

COOK 30

MWP301B



Whirlpool

INDEX

INSTALLATION

Installation	3
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SAFETY

Important safety instructions	4
Trouble shooting guide	5
Precautions	6

ACCESSORIES AND MAINTENANCE

Accessories	7
Maintenance & Cleaning	8

CONTROL PANEL

Control panel	9
Display Description	10

GENERAL USE

Stand-by mode	11
Start Protection / Child Lock	11
Pause or Stop cooking	11
Add / Stir /Turn food	11
Clock	12

COOKING FUNCTIONS

Jet Start	13
Microwave	14
Keep Warm	15
Soft/Melt	16
Pop Corn	17
Auto Cook	18
Manual Defrost	20
Defrost Menu	21
Auto Clean	22
Volume:Silence mode	23

ENVIRONMENTAL HINTS

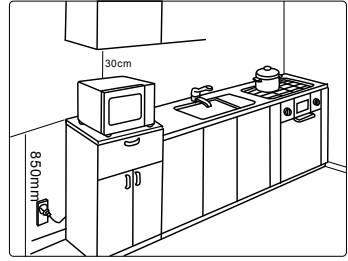
Environmental Hints	23
Technical Specifications	24

INSTALLATION

PRIOR TO CONNECTING

Position the microwave oven at a distance from other heating sources. For sufficient ventilation, there must be a space of at least 30 cm above the microwave oven.

The microwave oven should not be placed in a cabinet. This microwave oven is not intended to be placed or used on a working surface lower than 850 mm above the floor.



- * Check that the voltage on the rating plate corresponds to the voltage in your home.
- * Place the microwave oven on a stable and even surface that is strong enough to hold the microwave oven and the food utensils you put in it. Use carefully when handling.
- * Ensure that the space underneath, above and around the microwave oven is empty to allow for proper airflow.
- * Ensure that the appliance is not damaged. Check that the microwave oven door is closed firmly against the door support and the internal door seal is not damaged. Empty the microwave 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 surfaces. Electrical shock, fire or other hazards may result.
- * Do not use an extension cord: If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.
- * Do not remove the microwave inlet protection plates located on the side of the oven cavity wall. They prevent grease and food particles from entering the microwave inlet channel.

⚠ WARNING:

- * **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.**

ⓘ NOTE:

Prior to using the microwave for the first time, it is recommended to remove the protective film from the control panel and the cable tie from the power cord.

AFTER CONNECTING

- * The microwave oven can be operated only if the microwave oven door is firmly closed.
- * Poor television reception and radio interference may result if the microwave oven is located close to a TV, radio or aerial.
- * 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.

SAFETY

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:

- * Liquids and other foods must not be heated in sealed containers since they are liable to explode.

WARNING:

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

WARNING:

- * The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements inside the microwave oven.
- * Children shall be kept away unless continuously supervised.
- * 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 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 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.
- * 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.

NOTE:

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 opening and hinges. The door handle should not be used for hanging things on.

TROUBLE SHOOTING GUIDE

NOTE:

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.
- * The turntable and turntable support is in place.

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 replacing 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

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).

! NOTE:

- * The appliance should not be operated without food in the microwave oven when using microwaves. 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.
- * If you practice operating the microwave oven, put a glass of water inside. The water will absorb the microwave energy and the microwave oven will not be damaged. Note: please refer to below section "Liquids".
- * 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

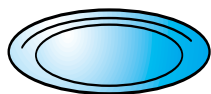
After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.

Always refer to a microwave cookbook for detail. Especially, if cooking or reheating food that contains alcohol. Ensure the lid and the teat is removed before heating.

ACCESSORIES AND MAINTENANCE

ACCESSORIES

- * There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.
- * 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 interior 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.
- * Metallic containers for food and beverage are not allowed during microwave cooking.
- * For better cooking performance, it is suggested that you need to put the accessories in the middle of the inner full flat cavity.



GLASS TURNTABLE

Use the Glass Turntable with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.

- Place the Glass Turntable on the Turntable Support.



