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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

WARNING : To prevent fire, burns, electric shock and other warnings:

Listed below are, as with all appliances, certain rules to follow and safeguards to assure high performance from this oven:

1. Do not use the oven for any reason other than food preparation, such as for drying clothes, paper, or any other nonfood items or for sterilizing purposes.
2. Do not use the oven when empty, this could damage the oven.
3. Do not use the oven cavity for any type of storage, such as papers, cookbook, cookware, etc.
4. Do not operate the oven without the glass tray in place. Be sure it is properly sitting on the rotating base.
5. Make sure you remove caps or lids prior to cooking when you cook food sealed in bottles.
6. Do not put foreign material between the oven surface and door. It could result in excessive leakage of microwave energy.
7. Do not use recycled paper products for cooking. They may contain impurities which could cause sparks and/or fires when used during cooking.
8. Do not pop popcorn unless popped in a microwave approved popcorn popper or unless it's commercially packaged and recommended especially for microwave ovens. Microwave popped corn produces a lower yield than conventional popping; there will be a number of unpopped kernels. Do not use oil unless specific*(mmnlecom poppeo/ud dt rer.0244 -1.4558 TD-0.0005 Tw(7. Do n9t use oilod see ofaled iurroupeciam wavembran.0244 -1.157

SAVE THESE INSTRUCTIONS

EARTHING INSTRUCTIONS

This appliance must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a earthing wire with a earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

WARNING : Improper use of th earthing plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the earthing instructions are not completely understood, or if doubt exists as to whether the appliance is properly earthed.

If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade earthing plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical

FEATURES DIAGRAM



- 1 **Door latch** - When the door is closed, it will automatically shut off. If the door is opened while the oven is operating, the magnetron will automatically shut off.
- 2 **Door seal** - The door seal surfaces prevent microwaves escaping from the oven cavity.
- 3 **Oven cavity**
- 4 **Oven lamp** - Automatically turns on during oven operating.
- 5 **Safety interlock system**
- 6 **Control panel**
- 7 **Waveguide cover** - Protects the microwave outlet from splashes of cooking foods.
- 8 **Roller guide** - This must always be used for cooking together with the glass cooking tray.
- 9 **Coupler** - This fits over the shaft in the center of the oven cavity floor. This is to remain in the oven for all cooking.
- 0 **Glass cooking tray** - Made of special heat resistant glass. The tray must always be in proper position before operating. Do not cook food directly on the tray.
- q **Viewing screen** - Allows viewing of food. The screen is designed so that light can pass through, but not the microwave.
- w **Metal Rack**
- e **Heater** - Used for Grill or Combi cooking.

1 **Display** - Cooking time, power level,

OPERATION PROCEDURE

This section includes useful information about oven operation.

- a. Plug power supply cord into a 230V 50Hz power outlet.
- b. After placing the food in a suitable container, open the oven door and put it on the glass tray.
The glass tray and roller guide must always be in place during cooking.
- c. Shut the door. Make sure that it is firmly closed.

The oven light is on only when the microwave oven is operating.

The oven door can be opened at any time during operation by pulling the door. The oven will automatically shut off. To restart the oven, close the door and then touch the START pad.

Each time a pad is touched, a BEEP will sound to acknowledge the touch.

The oven automatically cooks on full power unless set to a lower power level.

The display will show “ : 0” when the oven is plugged in.

Time clock returns to the present time when the cooking time ends.

When the STOP/CLEAR pad is touched during the oven operation, the oven stops cooking and all information retained. To erase all information(except the present time), touch the STOP/CLEAR pad once more.

If the oven door is opened during the oven operation, all information is retained.

If the START pad is touched and the oven does not operate, check the area between the door and door seal for obstructions and make sure the door is closed securely.

The oven will not start cooking until the door is completely closed or the program has been reset.

NOTE : When using the GRILL mode;

- Do not open the door so often, the temperature inside the oven decrease and the cooking may not be completed in setting time.
- Never touch the oven window and metal interior of the oven when taking food in and out, because the temperature inside the oven and door is very high.
- When using these modes, be careful as the tray will be hot to touch, use oven gloves or pot holders while handling tray.

