PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- Do not attempt to operate this oven with the door open. Operating the oven in this way can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety locks.
- Do not place any object between the oven front face and the door, or allow soils or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door is closed properly and that there is no damage to the:
  - Door
  - Hinges and latches
  - Door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except a Fisher & Paykel Authorised Repairer.
<table>
<thead>
<tr>
<th>Specification</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model</td>
<td>OM31BDCBX1</td>
</tr>
<tr>
<td>Rated voltage</td>
<td>240 V ~50Hz</td>
</tr>
<tr>
<td>Rated input power (microwave)</td>
<td>1450 W</td>
</tr>
<tr>
<td>Rated output power (microwave)</td>
<td>900 W</td>
</tr>
<tr>
<td>Rated input power (grill)</td>
<td>1200 W</td>
</tr>
<tr>
<td>Rated input power (convection)</td>
<td>1350 W</td>
</tr>
<tr>
<td>Oven capacity</td>
<td>30 L</td>
</tr>
<tr>
<td>Turntable diameter</td>
<td>Ø315 mm</td>
</tr>
</tbody>
</table>
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety and warnings</td>
<td>4</td>
</tr>
<tr>
<td>Installation instructions</td>
<td>8</td>
</tr>
<tr>
<td>Part names</td>
<td>11</td>
</tr>
<tr>
<td>Control panel</td>
<td>12</td>
</tr>
<tr>
<td>Operating instructions</td>
<td>13</td>
</tr>
<tr>
<td>Cleaning and care</td>
<td>22</td>
</tr>
<tr>
<td>Troubleshooting</td>
<td>23</td>
</tr>
<tr>
<td>Warranty and service</td>
<td>24</td>
</tr>
</tbody>
</table>

### Important!

**SAVE THESE INSTRUCTIONS**

The models shown in this User Guide may not be available in all markets and are subject to change at any time. For current details about model and specification availability in your country, please visit our local website listed on the back cover or contact your local Fisher & Paykel dealer.
WARNING!

Electric Shock Hazard
Read and follow the IMPORTANT SAFETY INSTRUCTIONS outlined in this User Guide before operating this appliance, pages 4 – 7. Failure to do so can result in death, electric shock, fire or injury to persons.

Use this appliance only for its intended purpose as described in this User Guide.

Important safety instructions

When using electrical appliances, basic safety precautions should be followed, including the following:

IMPORTANT SAFETY INSTRUCTIONS READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

WARNING: if the door or door seals are damaged, the oven must not be operated until it has been repaired by a Fisher & Paykel authorised technician.

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Read all instructions before using the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapours in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
- Do not operate the oven when empty.
- Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped. If the supply cord is damaged, it must be replaced by a Fisher & Paykel authorised technician or a similarly qualified person in order to avoid a hazard.
- 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: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- To reduce the risk of fire in the oven cavity:
  - When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
  - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
  - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
- WARNING: Liquid or other food must not be heated in sealed containers since they are liable to explode.
- Microwave heating of water and other liquids can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
- Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns. Oil can self ignite and therefore create a fire hazard.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.
- Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
- The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
- Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensils.
- Utensils should be checked to ensure that they are suitable for use in microwave oven.
- WARNING: It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves removing of any cover protecting against exposure to microwave energy.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- During use the oven becomes hot. Care should be taken to avoid touching heating element inside the oven.
- WARNING: Accessible parts may become hot when the grill is in use. Children should be kept away.
- This product is Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.

**Installation**

**Important!**
- This is a built-in microwave oven intended to be installed in a cavity only.
- Make sure that all the packing materials are removed from the inside of the door.
- WARNING: Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact a Fisher & Paykel Authorised Repairer.
- This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
- Do not place the oven where heat, moisture or high humidity are generated or near combustible materials.
- Do not operate the oven without glass tray, roller support and shaft in their proper positions.
- Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
- The socket must be readily accessible after installation so that it can be easily unplugged in an emergency.
- Do not use the oven outdoors.
Safety and warnings

- **If the supply cord is damaged, it must be replaced by a Fisher & Paykel authorised technician or similarly qualified persons in order to avoid hazard.**

**Electrical**

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided. Using a high voltage is dangerous and may result in a fire or other accidents causing oven damage.

⚠️ **WARNING!**

**Electric Shock Hazard**

Do not modify the moulded plug attached. Improper use of the grounding plug can result in a risk of electric shock.