TURNTABLE SUPPORT

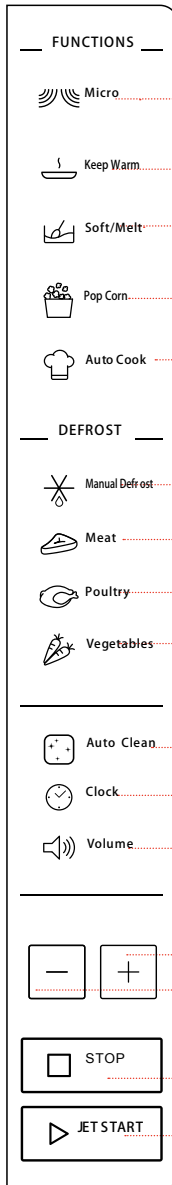
Use the Turntable Support under the Glass Turntable. Never put any other utensils on the Turntable Support.

- Fit the Turntable Support in the oven.

MAINTENANCE & CLEANING

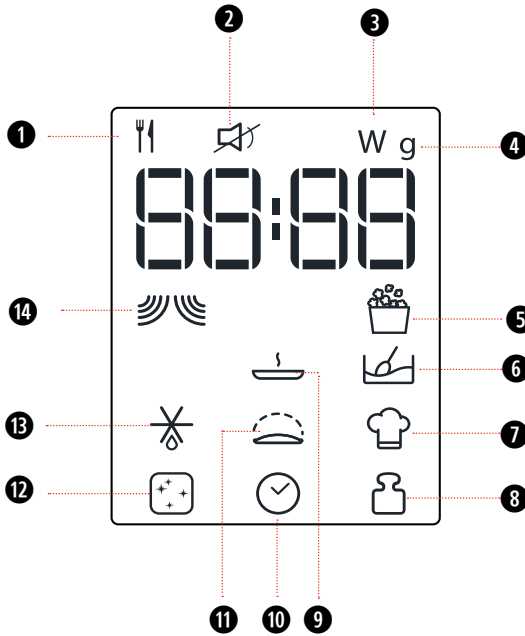
- * Failure to maintain the microwave oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- * Do not use metal scouring pads, abrasive cleansers, steel-wool pads, gritty washcloths, etc. 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 removed.
- * Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.
- * Do not spray directly on the microwave oven.
- * This microwave oven is designed to operate cooking cycles with a proper container in a fully flat cavity directly.
- * Do not allow grease or food particles to build up around the door, and inlet protection plates located on the side of the oven cavity wall.
- * 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 on page 22.

CONTROL PANEL DESCRIPTION



- 1** Micro
Use to set power level.
- 2** Keep Warm
Touch to set Keep Warm program.
- 3** Soft/Melt
Press this button to access Soft/Melt cooking mode.
- 4** Pop Corn
- 5** Auto Cook
Use to access the automatic recipes menu.
- 6** Manual Defrost
To defrost manually.
- 7 8 9** Meat/Poultry/Vegetables
To set defrost menu.
- 10** Auto Clean
Use to clean cavity.
- 11** Clock
Use to set the time of day.
- 12** Volume
Use to activate/deactivate beep signal.
- 13** +/-
Use to input food menu code, clock time, cook time, cook weight.
- 14** STOP
Use to pause, stop or cancel cooking.
- 15** JET START
Use to start the cooking.
Use to set quick start program.

DISPLAY DESCRIPTION



- ① Food type selection
- ② Mute Icon
- ③ Microwave power (watt)
- ④ Weight (grams)
- ⑤ Pop Corn Icon
- ⑥ Soft/Melt Icon
- ⑦ Auto Cook Icon
- ⑧ Insert weight
- ⑨ Keep Warm Icon
- ⑩ Insert time
- ⑪ Dough Rising Icon
- ⑫ Auto clean Icon
- ⑬ Defrost Icon
- ⑭ Microwave Icon



STAND-BY MODE

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



START PROTECTION / CHILD LOCK

This automatic safety function is activated one minute after the oven has returned to “Stand-by mode”.

When the safety function is active 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. Press STOP button once, the functions can be paused as what they are, press STOP button twice, the functions stopped.

