



Swan
designed for life

S T E A L T H

DIGITAL MICROWAVE



Model: SM22037BLKN

Help line: **0333 220 6050**

v1.0





IMPORTANT SAFEGUARDS

- The following basic precautions should always be followed when using electrical appliance:
- Read all instructions before using.
- Make sure the voltage in your area corresponds to the one shown on the rating label of the appliance and the wall socket is properly earthed.
- **To reduce the risk of fire in the oven cavity:**
 - a. Do not overcook the food.
 - b. Remove wire twist ties from paper or plastic bags before placing bags in the oven.
 - c. Do not heat oil or fat for deep frying as the temperature of oil cannot be controlled
 - d. After use, wipe the waveguide cover with a damp cloth, followed by dry cloth to remove any food splashes and grease.
 - e. Built -up grease may overheat and begin to cause smoke or catch fire.
 - f. If materials inside the oven should smoke or ignite, keep oven door closed, turn oven off and disconnect the power supply.
 - g. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.



IMPORTANT SAFEGUARDS

- **WARNING: Liquids and other foods must not be heated in sealed container since they are liable to explode:**
 - a. Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. Use the wide-mouthed containers to cook liquid, and the cooked liquid should be allowed to stand for at least a minute before removing.
 - c. Potatoes, sausage and chestnut should be peeled or pierced before cooking. Eggs in their shell, whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
 - d. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a qualified technician in order to avoid a shock hazard.
- After cooking, the container is very hot. Use gloves to take out the food and avoid steam burns by directing steam away from the face and hands.
- Slowly lift the furthest edge of dish covers and microwave plastic wrap.



IMPORTANT SAFEGUARDS

- **To prevent the turntable from breaking:**
 - a. Let the turntable cool down before cleaning.
 - b. Do not place hot foods or utensils on the cold turntable.
 - c. Do not place frozen foods or utensils on the hot turntable.
- Make sure the utensils do not touch the interior walls during cooking.
- Only use utensils that are suitable for use in microwave ovens.
- Do not store food or any other things inside the oven.
- Do not operate the oven without any liquid or food inside the oven. This would do damage to the oven.
- When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- Any accessories not recommended by the manufacturer may cause injuries to persons.
- Do not use outdoors.
- Save these instructions.
- **WARNING: If the door or door seals are damaged or the oven is malfunctioning, it 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**



IMPORTANT SAFEGUARDS

any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

- If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames
- Microwave heating of beverages can result in delayed eruptive boiling; therefore care must be taken when handling the container;
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- The lamp of microwave oven is not intended for other purposes.
- The appliance is not intended to be operated by means of an external timer or separate remote -control system.
- This appliance is intended to be used in household and similar applications, such as:
 - a. Staff kitchen areas in shops, offices and other working environments;
 - b. Farm houses;
 - c. By clients in hotels, motels and other residential environments;
 - d. Bed and breakfast type environments.
- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may



IMPORTANT SAFEGUARDS

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. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised. Keep the appliance and its cord out of reach of children less than 8 years.
- Do not use a steam cleaner to clean any part of this appliance
- The door or the outer surface may get hot when the appliance is operating.
- **WARNING:** Accessible parts may become hot during use. Young children should be kept away.

Household use only

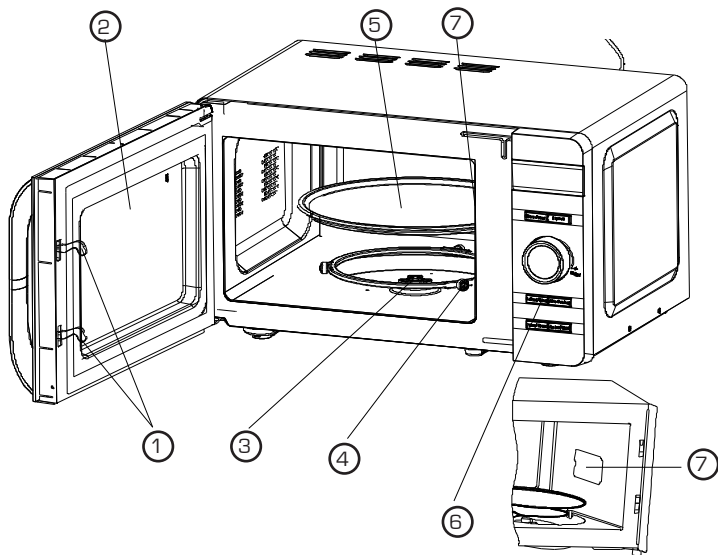
We do not recommend the use of microwave popcorn in bags. Many of these produce PFOA chemicals, which have been identified as a potential carcinogen. Instead we recommend using a microwave-approved bowl and lid.



