



**Note: If you end the cooking before the set time period has elapsed, you must return the timer to '0' to prevent the oven running when empty. Running an oven empty is dangerous.**

#### Defrosting by Weight

Most frozen foods can easily be defrosted by weight.

- Determine the weight of the food.
- Place the food in the oven.
- Set the Power Selector to **M.Low 'Defrost'**.
- Turn the Timer to the appropriate weight setting on the outer ring.
- The oven will now defrost the food. In the example, the weight is 200 grams and the food will take three minutes to defrost.



Please read **all the defrosting hints in the section below.**

#### Tips for good cooking

Please read this section together 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 purées 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.

#### TROUBLESHOOTING:

##### f the oven fails to work or will not respond to commands.

- 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.
- Unplug the oven and inspect the plug fuse. If this is intact, leave the oven for 30 minutes and then plug the oven in again. The oven should now work normally.
- Check for a blown mains fuse or a tripped circuit breaker. If these are intact, test the outlet with another appliance.
- 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.**

#### APPROXIMATE COOKING TIMES FOR FRESH VEGETABLES (ON FULL POWER)

##### Item Weight Added water Cooking Time

Aubergines (peeled and diced)	450g	30-40 ml	5-6 minutes
Broccoli (trimmed and sliced into spears)	225g	50 ml	4-5 minutes
Brussels Sprouts (peeled)	225g	50 ml	6-8 minutes
Carrots (diced)	225g	30 ml	6-8 minutes
Cauliflower (in florets)	450g	50-60 ml	8-10 minutes
Courgettes (diced or sliced)	450g	10 ml	6-8 minutes
Peas (removed from pods)	225g	40-50 ml	5-6 minutes
Potatoes, jacket (2, scrubbed and pierced all round)	225g	None	8-9 minutes
Potatoes, (in 40mm pieces)	450g	40-50 ml	7-8 minutes
Spinach (shredded)	225g	None	4-5 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 6 minutes per 450g (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.

#### APPROXIMATE COOKING TIMES FOR FISH (ON FULL POWER)

##### Item Weight Cooking Time Standing Time

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		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 4 minutes per 450 g (1 lb). The fish should be lightly covered during the standing period.

**Is it cooked?** Temperature should reach 70°C for fish. Fish should be opaque and flake easily.

#### 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 them 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.
- Wipe the 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.

#### Warranty

Your Tesco appliance is covered by a warranty for 12 months from the date of purchase. If a fault develops during this period, please contact the Tesco help line on

0800 323 4060 (free from BT landlines) or 0330 123 4060 (from mobiles). Please have your original purchase receipt with you when you call. This warranty in no way affects your consumer rights.

#### Specifications

Mains Power: 1100-1150W  
Oven Capacity: 17 Litres  
Microwave Output: 650-700Watts  
Net weight: 10.5 kg approx.

#### THIS APPLIANCE MUST BE EARTHE

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](http://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

## Safety Guide

### READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

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. 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 aged from 8 years and above and supervised. Keep the appliance and its cord out of reach of children less than 8 years.

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 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.

Heat-insulation (oven) gloves should be used when removing a hot container from the oven. When not in use, do not store utensils, food or other objects in the oven.

There are no user serviceable parts in your microwave oven. Unauthorised dismantling or servicing will void the product warranty.

**When cooking with your oven:** Only use utensils that are suitable for use in microwave ovens.

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### appliance and possibly result in a hazardous situation.

If you use plastic film when re-heating or cooking food use only film 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.

**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.

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.

When defrosting raw meat and meat products in a microwave oven

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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.

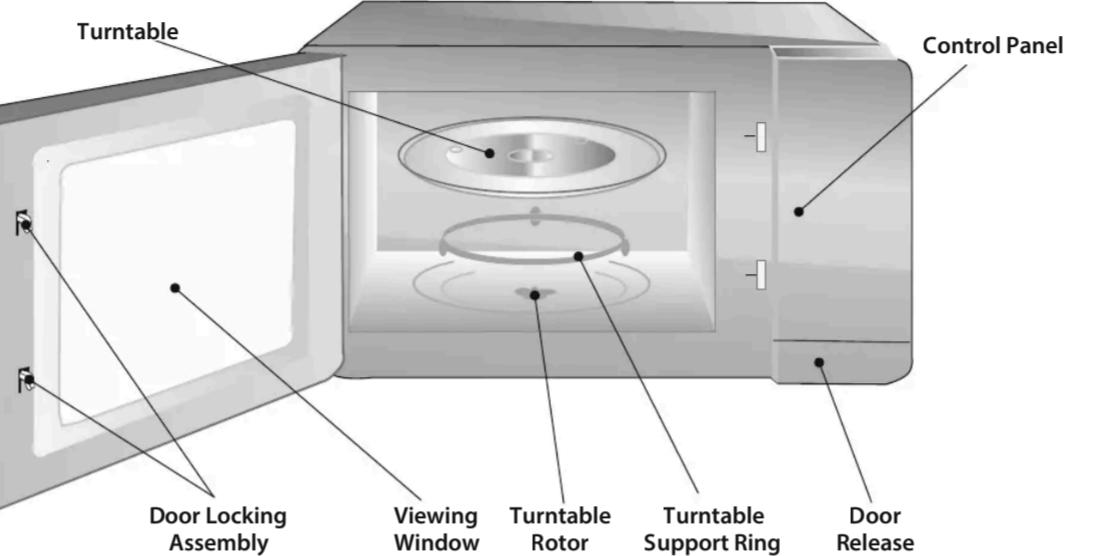
Do not use the microwave oven for any purpose not expressly specified in this manual.