The setting will be maintained for 5 minutes.

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 cooling cycle will not have a negative impact on the functioning 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 oven will pause cooking and it will ask you to perform the needed action.

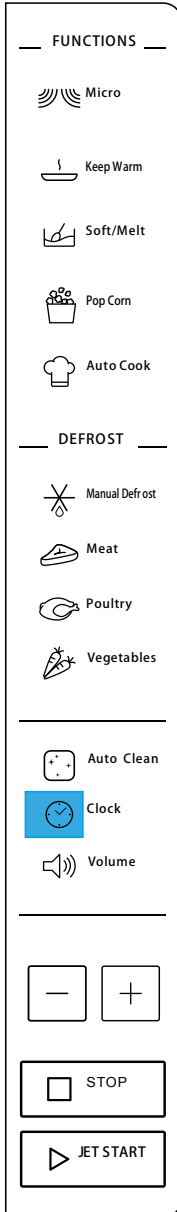
When required, you should:

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

Notes: if the door is not opened within 2 minutes from the request to Add or 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).



CLOCK



To set the Clock of your appliance:

- 1 In standby, touch the Clock button once. The display shows the current clock.
- 2 Press + / - to set the hour.
- 3 Press Clock/JET START button to confirm.
- 4 Press + / - to set the minute.
- 5 Press Clock/JET START button to confirm the setting.

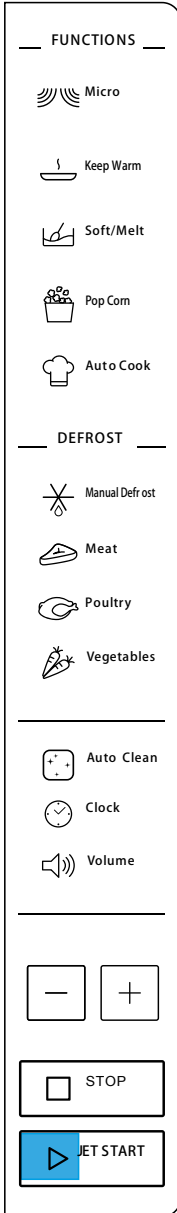
Every time after cooking process is completed, the screen shows "End" and issued a prompt until opened the door to return standby (no operation for 10 minutes automatically return to standby).

Tips and suggestions:

- When plug in, the screen shows "12:00" ("12" flashing), 1 minute later return to standby (before returning standby can directly set clock).
- In the process of cooking, press Stop button once to pause, press Jet Start button to continue cooking, but press Stop twice to cancel this program.
- In the process of cooking set, no operating system automatically return to standby mode in 1 minute.



JET START



This feature allows you to start the oven quickly. Press JET START button once, the oven starts work at full power level automatically. During cooking, press JET START to add time. The longest cooking time is 90 minutes.

- 1 Press the JET START button.

NOTE:

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.
- To change the duration time, please press +/- button. Or press the JET START button once to increase the duration time by 30 seconds.



MICROWAVE

FUNCTIONS

- Micro
- Keep Warm
- Soft/Melt
- Pop Corn
- Auto Cook

DEFROST

- Manual Defrost
- Meat
- Poultry
- Vegetables

- Auto Clean
- Clock
- Volume

— —

STOP

JET START



To cook with microwave power individually, press the Micro button repeatedly to select a cooking power level, then press +/- button to set a desired cooking time. The longest cooking time is 90 minutes.

Suggested
Accessory:

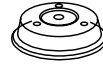


Plate Cover
(sold separately)