GET TO KNOW YOUR MICROWAVE

UTENSILS GUIDELINE

Only use containers which are suitable and safe for microwave cooking. Generally speaking, the containers which are made of heat-resistant ceramic, glass or plastic are suitable for microwave cooking. **Never use metal containers** for microwave cooking.



1. **Door** Microwave oven door must be properly closed in order for it to operate
2. **Viewing window** Allow user to see the cooking status
3. **Rotating axis** The glass turntable sits on the axis; the motor underneath it drives the turntable to rotate
4. **Rotating ring** The glass turntable sits on its wheels; it supports the turntable and helps it to balance when rotating
5. **Turntable** The food sits on the turntable, its rotation during operation helps to cook food evenly. Place the rotating ring first. Fit the turntable onto the rotating axis and make sure that it is geared in properly
6. **Control panel** See below for more information
7. Wave guide cover

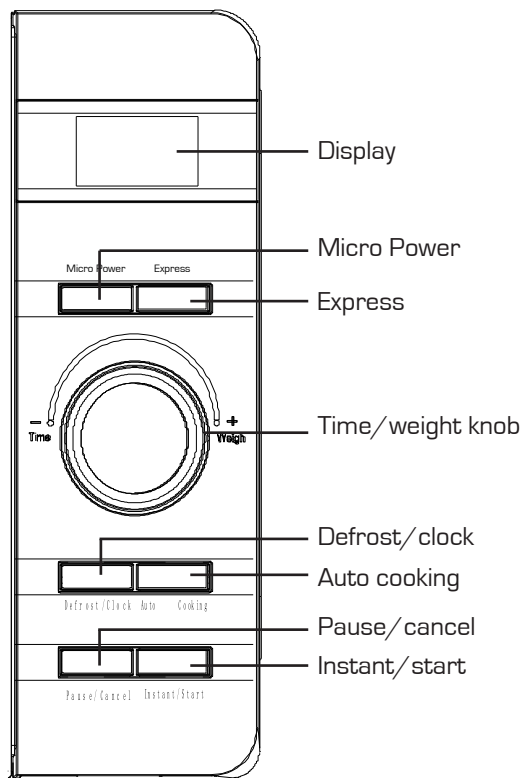
WARNING

- Do not remove the Waveguide cover during cleaning
- Make sure the Waveguide cover is properly in place during cooking



HOW TO USE YOUR MICROWAVE

CONTROL PANEL



BEFORE COOKING

The LED flashes 3 times when plugged in the power supply. Then it flashes “:”, prompting you to input the cooking menu and time.

TIME/WEIGHT KNOB

You can increase or decrease cooking time, weight during operation by turning the knob. This knob is also used to increase/decrease input values e.g. when setting the clock

PAUSE/CANCEL

At the initial or input stage: press once to cancel input programs and resume initial stage.

During cooking: press once to stop oven operation, press twice to cancel cooking programs.

AUTO REMINDER

When your preset cooking procedure has finished, the LED Display will show End and three beeps will be heard to prompt you to take out food. If you do not press Pause/Cancel button once or open the door, the beep will be sounded at an interval of 3 minutes.

INSTANT COOKING

On the standby status, press Instant/Start button, the oven will start cooking with high power; system default cooking time is 1 minute. You can increase or decrease cooking time by turning the knob.

CLOCK SETTING

Clock button allows you to input current or preset time when “:” flashes on the LED display after plugging in.



HOW TO USE YOUR MICROWAVE

Setting the clock

| Example: to set 12:30 | | |
|-----------------------|---|---------|
| | Steps | Display |
| 1 | After power-up, the colon flashes | 1:00 |
| 2 | Press and hold Defrost/ Clock button for 3 seconds | 1:00 |
| 3 | Turn Time/Weight knob to set exact hours. | 12:00 |
| 4 | Press Defrost/ Clock button once again. | 12:00 |
| 5 | Turn Time/Weight knob to set exact minutes. | 12:30 |
| 6 | Press Defrost/ Clock button once again or wait for 60 seconds, and the numbers will go steadily. | |

- At the maximum microwave power, the oven will automatically lower the power after a certain time of cooking to lengthen the service life of the oven.
- If you turn the food during operation, press the Instant/Start button once and the preset cooking procedure will continue.
- If you intend to remove the food before the preset time, you must press Pause/Cancel button once to clear the preset procedure to avoid unintended operation on next time use.