---

**Note:**

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or a Fisher & Paykel authorised technician.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The wires in this cable main are coloured in accordance with the following code:

- Green and Yellow = EARTH
- Blue = NEUTRAL
- Brown = LIVE

**Radio interference**

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:

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

**Microwave cooking principles**

- Arrange food items carefully. Place thickest areas towards outside of dish.
- Watch cooking time. Cook for the shortest amount of time indicated and add more as needed.
- Food severely overcooked can smoke or ignite.
- Cover food items while cooking. Covers prevent spattering and help food items to cook evenly.
- Turn food items over once during microwaving to speed cooking of such food items as chicken and hamburgers. Large items like roasts must be turned over at least once.
Rearrange food items such as meatballs halfway through cooking both from top to bottom and from the centre of the dish to the outside.

Utensils guide

- The ideal material for a microwave utensil is transparent to microwave energy (see table below).
- It allows energy to pass through the container and heat the food.
- Microwave energy cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
- Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
- Round/oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
- Narrow strips of aluminium foil may be used to prevent overcooking of exposed areas. Be careful not to use too much and keep a distance of 2.54 cm between foil and cavity.
- The list below is a general guide to help you select the correct utensils.

<table>
<thead>
<tr>
<th>Cookware</th>
<th>Microwave</th>
<th>Grill</th>
<th>Convection</th>
<th>Combination*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat-resistant glass</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Non heat-resistant glass</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Heat-resistant ceramics without metallic decoration</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Microwave-safe plastic dish</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Kitchen paper</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Metal tray</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Metal rack</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Aluminium foil &amp; foil container</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

*Applicable for both 'microwave+grill' and 'microwave+convection' cooking.

Glass tray

1. Do not operate the oven without Turntable ring assembly and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Tray. Always place food on a microwave safe dish, or on the rack in a microwave safe dish.
5. Glass Tray can rotate in either direction.
6. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.

SAVE THESE INSTRUCTIONS
Installation instructions

Components

1. Installation template
2. Mounting bracket
3. Screw Ø4 x 10
4. Screw Ø4 x 35
5. Screw cover

Cavity dimensions

A. Width 580 mm
B. Height 380 mm
C. Depth 550 mm
D. Vent 100 mm

Cavity requirements (illustrated above):
A. Cavity width = 580 mm. This is the minimum internal dimension of the cavity.
B. Cavity height = 380 mm. This is the minimum internal dimension of the cavity.
C. The cavity depth should be no less than 550 mm.
D. The overall width of the frame = 592 mm. Allow 2 mm clearance either side of the frame to any adjoining cabinetry.
1. Align the installation template (1) with the front edge of the cavity base (refer to Fig.1). Fix the mounting bracket (2) to the base of the cavity in the position indicated on the installation template using the Ø4 x 10 screws (3) provided (refer to Fig.3).

2. Slide the microwave oven into the cavity. Keep the oven evenly spaced from cavity side walls. Push the oven back until it engages with the mounting bracket (2) (refer to Fig.3).

3. Open the microwave door and fix the screw Ø4 x 35 (4) through the frame and into the cabinetry cavity. Fit screw cover (5) provided (refer to Fig.4).
A Control panel
B Turntable shaft
C Turntable ring assembly
D Glass tray
E Observation window
F Oven air vent
G Door safety interlock system
H Grill rack
Fig. 7 Control panel

A Display window
B Micro/Defrost/Grill/Convection/Combination
C Time/Weight +
D Time/Weight –
E Auto menu
F Clock/Timer
G Start/Reset
**Setting the clock**

The microwave oven has a 24-hour digital clock. To set the time:

1. Press and the display will flash.
2. Adjust the hour with the + and - buttons.
3. Press again and adjust the minutes with the + and - buttons.
4. Press again and the time will be set.

To change the time, repeat the above procedure.