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

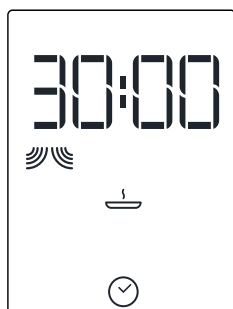
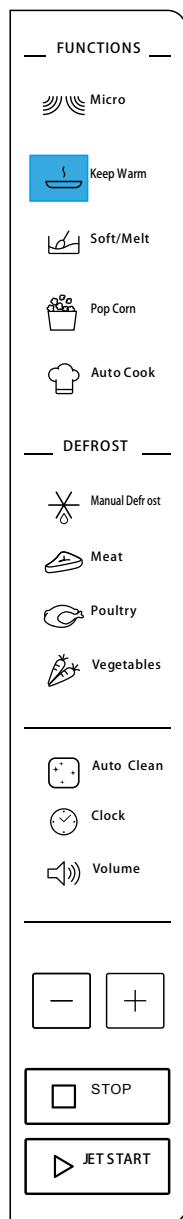
! NOTE:

If need to change the power, press the Micro button again,the desired power level can be selected as below table.

POWER	SUGGESTED USE:
90 W	Softening ice cream, butter and cheeses. keep warming.
160 W	Defrosting.
350 W	Simmering stews, melting butter.
500 W	More careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
650 W	Cooking of fish, meat, vegetables etc.
750 W	Cooking of fish,meat, vegetables,etc.
900 W	Reheating of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.



KEEP WARM



This function allows you to keep your dishes warm automatically.

Suggested
Accessory:

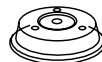


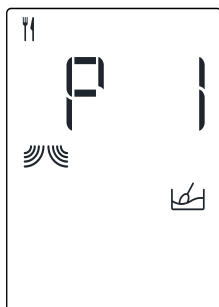
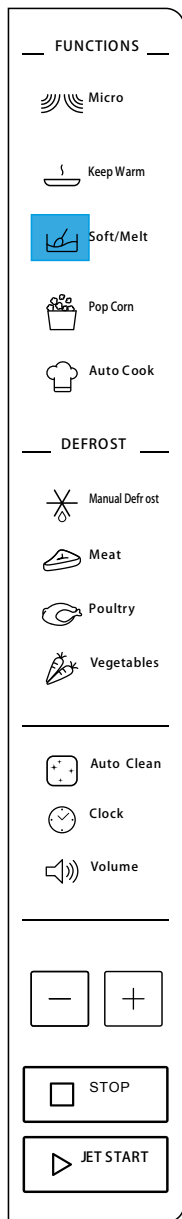
Plate Cover
(sold separately)

- 1 Press the Keep Warm button. The display shows as left side.
- 2 Press +/- button to select suitable time, then press JET START button.

! NOTE:

The keep warm cycle is 15minutes, to ensure keep perfect effect, please select the time more than 15minutes

Soft/Melt











A selection of automatic recipes with preset values to offer optimal cooking results.

- 1 Press the Soft/Melt button, display show as left side.
- 2 Press Soft/Melt button repeatedly or press +/- button to select the desired recipe (see the table below).
- 3 Press the JET START button to confirm the recipe and press +/- button to select the weight when there is a weight range in the table.
- 4 Press the JET START button. The function will start.

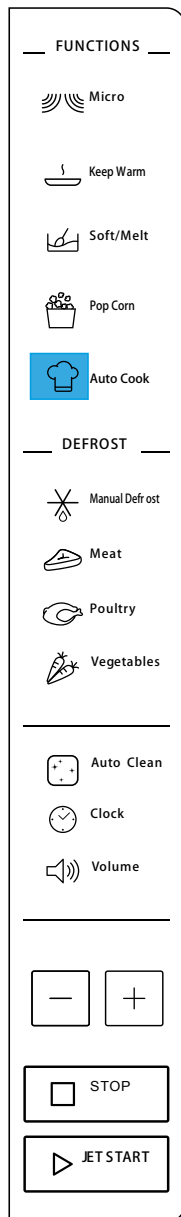
NOTE:

The cooking recipe will be confirmed once you leave the function button for 3 Seconds, press the function key again to change the recipe type.