Microwave cooking

| | |
|-------------------|---|
| High power | 100% microwave power. Applicable for quick and thorough cooking |
| Medium High power | 80% microwave power. Applicable for medium express cooking |
| Medium power | 60% microwave power. Applicable for steaming food |
| Medium Low power | 40% microwave power. Applicable for defrosting food |
| Low power | 20% microwave power. Applicable for keeping warm |

This function is for cooking and heating food. Press Micro Power button, LED will cycle to show 100P—80P—60P — 40P—20P. Max time is 60 mins. Never operate the oven empty



HOW TO USE YOUR MICROWAVE

Example: To cook at P80 for 10 minutes.

| | Steps | Display |
|---|--|---------|
| 1 | After power-up, the colon flashes | 1:00 |
| 2 | Select the desired microwave power by pressing Micro Power button consecutively | 80P |
| 3 | Set cooking time by turning Time/Weight knob | 10:00 |
| 4 | Press Instant/Start button to start and LED will count down to show running time. | |

EXPRESS

Press Express button LED display will cycle to show 0:30, 1:00, 1:30. This function will allow you to heat a cup of water or beverage conveniently, omitting the steps of setting time. Choose the proper time depending on the beverage capacity.

| | | |
|----|--|------|
| 1 | After power-up, the colon flashes | 1:00 |
| 2 | Press Express button consecutively to select desired menu | 1:00 |
| 3. | Start cooking by pressing Instant/Start button | |

DEFROST

This function use for defrost food. Press the Defrost/Clock button and the LED display will cycle to show d.1-d.2-d.3.

| | |
|-----|---|
| d.1 | For defrosting meat, the weight range from 0.1 to 2.0 kg. |
| d.2 | For defrosting poultry, the weight range from 0.2 to 3.0kg. |
| d.3 | For defrosting seafood, the weight range from 0.1 to 0.9kg. |

- It is necessary to turn over the food during operation to obtain uniform effect.
- Usually defrosting will need longer time than that of cooking the food.
- If the food can be cut by knife, the defrosting process can be considered completed.
- Microwave energy penetrates around 4cm into most food
- Defrosted food should be consumed as soon as possible, it is not advised to put back to fridge and freeze again.



HOW TO USE YOUR MICROWAVE

| Example: To defrost 0.4kg poultry | | |
|-----------------------------------|--|---------|
| | Steps | Display |
| 1 | After power-up, the colon flashes | 1:00 |
| 2 | Press Defrost/ Clock button once to set the food kind. | d.2 |
| 3 | Turn Time/ Weight knob to set the defrost weight | 0.4 |
| 4 | Start cooking by pressing Instant/Start | |
| 5 | During defrosting, beep sounds will be heard two times to prompt you turn over the food. Open the door and turn over the food. Then close the door. Press Instant/Start button again to continue defrosting | |

AUTO COOKING

The oven has default cooking menu for simple operation. When the LED flashes colon, turn the Auto Cooking knob and LED will cycle to show A.1, A.2 A.8. Choose the appropriate menu according to the food type and weight and strictly observe the directions in table on right, otherwise the cooking effect will be largely influenced.

| Display | Kind | Method |
|---------|-----------|---|
| A.1 | Popcorn | Suitable for popping 100g corn. Use microwave-safe bowl with loose lid |
| A.2 | Reheat | Reheat food weighted 0.2-1.0kg. |
| A.3 | Beverage | Heating 1-3 cup of liquid. The liquid temperature is about 5-10A . Use a big mouth cup and do not seal |
| A.4 | Pizza | Warm 1-2 pieces of chilled pizza. |
| A.5 | Potato | Cooking the potato strips, cut into 5mm width and height, length. Total weight is about 0.45 or 0.65kg. Place the strips on a large dish and cover the dish with a thin film to prevent water loss. |
| A.6 | Vegetable | All together there are five choices (0.1, 0.2-----0.5Kg) |
| A.7 | Meat | All together there are six choices (0.1, 0.2-----0.5Kg) |
| A.8 | Fish | All together there are six choices (0.1, 0.2-----0.5Kg) |