**Microwave function menu**

<table>
<thead>
<tr>
<th>Press the FUNCTION button</th>
<th>Display</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>P100</td>
<td>Microwave 100% power</td>
</tr>
<tr>
<td>Twice</td>
<td>P70</td>
<td>Microwave 70% power</td>
</tr>
<tr>
<td>3 times</td>
<td>P50</td>
<td>Microwave 50% power</td>
</tr>
<tr>
<td>4 times</td>
<td>P30</td>
<td>Microwave 30% power</td>
</tr>
<tr>
<td>5 times</td>
<td>P10</td>
<td>Microwave 10% power</td>
</tr>
<tr>
<td>6 times</td>
<td>DEF</td>
<td>Defrost</td>
</tr>
<tr>
<td>7 times</td>
<td>G-1</td>
<td>Grill</td>
</tr>
<tr>
<td>8 times</td>
<td>C-1</td>
<td>Combination 1</td>
</tr>
<tr>
<td>9 times</td>
<td>C-2</td>
<td>Combination 2</td>
</tr>
<tr>
<td>10 times</td>
<td>C-3</td>
<td>Combination 3</td>
</tr>
<tr>
<td>11 times</td>
<td>230°C</td>
<td>230°C Convection</td>
</tr>
<tr>
<td>12 times</td>
<td>220°C</td>
<td>220°C Convection</td>
</tr>
<tr>
<td>13 times</td>
<td>200°C</td>
<td>200°C Convection</td>
</tr>
<tr>
<td>14 times</td>
<td>180°C</td>
<td>180°C Convection</td>
</tr>
<tr>
<td>15 times</td>
<td>160°C</td>
<td>160°C Convection</td>
</tr>
</tbody>
</table>

**Note:**
- This table is applicable to Microwave cooking and does not apply to Delay Start Cooking (TIMER programme).
- You cannot scroll through the menu by holding down the FUNCTION button. You must keep pressing the FUNCTION button the required number of times until the desired function appears.
Operating instructions

Quick start cooking

Use this feature to programme the oven to cook food at 100% power automatically.

1. Put the food item onto the glass turntable and close the door.
2. Press START / RESET to start cooking.
3. The microwave oven alarm will beep five times when cooking is completed.

Microwave heating

This function has two options:
- Quick microwave heating (100% power)
- Manual operation microwave heating

To heat food on 100% power for five minutes:
1. Set cooking time to 5:00 with the + and - buttons.
2. Press START / RESET to start cooking.

To heat food on 70% power for ten minutes:
1. Press the FUNCTION button twice to select P70 power.
2. Set the cooking time to 10:00 with the + and - buttons.
3. Press START / RESET to start cooking.

There are five power levels.

<table>
<thead>
<tr>
<th>Press</th>
<th>Display</th>
<th>Power level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>P100</td>
<td>100%</td>
<td>High</td>
</tr>
<tr>
<td>Twice</td>
<td>P70</td>
<td>70%</td>
<td>Med. High</td>
</tr>
<tr>
<td>3 times</td>
<td>P50</td>
<td>50%</td>
<td>Medium</td>
</tr>
<tr>
<td>4 times</td>
<td>P30</td>
<td>30%</td>
<td>Med. Low</td>
</tr>
<tr>
<td>5 times</td>
<td>P10</td>
<td>10%</td>
<td>Low</td>
</tr>
</tbody>
</table>
The maximum time for microwave cooking is 60 minutes and the minimum time is 10 seconds.

<table>
<thead>
<tr>
<th>Time</th>
<th>Increment</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 sec – 3 minutes</td>
<td>10 seconds</td>
<td>These times apply to Microwave (100 – 10 power),</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grill and Combination cooking 1 – 3.</td>
</tr>
<tr>
<td>3 – 10 minutes</td>
<td>30 seconds</td>
<td></td>
</tr>
<tr>
<td>10 – 30 minutes</td>
<td>1 minute</td>
<td></td>
</tr>
<tr>
<td>30 – 60 minutes</td>
<td>2 minutes</td>
<td></td>
</tr>
<tr>
<td>60 – 90 minutes</td>
<td>5 minutes</td>
<td>This time applies to Convection cooking.</td>
</tr>
</tbody>
</table>

- To temporarily stop cooking during microwaving, open the microwave door.
- To start cooking again, close the microwave door and press START / RESET.
- To cancel the current microwave program
  - press the START / RESET button twice with the microwave door closed (the microwave will start operating if the START / RESET button is pressed only once); or
  - leave the microwave door open and press the START / RESET button.
- After the cooking time ends, the microwave will beep 5 times.
- To check the power level while the microwave oven is in operation press FUNCTION.
- To check the current time while the microwave oven is in operation press 🕒.

Note: for both Quick Start and Manual Microwave heating, the cooking time cannot be changed while the microwave oven is in operation.