	FOOD TYPE	WEIGHT	HINT
<i>P1</i>	Soften  Butter	50g - 500g/50g	From refrigerator state, unwrap and place in microwave safe dish
<i>P2</i>	Soften  Ice Cream	50g - 1000g/50g	From frozen state, place ice cream container on turntable.
<i>P3</i>	Soften  Cream Cheese	50g - 500g/50g	From refrigerator state, unwrap and place in microwave safe dish
<i>P4</i>	Soften  Frozen Juice	250g - 1000g/250g	From frozen state, remove lid from container.
<i>P5</i>	Melting  Butter	50g - 500g/50g	From refrigerator state, unwrap and place in microwave safe dish
<i>P6</i>	Melting  Chocolate	100g - 500g/50g	From room temperature, place in microwave safe dish.
<i>P7</i>	Melting  Cheese	50g - 500g/50g	From refrigerator state, place in microwave safe dish.
<i>P8</i>	Melting  Marshmallows	50g - 500g/50g	From room temperature, place in microwave safe dish. The dish should be at least double volume with the marshmallows since they are expanded during cooking.



Auto Cook



A selection of automatic recipes with preset values to offer optimal cooking results.











- 1 Press the Auto Cook button, display show as left side.
- 2 Press Auto Cook button repeatedly or press +/- button to select the desired recipe (see the table following).
- 3 Press the JET START button to confirm the recipe and press +/- button to select the weight when there is a weight range in the table.
- 4 Press the 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. See "Add/Stir/Turn food" chapter on page 11.

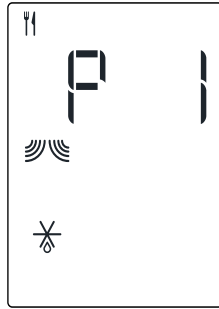
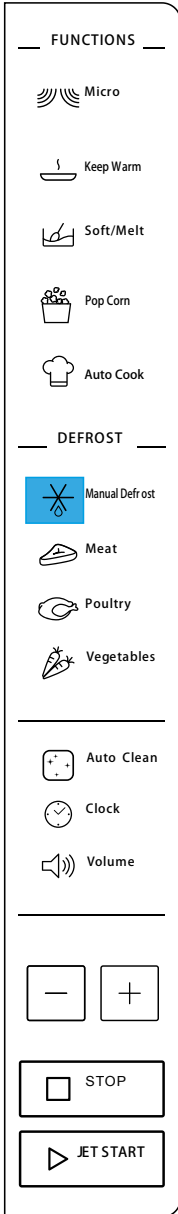
! NOTE:

The cooking recipe will be confirmed once you leave the function button for 3 Seconds, press the function key again to change the recipe type.

RECIPE	INITIAL STATE	WEIGHT AMOUNT	DURATION	PREPARATION
1  Risotto	Frozen	250-1000g/250g	20-31 min.	Put food onto microwave safe dish(250g risotto with 400g water for 1 serving),cover the dish.
2  Cupcakes	Room temperature	300g / 600g	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,put food into the cups.Put the cups around the turntable to make sure heated evenly.
3  Vegetables	Room temperature	200-500g/50g	3-6 min.	Cut the vegetable into pieces,add 2 tablespoon water.
4  Spaghetti	Room temperature	100-300g/100g	13-17 min.	Put the spaghetti and water into microwave safe dish(100g for 1 serving,need 800g water).
5  Soup	refrigerator temperature	300-1200g/300g	2-7 min.	Cover the dish, leaving an air ventilation.
6  Scrambled Eggs	Room temperature	1-4eggs	2-4 min.	Well beat the egg and water together, cover the measuring cup with plastic wrap.
7  Fish Fillet	refrigerator temperature	200-500g/50g	6-11 min.	Cover the dish and leave a vent.
8  Green Bean	Room temperature	200-500g/50g	4-7 min.	Add 2 tablespoon water and cover the dish.
9  Yogurt	Room temperature	1000g	5Hr20 min.	Use boiled water to clean the container.Put 1000ml milk and 1g yogurt starter into container,then add 50g sugar.Cover the container during the cooking.
10  Dough Rising	Room temperature	1 dough	65min.	Put 200ml water into oven. Add the prepared dough when oven prompt.



MANUAL DEFROST



This function allows you to defrost food.

- 1 Press the Defrost button, display show as left side, press JET START to confirm.
- 2 Press +/- button to adjust cooking time.
- 3 Press JET START to start.

