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You can read the recommendations in the user guide, the technical guide or the installation guide for DAEWOO KOR-6C07. You'll find the answers to all your questions on the DAEWOO KOR-6C07 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual DAEWOO KOR-6C07
User guide DAEWOO KOR-6C07
Operating instructions DAEWOO KOR-6C07
Instructions for use DAEWOO KOR-6C07
Instruction manual DAEWOO KOR-6C07



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Manual abstract:

@@@(e) WARNING : Liquids or other foods must not be heated in sealed containers since they are liable to explode. (f) 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. TABLE OF CONTENTS PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.....

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17 1 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 specified by the manufacturer. 9. Do not cook any food surrounded by a membrane, such as egg yolks, potatoes, chicken livers, etc., without first piercing them several times with a fork. 10.

Do not pop popcorn longer than the manufacturer's directions. (popping time is generally below 3 minutes). Longer cooking does not yield more popped corn, it can cause scorplings and fire. Also, the cooking tray can become too hot to handle or may break. 11.

If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames. 12. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. 13. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

14. Always test the temperature of food or drink which has been heated in a microwave oven before you give it to somebody, especially to children or elderly people. This is important because things which have been heated in a microwave oven carry on getting hotter even though the microwave oven cooking has stopped. 15. 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; 16. Keep the waveguide cover clean at all times. Wipe the oven interior with a soft damp cloth after each use. If you leave grease or fat anywhere in the cavity it may overheat, smoke or even catch fire when next using the oven. 17. Never heat oil or fat for deep frying as you cannot control the temperature and doing so may lead to overheating and fire.

18. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container. **SAVE THESE INSTRUCTIONS** 2 **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 rating of the appliance.

IMPORTANT NOTE The wires in this mains lead fitted to this appliance are coloured in accordance with the following code. Green-and-yellow : Earth Blue : Neutral Brown : Live As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows : the wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter 'E' or by the earth symbol or green-and-yellow. 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. **WARNING :** The appliance must be earthed.

INSTALLATION 1. Ventilation Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure. For proper ventilation, allow above 3 inches of space between oven sides, rear and the minimum height of free space necessary above the top surface of the oven is 100mm. 2.

Steady, flat location This oven should be set on a steady, flat surface. This oven is designed for counter top use only. 3. Leave space behind and side All air vents should be kept a clearance. If all vents are covered during operation, the oven may overheat and, eventually, oven failure. 4. Away from radio and TV sets Poor television reception and radio interference may result if the oven is located close to a TV, Radio antenna, feeder and so on. Position the oven as far from them as possible. 5. Away from heating appliance and water taps Keep the oven away from hot air, steam or Splash when choosing a place to position it, or the insulation might be adversely affected and breakdowns occur.

6. Power supply · Check your locla power source. This oven requires a current of approximately 6 amperes, 230V 50Hz. · Power supply cord is about 0.8 meters long. · The voltage used must be the same as specified on this oven.



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Using a higher voltage may result in a fire or other accident causing oven damage. Using low voltage will cause slow cooking. We are not responsible for damage resulting from use of this oven with a voltage of ampere fuse other than those specified. · If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

7. Examine the oven after unpacking for any damage such as: A misaligned door, Broken door, A dent in cavity. If any of the above are visible, DO NOT INSTALL, and notify dealer immediately. 8. Do not operate the oven if it is colder than room temperature.

(This may occur during delivery in cold weather.) Allow the oven to become room temperature before operating. 3 FEATURES 1 Glass Cooking Tray 2 Roller guide-This must always be used for cooking together with the glass cooking tray. 3 Knob VPC-Used to select a microwave power level. 4 Knob timer-Used in setting cooking time for all functions.

OPERATION PROCEDURE This section includes useful information about oven operation. 1. Connect the mains lead to an electrical outlet. 2. 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. 3. Shut the door. Make sure that it is firmly closed. When the oven door is opened, the light turns off.

The oven door can be opened at any time during operation by pulling the door. The oven will automatically shut off. 4. Set the variable power control to the desired power level. POWER LEVEL Gentle heating Heat Defrost Low stage Medium Medium high High OUTPUT POWER 144W 208W 352W 472W 584W 704W 800W · If setting the timer control for less than 2 minutes, turn it past 2 minutes and then back to the desired time. 6. Microwave energy will be turned off automatically when the timer reaches "OFF". Then food can be taken out of the oven. · To prevent the oven from operating with the door open, you should check whether the food has been properly cooked just as you would do with a conventional cooker. * Q : Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish? * A : No.