**Grill cooking**

Grill cooking is particularly useful for thin slices of meat, steaks, chops, kebabs, sausages and pieces of chicken. It is also suitable for hot sandwiches and au gratin dishes.

To grill food for 20 minutes:
1. Press FUNCTION the required number of times until 🍗 shows in the display.
2. Set the cooking time to 20:00 with the + and – buttons.
3. Press START / RESET to start cooking.

When grilling, the food is not heated by microwave. Heat is radiated from the metal heater at the top of the oven.

When half of the grill time has passed, the alarm will beep twice to tell you to turn the food over. If you do not turn the food over, the microwave oven will restart after a one-minute pause. For best result in grilling food, you should turn the food item over, close the door and then press START / RESET to resume cooking.
Convection cooking

This oven can be used as a convection oven which enables you to cook the food as with a traditional oven. Microwaves are not used. During convection cooking, hot air is circulated throughout the oven cavity to brown and crisp food items quickly and evenly. This oven can be programmed for five different cooking temperatures between 160˚C and 230˚C at 20˚C increments. The default temperature setting is 230˚C and you can press FUNCTION to select different temperatures.

<table>
<thead>
<tr>
<th>Press</th>
<th>Display</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 times</td>
<td>230˚C</td>
<td>230˚C Convection</td>
</tr>
<tr>
<td>12 times</td>
<td>220˚C</td>
<td>220˚C Convection</td>
</tr>
<tr>
<td>13 times</td>
<td>200˚C</td>
<td>200˚C Convection</td>
</tr>
<tr>
<td>14 times</td>
<td>180˚C</td>
<td>180˚C Convection</td>
</tr>
<tr>
<td>15 times</td>
<td>160˚C</td>
<td>160˚C Convection</td>
</tr>
</tbody>
</table>

The microwave oven can be programmed to reach a desired temperature for preheating.

With preheating

It is recommended that the oven is preheated to the appropriate temperature before food is placed in the oven.

To set the oven to preheat to 200˚C:
1. Press FUNCTION the required number of times until CONVECTION 200˚C appears in the display.
2. Press START / RESET to start.

When preheating is completed, the appliance will stop working and the alarm will beep twice to remind you to place the food in the oven. The longest pre-heating time is 10 minutes.

3. Set the convection cooking temperature and cooking time.
4. Press START / RESET to start cooking.

To set the preheated oven to cook with convection for 20 minutes at 200˚C:
1. Press FUNCTION the required number of times until CONVECTION 200˚C appears in the display.
2. Set the cooking time to 20:00 with the + and - buttons.
3. Press START / RESET to start cooking.

- The maximum cooking time is 90 minutes and minimum is 10 seconds.
- Temperatures available for cooking are 160˚C, 180˚C, 200˚C, 220˚C and 230˚C.
- To check the temperature while the microwave oven is in operation press FUNCTION.
- To check the current time while the microwave oven is in operation press 🕒.
- During the last minute of convection cooking the microwave fan element automatically turns off while the glass turntable continues to rotate until the end of the cooking time.

Note: the cooking time cannot be changed while the microwave oven is in operation.
Without preheating
To cook with convection for 20 minutes at 200°C:
1. Press FUNCTION the required number of times CONVECTION 200°C appears in the display.
2. Set the cooking time to 20:00 with the + and - buttons.
3. Press START / RESET to start cooking.

Combination cooking
This appliance offers a choice of three combination cooking options.

<table>
<thead>
<tr>
<th>Press</th>
<th>Display</th>
<th>Microwave Power</th>
<th>Convection</th>
<th>Grill Power</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 times</td>
<td>C-1</td>
<td>40%</td>
<td>230°C</td>
<td>-</td>
</tr>
<tr>
<td>9 times</td>
<td>C-2</td>
<td>-</td>
<td>230°C</td>
<td>50%</td>
</tr>
<tr>
<td>10 times</td>
<td>C-3</td>
<td>55%</td>
<td>-</td>
<td>45%</td>
</tr>
</tbody>
</table>

Microwave and convection cooking
1. Press FUNCTION the required number of times until C-1 shows in the display.
2. Select desired cooking time with the + and - buttons.
3. Press START / RESET to start cooking.

Convection and grill cooking
1. Press FUNCTION the required number of times until C-2 shows in the display.
2. Select desired cooking time with the + and - buttons.
3. Press START / RESET to start cooking.

