power for 10 min.

- Rotate the FUNCTION knob one click to the left



- Rotate the FUNCTION knob to set 10 minutes

- Press START/QUICK START to start cooking

STOPPING THE OVEN

Open the door to interrupt cooking. To continue cooking, close the oven door and press the START/QUICKSTART button.

Press STOP/CANCEL:

The cooking process is interrupted.

To continue cooking press the START/QUICKSTART button.

Pressing STOP/CANCEL twice will stop the oven and any cooking programme will be erased.

WHEN COOKING HAS ENDED

The oven will beep 5 times

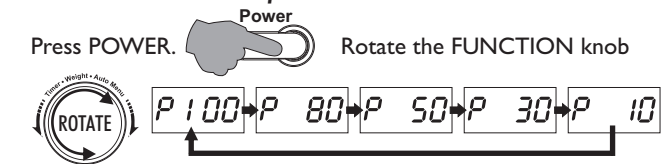
The clock time will re-appear.

- Open the door and remove the food. Close the door

VARYING THE POWER LEVEL

The default setting of the oven is full (100%) power. Many recipes call for lower power settings. There are 5 power settings available on your oven. 100% - 80% - 50% - 30% - 10%

To alter the microwave power level



Repeatedly pressing the POWER button will also vary the Power.

Example: Cook food at 50% power for 10 min.

- Press the POWER button
- Rotate the FUNCTION knob to select 50% power
- Press the START/QUICK START button
- Rotate the FUNCTION knob to set 10 minutes
- Press START/QUICK START to start cooking

CHILD LOCK

The Child safety lock prevents operation by small children. All oven functions are disabled including the clock when the child lock is on.

- Press and hold the STOP/CANCEL button for about five seconds after which time a beep sounds and the LOCK indicator appears.
- To cancel, press and hold the STOP/CANCEL button until the beep sounds and the normal display re-appears.

QUICK START (EXPRESS) COOKING

By pressing the START/QUICK START button repeatedly you can program the oven for Express cooking at FULL power (100%).

- Each press of the START/QUICKSTART button increases the cooking time in 30 second intervals.
- The oven will start almost as soon you press the START/QUICK START button so be prepared!!
- During the cooking cycle, you can top up the remaining time to a maximum of 95 minutes by further presses of the START/QUICK START button.
- Express cooking is a very good way of rapidly heating small portions of food, or easily adding a small amount of cooking time to finish dishes that are slightly undercooked.

All cooking programs can be set up with the oven door open or closed with the exception of the Quick Start program which requires the door to be closed. If you are setting up a program when the door is open, pressing the STOP/CANCEL button once will erase the program.

AUTO DEFROST

There are two auto-defrosting programmes

DEFROST PROGRAMME 1 (DEF 1) - defrost by weight. You can auto defrost 100g to 2kg of food (in 100g increments)

DEFROST PROGRAMME 2 (DEF 2) - defrost by time.

Example 1: Auto Defrost 1 kg of food

- Press AUTO DEFROST
- Dial in the weight of the food
- Press START/QUICK START to start cooking

The programme automatically calculates the time required.

Example 2. Auto-Defrost food for 20 minutes

- Press AUTO DEFROST twice
- Dial in the time
- Press START/QUICK START to start cooking

When the program has finished:

- Open the oven door.
- Remove the food and check that it has fully defrosted. If the food is partially defrosted, replace it in the oven and re select the Auto Defrost programme with a lower weight setting.

It is good practice to periodically check food during the defrosting process, turning it if necessary.

Always ensure that food is fully defrosted before cooking

AUTO COOKING

Your oven can calculate the cooking time of various foods. Just select the program from the table below and enter the weight.

- Rotate the FUNCTION knob to the **right**. Each click brings up an Auto cook Menu.
- Press START/QUICK START
- Dial in the weight (use the table below)

		NUMBER OF CLICKS		
		1	2	3
MENU	POWER			
A-1	Reheat	100%	200g	400g
A-2	Vegetable	100%	200g	300g
A-3	Fish	80%	250g	350g
A-4	Broccoli	100%	250g	350g
A-5	Pasta*	80%	50g plus 450g water	100g plus 750g water
A-6	Potato	100%	200g	400g
A-7	Pizza	100%	200g	400g
A-8	Soup	80%	200g	400g

***NOTE:** Add enough boiling water to the food before cooking.

- Press START/QUICK START to start cooking

Example: Auto Cook 450g of Fish:

- Select **Fish: Menu A-3**
- Press START/QUICK START
- Select 450 grammes
- Press START/QUICK START to start cooking

The results of auto-cooking depend on many factors, the actual type of food, the temperature it goes into the oven at, etc. If after the program has ended the food is underdone, use the Basic Cooking Procedure for a short time to complete the process.

ADDING TIME DURING COOKING

- During normal cooking and defrosting, you can increase the cooking time by repeatedly pressing the START/QUICK START button.
- You cannot add time during the 'Defrost by Weight' and 'Auto-Cook' programs

MULTI-STAGE COOKING

You can combine two cooking processes in a multi-stage programme. There are two main uses for this process.

- A** Cook food for a period at one power setting and then finish with another power setting. You can for example, cook food and then keep it warm by setting a low power for the second process
- B** Defrost food and then cook it in one combined process.

After the first stage, the buzzer will sound once and the next stage will automatically start.

If you are defrosting food, this must always be the first process.
The Auto-Cook program cannot be combined on a multi-stage cooking process.