### INSTALLATION INFORMATION

The microwave oven shall not be placed in a cabinet unless it has been tested in a cabinet.

The minimum installation height is 85cm above floor level.

## Your Microwave Oven



### Preliminaries

In the box you should find: The microwave oven, turntable and support ring. Unpack all the contents fully and remove any tape adhering to the unit. If any items are missing or damaged, contact your nearest Tesco store for assistance. Retain the packaging or dispose of it responsibly following all recycling advice in your area.

### Read the manual fully before using your microwave oven.

#### Placement

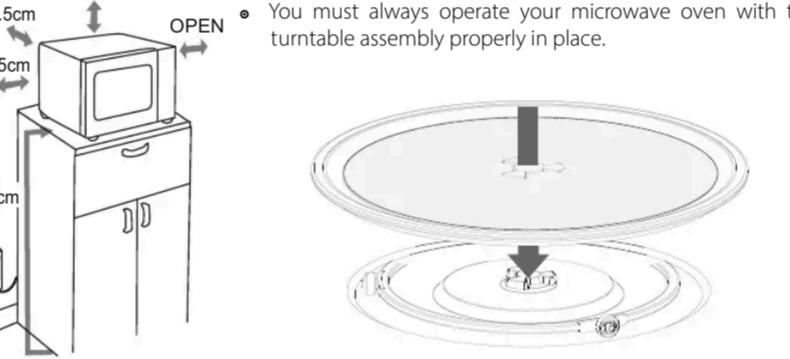
Place your microwave oven on a flat, level stable work surface at least 85cm above floor height and away from sources of cold, heat and damp.

For good ventilation, the rear of the oven should have a clearance of at least 7.5 cm from the wall, the free distance above the top should be at least 30 cm with a minimum gap of 7.5mm to the left side and open space to the right side.

This oven is not suitable for operation in a cabinet or other enclosure.

### Installing the Turntable

- Set the timer to '0'.
- Press the Door Release button to open the oven 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.



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## Your Microwave Oven

Microwave ovens work by producing high frequency energy which agitates the water molecules in the food which rub together causing heat. This heat cooks the food.

The microwave power output of your oven is 700 watts.

Microwave cooking is very efficient; food cooks quicker than conventional methods. Microwave cooking can also help preserve the minerals and vitamins in many foods.

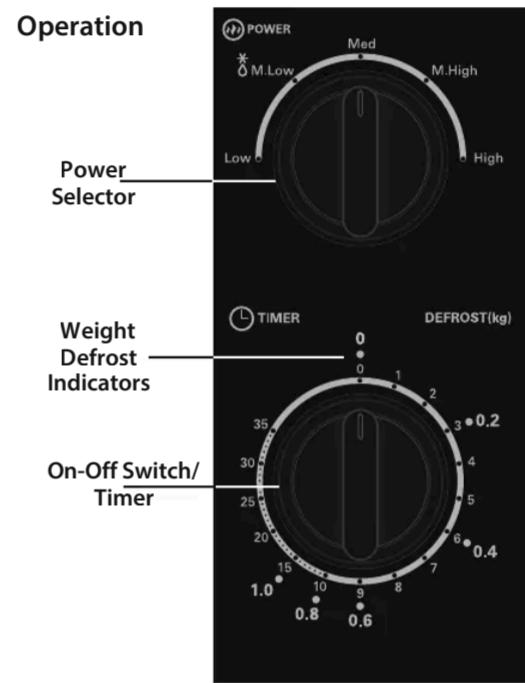
Because the temperature in a microwave oven is relatively cool (unlike a normal oven) you have to remember that the food can be extremely hot. Always take precautions when handling containers.

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment.

When there is interference, it may be reduced or eliminated by taking the following measures:

- Clean the door and sealing surface of the oven.
- Reorient the receiving antenna of the radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and receiver are on different branch circuits.

### Operation



Press the door release to open the oven door. When the oven door is open the oven will be switched off. Push the door securely shut to operate the oven.

### The Control Panel has two controls:

**The Timer** sets the desired cooking time. The maximum setting is 35 minutes. At the end of the cooking period the timer will set itself to '0', and switch the oven off. The bell will ring and the oven light will extinguish.

### Suitable and unsuitable containers:

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	X
Heatproof plastic	Ordinary plastic	X
Microwavable film	! Metal containers	X
Ceramics	✓ Metal Grilles	X
	Melamine	X

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. Any 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.

**The Power Selector** allows you to set the correct power level for the type of food being cooked. There are five settings:

- Low:** (17% power). Soften ice cream, keep food warm, etc.
- M.Low:** (33% power). Defrosting, softening butter, etc.
- Med:** (55% power). Use this for stews, etc.
- M.High:** (77% power). Use this for rice, fish, etc.
- High:** (100% power). Reheating; vegetables; boil water, milk etc.

### Using Your Microwave Oven

- Make sure that the turntable and support ring are in the oven and are securely in place.
- Make sure that the timer is set to the '0' position.
- Place your food in a suitable container. Open the door and place the food on the turntable. Make sure the container does not overhang the turntable and that there is ample clearance between the container and the sides and back of the oven interior.
- Switch the oven on at the mains.
- Set the Power selector to the required power level.
- Now set the cooking time according to your recipe. (To set a time of less than 2 minutes, turn the knob to '5' and then turn it back to the required setting).
- The oven will start and the oven light will come on.
- You can stop the operation at any time by opening the oven door. Closing the door will re-start the oven.

### When the set program time has finished:

- The timer will set itself to '0' and the oven will switch off. The bell will ring indicating cooking has stopped.
- Leave the food to stand for a minute or two before opening the door and removing the food. Your recipe will indicate the appropriate waiting time. As the container may be hot, use oven gloves if needed.