CONTROLS

SETTING THE CLOCK

WEIGHT DEFROSTING

When DEFROST is selected, the automatic cycle divides the defrosting time into periods of alternating defrost and stand times by cycling on and off.

- | | | |
|-----|--|---|
| Def | <ol style="list-style-type: none">1. Touch the Defrost pad.
This is the weight defrosting mode. | The display will show you " 0" . |
| | <ol style="list-style-type: none">2. Touch the TIME SET pads for inputing the desired weights. | The display will show you what you touched. |
| | <ol style="list-style-type: none">3. Touch the START pad. | |
- NOTE:** Your oven can be programmed for 200g~3000g in Weight defrosting mode.
-

The defrosting time is automatically determined by the weight inputed.
When you touch the START pad, the display counts down the time to show you how much defrosting time is left. The oven beeps during the defrosting cycle to signal that the food needs to be turn over or rearranged. When the defrosting time ends, you will hear 3 beeps.

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COOKING IN ONE STAGE

1. Touch the **Power** pad.
(Select the desired power level.)
The display will show what you touched
2. Touch the TIME SET pads for the cooking time.
The display will show what you touched
3. Touch the START pad.

NOTE: Your oven can be programmed for 59 minutes 90 seconds. (59 : 90)
Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and slow cooking of meats.

When you touch the START pad, the display counts down the time to show how much cooking time is left.

COOKING IN TWO STAGE

All recipes require frozen foods to be defrosted fully before cooking. This oven can be programmed to automatically defrost food before cooking.

1. Touch the **Defrost** pad.
(Select the weight defrosting mode or the time defrosting mode.)
2. Touch the TIME SET pads for the defrosting time or weight you want.
The display will show what you touched
3. Touch the **Power** pad.
(Select desired power level.)
4. Touch the TIME SET pads for desired cooking time.
5. Touch the START pad.

GRILL COOKING

This function allows you to brown food quickly. The heating element is located in the top of the oven. There is no pre-heating the oven for grill cooking. Place food inside the oven when setting the controls.



1. Touch **Grill** pad.

“ ” is displayed.

2. Touch the time set pads for the cooking time.

The display will show what you touched.

3. Touch START pad.

Note : Time can be set up to 29 minutes
90 seconds.

When you touch START pad, the display counts down the time to show how much cooking time is left. When the cooking time ends, you will hear 3 beeps.

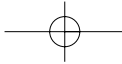
Pas

1. Touch the **Pasta** pad once for 1 serving of pasta or twice for 2 servings of pasta

When you touch the **Pasta** once, "1" is displayed. After 1.5 seconds, the display is changed into cooking time and the oven starts cooking.

*** PASTA ***

- 1 serving: Touch the **Pasta** pad once.
- 2 serving: Touch the **Pasta** pad twice within 1.5 seconds.



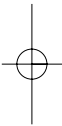
CHILD SAFETY LOCK

The safety lock prevents unwanted oven operation such as by small children. To set, touch and hold the STOP/CLEAR pad for 3 seconds. To cancel, touch and hold the STOP/CLEAR pad for 3 seconds.

HOW TO STOP THE OVEN WHILE THE OVEN IS OPERATING

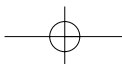
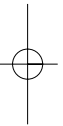
1. Touch the STOP/CLEAR pad.
 - You can restart the oven by touching the START pad.
 - Touch the STOP/CLEAR once more to erase all instructions.
 - You must enter in new instructions.
2. Open the door.
 - You can restart the oven by closing the door and touching the START pad.

NOTE: Oven stops operating when door is opened.