Microwave and grill cooking
1. Press FUNCTION the required number of times until C-3 shows in the display.
2. Select desired cooking time with the + and - buttons.
3. Press START / RESET to start cooking.

Note:
- The cooking time cannot be changed while the microwave oven is in operation. The programme will need to be reset if cooking time needs to be changed.
- Preheat time for C-2 and C-3 programme is 5 minutes.
Delay start cooking

This allows you to set the microwave oven start and finish cooking at pre-set times. The clock must be set for the delay start cooking function to work.

To set the oven for delay start cooking
1 Set the clock first (refer to ‘Setting the clock’ on page 13).
2 Select the cooking program.

Note: defrosting should not be included in the delay start cooking function. Auto menu can be set as a single stage only.

For example, the current time is 16:30 and you want to start cooking at 18:15 on 70% power for 10 minutes:
3 To set the cooking start time, press \( \text{...} \) and use the \( + \) and \( - \) buttons until \( 18:15 \) shows in the display (same procedure as setting the clock).

Do not press START / RESET after setting the time.

4 To select 70% microwave power, press FUNCTION the required number of times \( P70 \) shows in the display.
5 Set the cooking time to \( 7:00 \) using the \( + \) and \( - \) buttons.
6 Press START / RESET to set the programme.
7 At 18:15 there will be 2 beeps and the microwave oven will start cooking.

- If you do not select the power level and cooking time, and directly press START / RESET once you have set the clock (ie. if you miss steps 4 and 5):
  - The display will show the last setting you programmed with the selected function flashing.
  - At 18:15 there will be no beeps and it will remain the same until you press \( \text{...} \). Press it again to select your preset time and START / RESET to cancel it.
- You can see the preset time by pressing \( \text{...} \) and a small clock icon will flash together with your preset time for 3 seconds.
- The presence of a small clock icon on top of the current time on the display indicates that you have a preset time.
- To clear a programmed preset time, press START / RESET and the clock icon will be removed from the display.
- Auto menu options can also be selected here except for Defrost.
Auto menu

Auto menu allows you to cook or reheat food automatically without entering power level or time. Choose the food item and its weight and the oven will automatically cook your food item at the necessary power level for the required amount of time.

To set the oven to cook a 0.4 kg fish:
1. Press AUTO the required number of times A-5 shows in the display.
2. Set the weight to 0.4 with the + and - buttons
3. Press START /RESET and the cooking time will show in the display.

During cooking the display will show the countdown time and AUTOMENU. To see the selected auto menu, press AUTO.

Note:
- The preset times in the automatic cooking menu are approximate only. Food items may require more or less than the pre-programmed time to cook thoroughly depending on size and thickness of items.
- Check the food periodically to ensure it is cooked to your preference. You may need to reduce or extend the cooking time.

<table>
<thead>
<tr>
<th>Press</th>
<th>Menu</th>
<th>A-1</th>
<th>A-2</th>
<th>A-3</th>
<th>A-4</th>
<th>A-5</th>
<th>A-6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Auto reheat</td>
<td>Potato</td>
<td>Pizza</td>
<td>Meat</td>
<td>Fish</td>
<td>Chicken</td>
</tr>
<tr>
<td>Once</td>
<td></td>
<td>0.10</td>
<td>0.20</td>
<td>0.10</td>
<td>0.10</td>
<td>0.10</td>
<td>0.20</td>
</tr>
<tr>
<td>Twice</td>
<td></td>
<td>0.15</td>
<td>0.30</td>
<td>0.20</td>
<td>0.20</td>
<td>0.20</td>
<td>0.40</td>
</tr>
<tr>
<td>3 times</td>
<td></td>
<td>0.20</td>
<td>0.40</td>
<td>0.25</td>
<td>0.30</td>
<td>0.30</td>
<td>0.60</td>
</tr>
<tr>
<td>4 times</td>
<td></td>
<td>0.25</td>
<td>0.50</td>
<td>0.30</td>
<td>0.40</td>
<td>0.40</td>
<td>0.80</td>
</tr>
<tr>
<td>5 times</td>
<td></td>
<td>0.30</td>
<td>0.60</td>
<td>0.35</td>
<td>0.50</td>
<td>0.50</td>
<td>1.00</td>
</tr>
<tr>
<td>6 times</td>
<td></td>
<td>0.35</td>
<td>0.70</td>
<td>0.40</td>
<td>0.60</td>
<td>0.60</td>
<td>1.20</td>
</tr>
<tr>
<td>7 times</td>
<td></td>
<td>0.40</td>
<td>0.90</td>
<td>0.45</td>
<td>0.70</td>
<td>0.70</td>
<td>1.40</td>
</tr>
<tr>
<td>8 times</td>
<td></td>
<td>0.45</td>
<td>1.10</td>
<td>0.50</td>
<td>0.80</td>
<td>0.80</td>
<td>1.60</td>
</tr>
<tr>
<td>9 times</td>
<td></td>
<td>0.50</td>
<td>1.30</td>
<td>0.55</td>
<td>0.90</td>
<td>0.90</td>
<td>1.80</td>
</tr>
<tr>
<td>10 times</td>
<td></td>
<td>0.60</td>
<td>1.50</td>
<td>0.60</td>
<td>1.00</td>
<td>1.00</td>
<td>2.00</td>
</tr>
</tbody>
</table>
Defrost