Example: Now it is 12:30 clock, if you hope that the microwave oven will automatically start cooking with 100P microwave power for 9 minutes and 30 seconds at 14:20

| | Steps | Display |
|-----|---|---------|
| 1 | After power-up, the colon flashes | 1:00 |
| 1.1 | Press and hold Defrost/Clock button for 3 seconds | 1:00 |
| 1.2 | Set hours by turning Time/ Weight knob | 12:00 |
| 1.3 | Press Defrost/Clock button again to confirm hours | 12:00 |
| 1.4 | Set minutes by turning Time/ Weight knob | 12:30 |
| 1.5 | Press Defrost/Clock button once to start (or automatic to exist after 10 seconds) | 12:30 |
| 2 | Set the cooking menu and time | |
| 2.1 | Select cooking power by pressing Micro Power button | 100P |
| 2.2 | Turn Time/ Weight knob to set cooking time | 9:30 |
| 2.3 | Press and hold Defrost/Clock button for 3 seconds to return to current clock. | |
| 3 | Set the time you expect to start. Repeat the steps of 1.2, 1.3, 1.4 | |
| 4 | Press Defrost/Clock button to confirm the delayed menu. Now the program has been activated. And the menu will be started at 14:20. | |
| 5 | You may check the preset starting time by pressing Defrost/Clock button. | |

MULTI SEQUENCE COOKING

Example: You want cook food with 100P microwave for 3 minutes then 20P for 9 minutes. This is 2 sequence setting.

| | Steps | Display |
|-----|--|---------|
| 1 | 100P microwave for 3min | |
| 1.1 | Press Micro Power button to select power level. | 100P |
| 1.2 | Turn Time/ Weight knob to set cooking time. | 3:00 |
| 2 | 20P for 9min | |
| 2.1 | Press Micro Power button to select desired menu | 20P |
| 2.2 | Turn Time/ Weight knob to set cooking time. | 9:00 |
| 3 | Start cooking by pressing Instant/Start | |

CHILD LOCK FUNCTION

Use this feature to lock the control panel when you are cleaning or so that children can not use the oven unsupervised. All the buttons are rendered inoperable in this mode.

- Set lock: Hold **Pause/Cancel** button about 3 seconds.
- Cancel lock: Hold **Pause/Cancel** button about 3 seconds.

IS IT MICROWAVE SAFE?

It is very important to only use microwave safe materials. These days many vessels have a small icon underneath to say if it is suitable for microwaves or not.

Patterned plates or bowls may contain metal in the glaze, which can cause damage to your microwave.

Do not use metal or foil of any kind.

When using plastic or paper wrapping, check on the manufacturer's packaging whether it is safe to use in a microwave or not.

Popping, smoking or sparking is a sure indicator that your microwave doesn't like the material in the oven cavity. Whenever this happens, switch off the microwave and remove the oven contents after they have cooled.



HOW TO USE YOUR MICROWAVE

Cooking Tips

The following factors may affect the cooking result:

Food arrangement

Place thicker areas towards outside of dish, the thinner part towards the Centre and spread it evenly. Do not overlap if possible.

Cooking time length

Start cooking with a short time setting, evaluate it after it times out and extend it according to the actual need. Over cooking may result in smoke and burns.

Cooking food evenly

Food such as chicken, hamburger or steak should be turned once during cooking. Depending on the type of food, if applicable, stir it from outside to centre of dish once or twice during cooking

Allow standing time

After cooking time ends, leave the food in the oven for an adequate length of time, this allows it to complete its cooking cycle and cools it down in a gradual manner

Whether the food is done. Colour and hardness of food help to determine if it is done, these include:

- Steam coming out from all parts of food, not just the edge
- Joints of poultry can be moved easily
- Pork or poultry shows no signs of blood
- Fish is opaque and can be sliced easily with a fork



HOW TO USE YOUR MICROWAVE

Browning dish

When using a browning dish or self-heating container, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and rotating ring.

Microwave safe plastic wrap

When cooking food with high fat content, do not allow the plastic wrap come into contact with food as it may melt

Microwave safe plastic cookware

Some microwave safe plastic cookware might not be suitable for cooking foods with high fat and sugar content. Also, the preheating time specified in the dish instruction manual must not be exceeded



SPECIFICATIONS

Output: 700-800 Watts

Input voltage: 220-240V ~ 50Hz

Input power: 1150-1280 Watts

Microwave frequency: 2450MHz



 **WARNING**
HOT SURFACES



CLEANING & MAINTENANCE

The oven should be cleaned regularly and any food deposits removed.