TO SET POWER SAVE MODE

1. Touch the STOP/CLEAR pad.
“:0” or clock appears in the display.
 2. Touch and then hold the Clock pad for 3 seconds.
The display will turn off and a beep sounds.
To operate the oven in power save mode, touch any key.
Then “:0” or clock will be shown and the operation of all function key will be same as in the normal mode. But if there is no operation within 10 seconds in clear mode, all the contents of display will disappear.
 3. To cancel power save simply repeat setting procedure. When the display is on.
The power save mode will be canceled and a beep sounds.
The oven is again available for normal use.
-

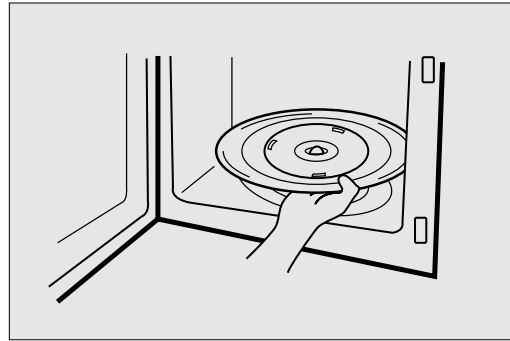


CARE OF YOUR MICROWAVE OVEN

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

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

- 1 Turn the oven off before cleaning.
- 2 Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
- 3 The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
- 4 If the Control Panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.
- 5 If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
- 6 It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
- 7 The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild sudsy water.

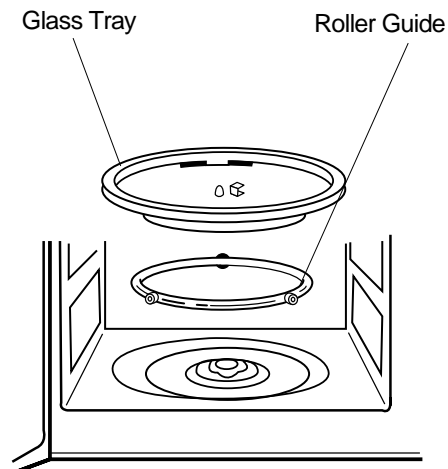


ROLLER GUIDE

- 1 The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
- 2 The ROLLER GUIDE MUST ALWAYS be used for cooking together with the Glass Tray.

GLASS TRAY

- 1 DO NOT operate the oven without the Glass Tray in place.
- 2 DO NOT use any other Glass Tray with this oven.
- 3 If Glass Tray is hot, ALLOW TO COOL before cleaning or placing it in water.
- 4 DO NOT cook directly on the Glass Tray. (Except for popcorn)



CARE AND CLEANING

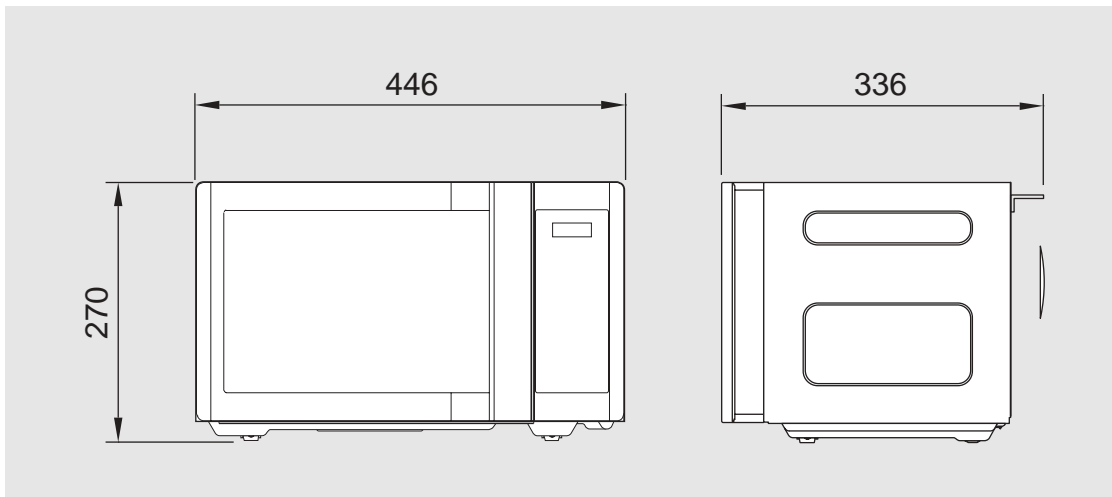
Although your oven is provided with safety features, it is important to observe the following:

1. It is important not to defeat or tamper with safety interlocks.
2. Do not place any object between the oven front face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and dry. Never use abrasive powders or pads.
3. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damage to the door. Do not operate the oven if it is damaged, until it has been repaired by a competent service technician. It is particularly important that the oven closes properly and that there is no damage to the:
 - i) Door(bent)
 - ii) Hinges and Hookes(broken or loosened)
 - iii) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except a properly competent service technician.
5. The oven should be cleaned regularly and any food deposits removed.
6. 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.

SPECIFICATIONS

POWER SUPPLY		230V AC, 50Hz SINGLE PHASE WITH EARTHING
MICROWAVE	INPUT POWER	1200 W
	ENERGY OUTPUT	800 W
	FREQUENCY	2,450MHz
GRILL	INPUT POWER	1050 W
COMBINATION	INPUT POWER	2300 W
OUTSIDE DIMENSIONS (W x H x D)		446 x 270 x 336mm
CAVITY DIMENSIONS (W x H x D)		295 x 194 x 303mm
NET WEIGHT		APPROX. 11.5Kg
TIMER		59 min. 90 sec.
POWER SELECTIONS		10 Levels

* Specifications are subject to change without notice.



COOKING INSTRUCTIONS

Utensil Guide

Only use utensils that are suitable for use in microwave ovens.

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken choosing the utensil. If the utensil is marked microwave-safe, you do not need to worry. The following table lists various of utensil and indicates whether and how they should be used in a microwave oven.

Utensil	Safe	Comments
Aluminium foil	▲	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	●	Do not preheat for more than 8minutes.
China and earthenware	●	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless deco-rated with a metal trim.
Disposable polyester cardboard dishes	●	Some frozen foods are packaged in these dishes.
Fast-food packaging • Polystyrene cups containers • Paper bags or newspaper • Recycled paper or metal trims	● X X	Can be used to warm food. Overheating may cause the polystyrene to melt. May catch fire. May cause arcing.
Glassware • Oven-to-table ware • Fine glassware • Glass jars	● ● ●	Can be used, unless decorated with a metal trim. Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only.
Metal • Dishes • Freezer bag twist ties	X X	May cause arcing or fire.
Paper • Plates, cups, napkins and Kitchen paper • Recycled paper	● X	For short cooking times and warming. Also to absorb excess moisture. May cause arcing.
Plastic • Containers • Cling film • Freezer bags	● ● ▲	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic. Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape. Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	●	Can be used to retain moisture and prevent spattering.

- : Recommended use
▲ : Limited Use
X : Not Recommended

USE YOUR MICROWAVE OVEN SAFELY

General Use

Do not attempt to defeat or tamper with safety interlocks.

Do not place any object between the oven front frame and the door or allow residue to build up on sealing surfaces. Wipe with a mild detergent, rinse and dry. Never use abrasive powders or pads.

Do not subject the oven door to strain or weight such as a child hanging on an open door.

This could cause the oven to fall forward resulting in injury to you and damage to the oven.

Food

Never use your microwave oven for home canning. The oven is not designed for proper home canning. Improperly canned food may spoil and be dangerous to consume.

Always use the minimum recipe cooking time. It is better to undercook rather than overcook foods.

Undercooked foods can be returned to the oven for more cooking. If food is overcooked, nothing can be done.

Heat small quantities of food or foods with low moisture carefully. These can quickly dry out, burn or catch on fire.

Do not heat eggs in the shell. Pressure may build up and eggs can explode.

Potatoes, apples, egg yolks and sausages are examples of food with non-porous skins.

These must be pierced before cooking to prevent bursting.

Do not attempt to deep fat fry in your microwave oven.

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the

temperature to even out, stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

Do not operate the oven if door seals or sealing surfaces are damaged; or if door is bent; or if hinges are loose or broken.

Do not operate the oven empty. This will damage the oven.

Do not attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.