- The maximum defrosting time is 39 minutes.
- For raw or previously cooked frozen food, it is recommended to allow approximately 2 minutes per 100 gms.
- Always stop the oven periodically to remove or separate the portions that are defrosted. If the food item is not defrosted at the end of the estimated defrosting time, program the oven in one minute increments until totally defrosted.
- When using plastic containers straight from the freezer, defrost only long enough to remove the food item from the plastic container then place the food item in a microwave-safe dish.
- Do not place the food item in the centre of the glass turntable if the food weight is less than 200 gms. Place the food item at the edge of the glass turntable to defrost.
- After the defrosting time ends, the oven alarm will beep five times.

Auto weight defrost

- The maximum weight of the meat for defrosting must be less than 2 kg.

To set the oven to defrost 0.5 kg frozen meat:
1. Press FUNCTION the required number of times until DEF shows in the display.
2. Set the weight to 0.5 with the + and – buttons.
3. Press START/RESET and the cooking time will show in the display.

<table>
<thead>
<tr>
<th>Weight display (kg)</th>
<th>Total time</th>
<th>Weight display (kg)</th>
<th>Total time</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.1</td>
<td>2 min 30 sec</td>
<td>1.1</td>
<td>21 min 30 sec</td>
</tr>
<tr>
<td>0.2</td>
<td>4 min 0 sec</td>
<td>1.2</td>
<td>24 min 0 sec</td>
</tr>
<tr>
<td>0.3</td>
<td>5 min 30 sec</td>
<td>1.3</td>
<td>26 min 0 sec</td>
</tr>
<tr>
<td>0.4</td>
<td>7 min 30 sec</td>
<td>1.4</td>
<td>28 min 0 sec</td>
</tr>
<tr>
<td>0.5</td>
<td>9 min 30 sec</td>
<td>1.5</td>
<td>30 min 0 sec</td>
</tr>
<tr>
<td>0.6</td>
<td>11 min 30 sec</td>
<td>1.6</td>
<td>32 min 0 sec</td>
</tr>
<tr>
<td>0.7</td>
<td>13 min 30 sec</td>
<td>1.7</td>
<td>34 min 0 sec</td>
</tr>
<tr>
<td>0.8</td>
<td>15 min 30 sec</td>
<td>1.8</td>
<td>36 min 0 sec</td>
</tr>
<tr>
<td>0.9</td>
<td>18 min 0 sec</td>
<td>1.9</td>
<td>37 min 30 sec</td>
</tr>
<tr>
<td>1.0</td>
<td>20 min 0 sec</td>
<td>2.0</td>
<td>39 min 30 sec</td>
</tr>
</tbody>
</table>
To see the current power level during cooking

Press FUNCTION and the current power will be displayed for 2 – 3 seconds.

To see the pre-set time for delay start cooking

Press and the delay start time will flash for 2 – 3 seconds, then the display will return to showing the current time.

To see the current time during cooking

Press and the current time will be displayed for 2 – 3 seconds.

Key lock

The key lock prevents unsupervised operation by children.

To set the key lock
Press AUTO and at the same time for 2 seconds until the microwave beeps once and the locked symbol is in the display above the current time. This indicates that the key lock is on and all buttons are disabled.