NOTE:

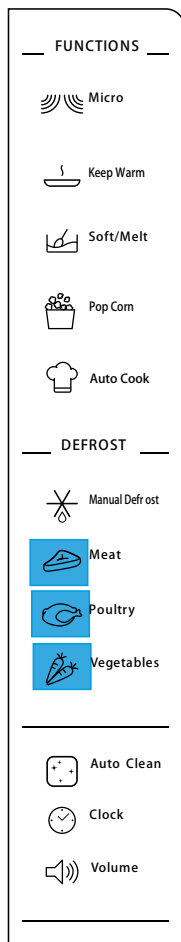
Two-thirds of cooking time the system will pause to remind you to turn over the food until you depress JET START button to enter into the next defrosting stage, and defrost resume.

Tips and suggestions:

- For best result we recommend to 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.



DEFROST MENU(MEAT/POULTRY/VEGETABLES)



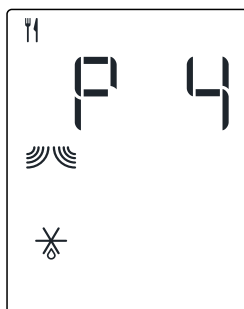
These functions allows you to defrost food.




- 1 Press the Meat/Poultry/Vegetables buttons,display show as left side,press JET START to confirm.
- 2 Press +/- button to adjust the weight of food.
- 3 Press JET START to start.



NOTE:

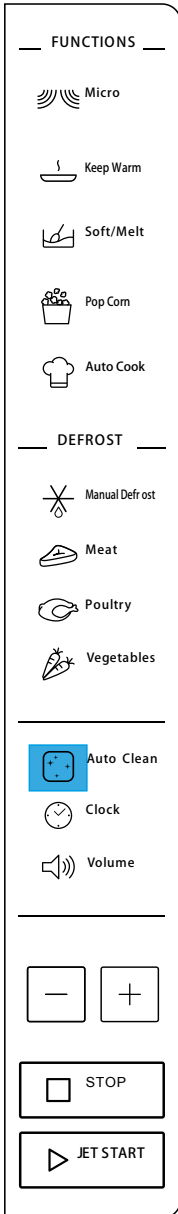
It would be better that, turn food when the oven prompts.



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



AUTO CLEAN



This automatic cleaning cycle will help you to clean the microwave oven cavity and to 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 on 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 Jet Start button to start the function.

When The Cycle Is Finished:

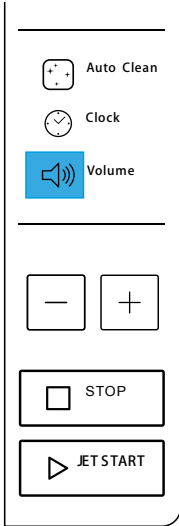
- 1 Press the Stop button.
- 2 Remove the container.
- 3 Use a soft cloth or a paper towel with mild detergent to clean the interior surfaces.

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 recommended 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.



VOLUME:SILENCE MODE



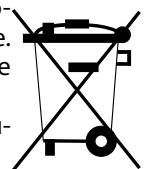
This function allows to activate/deactivate all the sounds played by the appliances, includes button press, warnings, alarm, even end audio feedback.

Press Volume button to become mute, press Volume button again to become sounding.

This function can operate at any time.

ENVIRONMENTAL HINTS

- * 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.



In accordance with IEC 60705:2010-04

The International Electrotechnical Commission has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this microwave oven:

Test	Amount	Power level	Approx. time
Egg custard (12.3.1)	1000g	900W	28-29.5 mins
Sponge cake (12.3.2)	475 g	900W	14 mins
Meat loaf (12.3.3)	900 g	900W	23-24mins
Minced meat defrost (13.3)	500 g	160W	14-15 mins

Technical Specification

Data Description	MWP301B
Supply Voltage	230-240V~50 Hz
Rated Input Power	1400 W
Outer dimensions (HxWxD)	300 x 539 x 398
Inner dimensions (HxWxD)	240 x 354 x 358