## Panasonic

## CONVECTION MICROWAVE OVEN COOKING GUIDE



AUTO PROGRAMS

To allow for Auto Weight Program operation, ensure the oven is in Clock Mode. Select the desired program by turning the dial. Some menus require Preheat.

To allow for Auto Weig	ıht Prograr	m operation, e	nsure the oven is in Cloo	ck Mode	e. Select the d	esired progra	ım by turni	ng the d	ial. Some men	ius require	Preheat.					
AUTO WEIGHT - REHEAT BEVERAGE AUTO WEIGHT - RE-BAKE BREAD														EAD		
Program		Tea/Coffee Mill			k/Hot Chocolate/Milky Coffee			Soup			Baguette/Crusty Rolls			Croissants		
					P			-						AND A		
Weight Range	20	0g-400g or 2 b	-	200g-600g			200g-1000g				100g-500g			50g-350g		
Menu		Menu 2		Menu 3			Menu 4				Menu 5 (preheat required) Place Baguette/Crusty Rolls on enamel			Menu 6 (preheat required)		
Recommended Oven Accessory				Glass turntable.			Microwave safe bowl on glas turntable.			SS P	riace Baguerie/Crus tray on gl	el Place Croissants on enamel tray on glass tray.				
						AUTO	SENSO	R MEI	NUS		, ,			0		
Program	Frest	1 Vegetables	Frozen Vegetable	bles Jacket Potatoes			Casserole Fresh Fish		Fish	Rice		Dried Pasta		Fresh Pasta		
				کې 🚳				ð.							×	
Weight Range	200g-1000g		200g-800g		200g-1500g		900g-2000g		200g-800g		100g-400ç		100g-500g		200g-800g	
Menu	Menu 7		Menu 8			Menu 9		Menu 10		Menu 11			Menu 13		Menu 14	
Recommended Oven Accessory	Microwave safe glass dish, cover with cling wrap. Place on glass turntable.		dish, cover with cli	ng	ig tray.		ss Casserole dish with Place on glass turnta				Microwave safe dish with lid. Pla glass turntab	ce on dish v			wave safe glass dish n lid. Place on glass turntable.	
AUTO WEIGHT - JUNIOR MENUS																
Program	Pure	ee Vegetables	Puree Fru	Junio	e Chill	led Brea	ided Products	Frozen E	Breaded Products	Fresh Veg	etable Fries		Mug Cake			
	00 🕄 🤇								Z		S-	Ales	APPEND STR		S	
Weight Range Menu		100g-400g Menu 15		100g-400g Menu 16		250g-800g Menu 17		100g- Men			100g-500g Menu 19	100g-500g Menu 29 (Preheat r		1)	1 Mug Menu 21	
Recommended Oven Accessory	Microwave safe glass dish, cover with cling wrap. Place on glass turntable.		lish, Microwave safe g Place cover with clin	ve safe glass dish, Ename with cling wrap. n glass turntable.				erole disl			tray on wire rack on glass tray.	Microwave : with lid. P	Microwave safe glass dish with lid. Place on glass turntable.		wave safe glass dish lid. Place on glass turntable.	
	. 0					WEIGHT	- COM	BINAT	ION MEN	US						
Program	Froze	en Pizza	Frozen Potato Products	Ro	ast Pork	Fish and	Chips	Whole	Chicken	Beef	Rare Be	ef Medium	Lamb Me	edium	Lamb Well Done	
						A COM		<u>s</u>							8	
Weight Range	200g-450g		200g-500g	500g-2000g		200g-500g		9200g-2000g		500g-2	2000g 5	· · · ·		000g	1000g-2000g	
Menu	Menu 22		Menu 23 (Preheat required)	Menu 24		Menu 25 (Preheat required)		Menu 26 (Preheat required)		Meni	u 27	Menu 28		29	Menu 30	
Recommended Oven Accessory	Wire rack on enamel tray on glass tray.		Enamel tray on wire rack on glass tray.			Enamel tray on wire rack on glass tray.				Enamel tray on glas				and place tray.	Enamel tray and place on glass tray.	
REHEAT AND DEFRO		J · · · · · · · J ·			<u>.</u>		· · · · · ·		GRILL	gtao		J J.	94000	-	nded Oven Accessory	
One Push Reheat					Tu	rbo Defrost				Grill 1 (High)	Toasting b	g bread, muffins & teacakes etc.				
Turn Dial so Clock Mode is displayed		Pr	ess Dial to start.	Dial	Dial Turn Dial to select de		ired program.		ress x2 Gr	rill 2 (Medium)	)	Thin seafood.		Wire rack, on enamel tray on glass tray		
Weight range 200g-1000g		Food in original microwave container - p covering a few times.			Press Dial to confirm prog		ram selection		Press x3	Grill 3 (Low)		Slices of poultry or meat.		or enamel tray, on wire rack or		
		Food in microwa	ve safe dish - cover with cling rce cling wrap a few times.	Dial		lect desired weig		kg)			-	y using Dial (max 1 hour 30 mins). ess Dial to Start.		5 · · · · · · · · · ·		
		Turn dial to select	time (up to 1 hour 30 minutes).		Press Dial	am selection.		CONVECTION (with		out Preheat)			Recomm	ended Oven Accessory		
			Press Start.						40°C		PC and 100°C - 220°C	and 100°C - 220°C.				
COMBINATION Press Combination button to select desired cooking mode Rreaded Fish Br				Type of Food Chicken, Toasted Sandwiches, Frozen Croquettes			Recommended Oven Accessory		Press CONVECTION button to select desired temp.		Set cooking time by using <b>Dial</b> (Max 9 hours). <b>Press Dial to Start.</b>		Dial	Wire rack, on enamel tray, on glass tray Food or Baking dish on enamel tray.		
COMDI I Gritt I (High + MW 440W)			Spring Ro	Spring Rolls.				C	CONVECTION (with P		reheat) 100°C - 220°C.			Recommended Oven Accessory		
	80°C + MWO 100W) 200C - MWO ((0W) Frozen Potal		Stews, Casseroles and slow products, Quiches, part-baked	-	Raquettes thin based Plzzas		Vire rack, on enamel				Pres	eat				
Combi 3 Convection (220%)		VVJ	Chilled Gratins, Fruit	Pies, Crun	ıbles.	En	tray, on glass tray. Enamel tray on wire		Press CONVECTION button to		When Preheat is o		sh. Wire rack, on enamel tray, on glass tray			
	Convection (200°C + MWO 440W Convection (160°C + MWO 440W		ties, Meat Pies, Whole Chicken, Joints of Meat, Croissants			°. ra			select desired temp.			oking time by using	ing time by using <b>Dial</b> (Max 9 Hours).		Food or Baking dish on enamel tray.	
			cooking time by using Dial (Max			t.					Press Dial to Start.			$\neg$		
Diagon refer to the Operating Instructi		n an	data bailanta Canaifiantiana ana ambia													

 Set cooking time by using Dial (Max 9 hours). Press Dial to Start.

 Please refer to the Operating Instructions booklet for further details, tips and techniques. Specifications are subject to change without notice. Food images are for the purpose of explanation. Publication date October 2020.