To cancel the key lock
Press AUTO and at the same time for 2 seconds and it will unlock the microwave panel.

Additional information

- The START / RESET button must be pressed to continue cooking if the door has been opened during cooking.
- Once the cooking programme has been selected, if START / RESET is not pressed within 5 minutes, the selection will remain on the display and the display will not change.
- The oven alarm will sound five times to alert you when cooking is finished.
Interior

- Turn off the oven and remove the power plug from the wall socket before cleaning.
- Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of sprays and other harsh cleaners as they may stain, streak or dull the door surface.
- Remove the glass tray for cleaning regularly. Wash the tray in warm, soapy water or in a dishwasher.
- The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild soapy water or in the dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
- Remove odours from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl and microwave for five minutes. Wipe thoroughly and dry with a soft cloth.
- 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 and adversely affect the life of the appliance or possibly result in a hazardous situation.

Exterior

- Turn off the oven and remove the power plug from the wall socket before cleaning.
- The exterior surfaces should be cleaned with a damp cloth. To prevent damaging the operating parts inside the oven, make sure water does not seep into the ventilation openings.
- Wipe the door and door window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.
- Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
- 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 it is a normal occurrence.
- Do not use a steam cleaner.

Replacement of the interior light

- When it becomes necessary to replace the oven light, please consult a Fisher & Paykel Authorised Repairer or qualified electrician to have it replaced.
  Note: oven bulb replacement is not covered by your warranty.
- WARNING: The technician must ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible causes</th>
<th>What to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microwave oven interferes with TV reception.</td>
<td>There are a number of causes to interference.</td>
<td>Refer to ‘Radio interference’ on page 6 for ways to eliminate or reduce interference.</td>
</tr>
<tr>
<td>Dim oven light.</td>
<td>The oven light may become dim during low power microwave cooking.</td>
<td>Check whether low power cooking is selected.</td>
</tr>
<tr>
<td>Steam accumulates on the door and/or hot air comes out of the vents.</td>
<td>This is normal. Steam may come out of food as it is cooked. Most steam will be released through the vents but some steam may accumulate on cool surfaces (eg. the oven door and internal surfaces). This will occur when the microwave oven is operated under conditions of high humidity and cooler climatic conditions.</td>
<td>If steam accumulates inside or around the outside of the door and internal surfaces, wipe with a soft cloth.</td>
</tr>
<tr>
<td>Oven does not operate.</td>
<td>Power cord is not plugged in securely.</td>
<td>Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds and plug it in again securely.</td>
</tr>
<tr>
<td></td>
<td>Fuse blows or circuit breaker has tripped.</td>
<td>Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance. If the fuse or the circuit breaker needs replacing, contact your Fisher &amp; Paykel Authorised Repairer.</td>
</tr>
<tr>
<td></td>
<td>Control panel is not programmed correctly or the timer is not set.</td>
<td>Check to ensure that the control panel is programmed correctly and the timer is set.</td>
</tr>
<tr>
<td></td>
<td>Door is not closed securely.</td>
<td>Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.</td>
</tr>
<tr>
<td>Glass turntable makes a noise when the microwave oven is operating.</td>
<td>The roller rest and/or oven bottom are dirty.</td>
<td>Refer to “Cleaning and care” on page 22 to clean the interior components.</td>
</tr>
</tbody>
</table>

**Important!**

*If none of the above rectify the situation, then contact a Fisher & Paykel authorised technician. Do not try to adjust or repair the oven yourself.*
Before you call for service or assistance ...

Check the things you can do yourself. Refer to the installation instructions and your user guide and check that:

1 your product is correctly installed
2 you are familiar with its normal operation.

If after checking these points you still need assistance or parts, please refer to the Service & Warranty sheet for warranty details and your nearest Authorised Service Centre, Customer Care, or contact us through our local website listed on the back cover.

Manufactured for:

Fisher & Paykel Appliances Ltd
78 Springs Rd
East Tamaki
Auckland 2013
New Zealand

Registered importer:

Qingdao Haier International Trading Co. Ltd
Haier Industrial Park
Haier Road
Qingdao 266101
P.R. China

Product details

Fisher & Paykel Ltd

Model ___________________________ Serial No. ___________________________

Date of Purchase _________________ Purchaser ___________________________

Dealer ___________________________ Suburb ___________________________

Town ___________________________ Country ___________________________