Do not use recycled paper products as they may contain impurities which may cause sparks or fires. Do not hit or strike the control panel with hard objects. This can damage the oven.

Do not leave the oven unattended while popping corn.

Do not pop corn in a paper bag unless it is the commercially prepared Microwave Popcorn product.

The kernels can overheat and ignite a brown paper bag.

Do not put packaged Microwave Popcorn bags directly on the oven tray. Place the package on a

- z Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Use only containers that are microwave-safe.
- z Begin defrosting whole poultry breast-side-down. Begin defrosting roasts fat-side-down.
- z

Item	Power Level	Cooking Time Per lb./450g	Special Instruction
MEAT			
Beef joint -Rare	P-80	8-10 min.	
-Medium	P-80	9-11 min.	
-well done	P-80	11-13 min.	
Pork Joint	P-HI	12-14 min.	
Bacon joint	P-HI	8-10 min.	
POULTRY			
Whole chicken	P-HI	6-8 min.	
Portions chicken	P-80	5-7 min.	
Breast (boned)	P-80	6-8 min.	
FISH			
Fish Fillets	P-HI	4-6 min.	
Whole Mackerel, Cleaned and prepared	P-HI	4-6 min.	
Whole Trout, Cleaned & Prepared	P-HI	5-7 min.	
Salmon steaks	P-HI	4-6 min.	
NOTE :			

Reheating chart

- Baby food particularly needs to be checked carefully before serving to prevent burns.
- When heating pre-packaged ready-cooked foods, always follow the pack instructions carefully.
- If you freeze foods which were bought from the fresh or chilled counters, remember that they should be thoroughly thawed before following the heating instructions on the pack. It's worth putting a note on them so that other members of the household will remember too.
- Remember metal ties and transfer food from foil containers before reheating.
- Chilled (refrigerated) food takes longer to reheat than food at room temperature (such as just-cooled food or food from the store cupboard).
- All foods should be reheated using full microwave power.

Item	Cooking time	Special Instructions
Baby food 128g jar	30 sec.	
Baby milk 100ml / 4fl.oz. 225ml / 8fl.oz.	20-30 sec. 40-50 sec.	
Sandwich roll or bun 1 roll	20-30 sec.	
Lasagna 1 serving (10 1/2 oz./300g)	4-6 min.	
Casserole 1 cup 4 cups	1 1/2-3 min. 5-7 min.	
Mashed potatoes 1 cup 4 cups	2-3 min. 6-8 min.	
Baked beans 1 cup	2-3 min.	

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VEGETABLE CHART

Use a suitable glass pyrex bowl with lid. Add 30-45ml cold water(2-3 tbsp.) for every 250g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint : cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All vegetables should be cooked using full microwave power.

Cooking Guide for fresh vegetables

Vegetables	Weight	Time	Comments
Broccoli	1/2 lb./250g	3-4 min	
	1 lb./500g	5-7 min	
Brussels sprouts	1/2 lb./250g	4-5 min	
Carrots	1/2 lb./250g	3-4 min	
Cauliflower	1/2 lb./250g	3-4 min	
	1 lb./500g	5-7 min	
Courgettes	1/2 lb./250g	3-4 min	
Egg plants	1/2 lb./250g	3-4 min	
Leeks	1/2 lb./250g	3-4 min	
Mushrooms	0.3 lb./125g	2-3 min	
	1/2 lb./250g	3-5 min	
Onions	1/2 lb./250g	3-4 min	
Pepper	1/2 lb./250g	3-5 min	
Potatoes	1/2 lb./250g	3-5 min	
	1 lb./500g	8-10 min	
Turnip cabbage	1/2 lb./250g	5-7 min	

Cooking Guide for frozen vegetables

Vegetables	Weight	Time	Instructions
spinach	0.3 lb./125g	2-3 min	Add 15ml(1 tbsp.) cold water.
broccoli	1/2 lb./250g	3-4 min	Add 30ml(2 tbsp.) cold water.
Peas	1/2 lb./250g	3-4 min	Add 15ml(1 tbsp.) cold water.
Green beans	1/2 lb./250g	4-5 min	Add 30ml(2 tbsp.) cold water.
Mixed vegetables (carrots/peas/corn)	1/2 lb./250g	3-5 min	Add 15ml(1t bsp.) cold water.
Mixed vegetables (Chinese style)	1/2 lb./250g	4-6 min	Add 15ml(1 tbsp.) cold water.