Example: Defrost the food for 20 minutes, then cook at 50% microwave power for 10 minutes.

- Press AUTO DEFROST **twice**
- Dial in the time
- Press the POWER button
- Rotate the FUNCTION knob to select 50% power
- Press the START/QUICK START button
- Rotate the FUNCTION knob to set 10 minutes
- Press START/QUICK START to start cooking

TIME DELAYED COOKING

You can preset the time at which the cooking process starts.

NOTES ON TIME DELAYED COOKING:

You can use a single program or a multistage program.
You can use an Auto-cook menu.
You cannot use Express or Basic cooking.
Do not use raw or frozen fish products or foods which may deteriorate during the waiting period.
Do not use time-delayed cooking with a defrost programme.
The clock must be set!

Method

- A** Make sure the clock is set to the correct time
- B** Input the cooking program. Do NOT press the START button
- C** Set the clock to the required start time - see Page 3
- D** Press START/QUICK START to set the programme.

Introduction

Thank you for purchasing this TESCO microwave oven. Please make sure you read all the instructions and the safety notes carefully and that you familiarise yourself with the features and operation of your oven before use.

IMPORTANT NOTE: This microwave is for normal household use only. It is unsuitable for commercial use.

Unpacking the Microwave Oven

In the box you should find the microwave oven, glass turntable and rotating support ring.

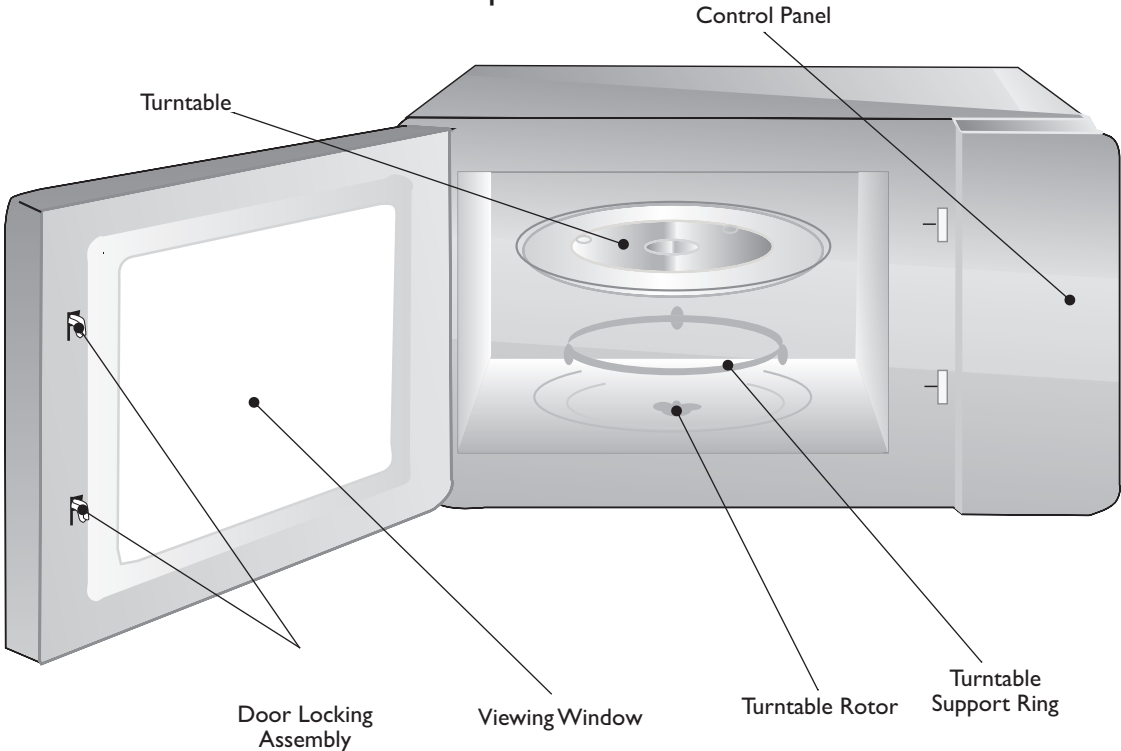
Unpack all the items completely. Make sure that all the packing materials are removed from the inside of the oven.

If possible retain the packaging for future use. If you dispose of the packaging, do so with regard to all recycling provisions in your area.

WARNING: Check the oven for any damage, such as a misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door.

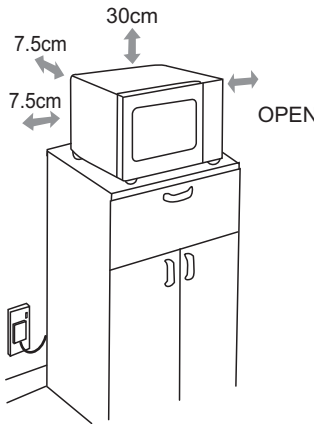
If any items are missing or damaged, contact your nearest Tesco store for assistance.

Your Microwave Oven and Its Components



Preliminaries

Choose a flat stable work surface away from sources of cold, heat and damp. For good ventilation, the rear and the left side should have a clearance of at least 7.5 cm from the wall, the right side should be open and the free distance above the top should be at least 30 cm.



Installing the Turntable

- Press the door release to open the door.
- Place the Turntable Support Ring in the oven and lower the turntable onto the Rotor. There is a recess in the turntable to lock securely on the rotor.
- Plug the oven into the wall socket.
- You must always operate your microwave oven with the turntable assembly properly in place