CAUTION

1. 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
2. Remove the power cord from the wall outlet before cleaning. Don't immerse the appliance in water or other fluids when cleaning.
3. 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
4. The oven should be cleaned regularly and any food deposits removed
5. Details for cleaning door seals, cavities and adjacent parts.
6. Never use hard detergent, gasoline, abrasive powder or metal brush to clean any part of the appliance
7. Do not remove the waveguide cover
8. When the microwave oven has been used for a long time, there may be some strange odors exist in oven, Following 3 methods can get rid of them: a. Place several lemon slices in a cup, then heat with high power for 2-3 min. b. Place a cup of red tea in oven, then heat with high power. c. Put some orange peel into oven, and then heat them with high power for 1 minute.

Wipe exterior parts with a dampened soft cloth

Wipe clean the interior surfaces with a dampened soft cloth

Wipe clean the waveguide cover to remove any food splashed on it

Turntable / Rotation ring / Rotation axis:

Wash with mild soapy water. Rinse with clean water and allow drying thoroughly. Glass turntable is OK to put in the dishwasher





SERVICING

Please check the following before calling for service:

- a. Place one cup of water (approx. 150ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if the door is closed properly. Let the oven work for 1 min.
- b. Does the oven lamp light?
- c. Does the cooling fan work? (Put your hand over the rear ventilation openings.)
- d. Does the turntable rotate? (The turntable can rotate Clockwise or counter Clockwise. This is quite normal.)
- e. Is the water inside the oven hot?

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, CONTACT SERVICE using number on front of this manual

WARNING

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person; It is hazardous for anyone, other than a qualified service technician, to carry out any service for repairing operation which involves removal of any cover which gives protection against exposure to microwave energy.

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

SPARES

The following spares are available for this microwave via our web site at: www.swan-brand.co.uk:

SM22030N001 - glass turntable

SM22030N002 - plastic rotating ring



SERVICING SAFEGUARDS

WARNING

MICROWAVE RADIATION!

It is hazardous for anyone, other than a qualified service technician, to carry out any service for repairing operation which involves removal of any cover which gives protection against exposure to microwave energy. The temperature of accessible surfaces may be high when the appliance is operating

The high voltage capacitor remains charge after disconnection; short the negative terminal of H. V capacitor to the oven chassis (use a screwdriver) to discharge before touching.

During servicing below listed parts are liable to be removed and give access to potentials above 250V to earth.

1. Magnetron
2. High voltage transformer
3. High voltage capacitor
4. High voltage diode
5. High voltage fuse

The following conditions may cause undue microwave exposure during servicing. Improper fitting of magnetron; Improper matching of door interlock, door hinge and door; Improper fitting of switch support; If the door, door seal or enclosure has been damaged.

CAUTION

1. If LED displays Err0 during working, it indicates that sensor has been short circuited and you need replace it at the nearest service centre. Call our help line for details
2. If LED displays Err1 during working, it indicates that sensor is open circuit and you need replace it at the nearest service centre. Call our help line for details.



WEEE Directive



Disposal of Unit

Disposal instructions for Swan items in accordance with the WEEE directive. Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately. Please visit www.recyclenow.co.uk or www.recyclenow.co.uk for access to information about the recycling of electrical items. The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill. Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



Warranty

This product is guaranteed for 2 years from the date of original purchase. If any defect arises due to faulty materials or workmanship the faulty products must be returned to the place of purchase. Refunds or replacement is at the discretion of the store.

The following conditions apply:

The product must be returned to the retailer with proof of purchase. The product must be installed and used in accordance with the instructions contained in this instruction guide. It must be used only for domestic purposes. It does not cover wear and tear, damage, misuse or consumable parts. Swan Products Ltd has limited liability for incidental or consequential loss or damage. This guarantee is valid in the UK and Eire Only.



BS Plug Wiring

The wires in the mains lead are coloured in accordance with the following code:

| | |
|--------------|---------|
| BLUE | NEUTRAL |
| BROWN | LIVE |
| GREEN/YELLOW | EARTH |

As the colours of the wire in the mains lead of this appliance may not correspond with the colour markings identifying the terminals on your plug, proceed as follows:

The wire which is coloured BLUE must be connected to the terminal which is marked with the letter N or coloured black. The wire which is coloured BROWN must be connected to the terminal which is marked with the letter L or coloured red. The wire which is coloured GREEN/YELLOW must be connected to the terminal which is marked with the letter E or (earth symbol) and is coloured GREEN or GREEN/YELLOW.

WARNING: THIS APPLIANCE MUST BE EARTHED





NOTES





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