BLUE CHEESE & CHIVE JACKETS

2 baking potatoes,
(approx.9 oz.(250g) each)
2 oz.(50g) butter
4 oz.(100g) blue cheese, chopped
1 tbsp(15ml) fresh chives, chopped
2 oz.(50g) mushrooms, sliced
salt and pepper to taste

1. Prick each potato in several places. Cook at P-HI for 10-11 minutes. Halve and scoop the flesh into a bowl, add the butter, cheese, chives, mushrooms, salt and pepper, mix thoroughly.
2. Pile mixture into the potato skins and place in a flan dish, on the rack.
3. Cook at P-80 for 10 minutes.

WHITE SAUCE

1 oz.(25g) butter
1 oz.(25g) plain flour
1/2 pint(300ml) milk
salt and pepper to taste

1. Place the butter in a bowl and cook at P-HI for 1 minute, until melted.
2. Stir in the flour and whisk in the milk.
Cook at P-HI for 3-4 minutes, stirring every 2 minutes until thick and smooth. Season with salt and pepper to taste.

STRAWBERRY JAM

1 1/2 lb.(675g) strawberries, hulled
3 tbsp(45ml) lemon juice
1 1/2 lb.(675g) caster sugar

1. Place strawberries and lemon juice in a very large bowl, heat at P-HI for 5 minutes, or until the fruit has softened. Add sugar, mix well.
2. Cook at P-80 for 25-30 minutes, until setting point*is reached, stir every 4-5 minutes.
3. Pour into hot, clean jars. Cover, seal and label.

** setting point : To determine setting point, place 1 tsp(5ml)jam onto chilled saucer. Allow to stand for 1 minute. Move surface of jam gently with your finger, if the surface wrinkles setting point has been reached.*

PLAIN MICROWAVE CAKE

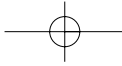
4 oz.(100g) margarine
4 oz.(100g) sugar
1 eggs
4 oz.(100g) self raising flour, sifted
2-3 tbsp(30-45ml) milk

1. line the base of 8" (20.4cm) cake dish with grease-proof paper.
2. Cream the margarine and sugar together until light and fluffy. Beat in the eggs and fold in the sifted flour alternately with the milk.
3. Pour into prepared container. Cook at P-HI for 3-4 minutes, until a skewer comes out cleanly.
4. Leave the cake to stand for 5 minutes before turning out.

OMELETS

1/2 oz.(15g) butter
4 eggs
6 tbsp(90ml) milk
salt & pepper

1. Whisk together eggs and milk. Season.
2. Place butter in 10"(26cm) flan dish.
Cook at P-HI for 1 minute, until melted.
Coat the dish with the melted butter.
3. Pour omelette mixture into flan dish.
Cook at P-HI for 2 minutes. whisk mixture and cook again at P-HI for 1 minutes.



SCRAMBLED EGG

1/2 oz.(15g) butter
2 eggs
2 tbsp(30ml) milk
salt & pepper

1. Melt the butter in a bowl at P-HI for 1 minutes.
2. Add the eggs, milk and seasoning and mix well.
3. Cook at P-HI for 2 minutes, stirring every 30 seconds.

SAVORY MINCE

1 small onion, diced
1 clove garlic, crushed
1 tsp(5ml) oil
7 oz.(200g) can chopped tomatoes
1 tbsp(15ml) tomato puree
1 tsp(5ml) mixed herbs
8 oz.(225g) minced beef
salt and pepper

1. Place onion, garlic and oil in casserole, and cook at P-HI for 2 minutes or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook at P-HI for 4 minutes then P-80 for 8-12 minutes or until the meat is cooked.