If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable. * Q : Is it normal for the turntable to turn in either direction? * A : Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins. * Q : Can I pop popcorn in my microwave oven? How do I get the best results? * A : Yes.

Pop packaged microwave popcorn following manufacture's guidelines. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every 1 or 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.

* Q : I accidentally ran my microwave oven without any food in it. Is it damaged? * A : Running the oven empty for a short time will not damage the oven. However, it is not recommended. * Q : Can the oven be used with the glass tray or roller guide removed? * A : No. Both the glass tray and roller guide must always be used in the oven before cooking. * Q : Can I open the door when the oven is operating? * A : The door can be opened anytime during the cooking operation. Then microwave energy will be instantly switched off and the time setting will maintain until the door is closed. * Q : Why do I have moisture in my microwave oven after cooking? * A : The moisture on the side of your microwave oven is normal. It is caused by steam from cooking food hitting the cool oven surface. * Q : Does microwave energy pass through the viewing screen in the door? * A : No.

The metal screen bounces back the energy to the oven cavity. The holes are made to allow light to pass through. They do not let microwave energy pass through. 6 BEFORE YOU CALL FOR SERVICE Refer to following checklist, you may prevent an unnecessary service call. * The oven doesn't work : 1.

Check that the power cord is securely plugged in. 2. Check that the door is firmly closed. 3. Check that the cooking time is set.

4. Check for a blown circuit fuse or tripped main circuit breaker in your house. * Sparking in the cavity: 1. Check utensils. Metal containers or dishes with metal trim should not be used. 2. Check that metal skewers or foil does not touch the interior walls. If there is still a problem, contact the service station. A list of these stations is included in the oven. 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 Hooks(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 POWER CONSUMPTION MICROWAVE ENERGY OUTPUT FREQUENCY OUTSIDE DIMENSIONS (WXHXD) CAVITY DIMENSIONS (WXHXD) CAVITY VOLUME NET WEIGHT POWER SELECTIONS * Specifications are subject to change without notice. 230V, 6A SINGLE PHASE WITH GROUNDING 50Hz, AC. 1200 W 800 W, FULL MICROWAVE POWER 2,450MHz 465X279X324mm 301X230X293mm 0.7 cu. ft. APPROX.

12.7Kg (27.9 lbs) 7 Levels 7 COOKING INSTRUCTIONS Only use utensils that are suitable for use in microwave ovens. UTENSILS TEST Place the utensil in question next to a glass measure filled with water, in the microwave oven. Microwave at high power for 1-2 minutes.

If the water heats up, but the utensil remains cool, the utensil is microwave-safe. However if the utensil becomes warm, microwaves are being absorbed by the utensil and it should not be in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Read through the following checklist. COOKING UTENSILS Recommended Use ·Glass and glass-ceramic bowls and Dishes - Use for heating or cooking.

· Microwave browning dish - Use to brown the exterior of small items such as steaks, chops, or pancakes.



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Follow the directions provided with you browning dish. · Microwaveable plastic wrap - Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food. · Wax paper - Use as a cover to prevent spattering. · Paper towels, and napkins and cups - Use for short term heating and covering; they absorb excess moisture when warming food. Pay special attention as over-heating may cause a fire in your oven. Do not use recycled paper products, e.g. kitchen roll unless they say they are specifically designed for use in a microwave oven.

These products contain impurities which may cause sparks and/or fires when used. @@Check the food in several places. @@@@Using too much foil can damage your oven, so be careful. @@Never use dishes with metallic trim. @@@@Only use for warming food. @@@@Metal utensils - These can damage your oven. @@@@Wipe with a mild detergent, rinse and dry. Never use abrasive powders or pads. @@@@Do not operate the oven empty.

This will damage the oven.

@@They may catch on fire. @@Do not hit or strike the control panel with hard objects. @@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. @@These must be pierced before cooking to prevent bursting. Do not attempt to deep fat fry in your microwave oven. Always stir liquids before heating. Heated liquids can erupt, if not mixed with air. Do not leave the oven unattended while popping corn. @@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 microwave safe glass or ceramic plate to avoid overheating and cracking the oven tray.

Do not exceed the Microwave Popcorn manufacturers suggested popping time. Longer popping does not yield more popcorn but it can result in scorch, burn of fire. Remember, the Popcorn bag and tray can be too hot to handle. Remove with caution and use pot holders. ARCING If you see arcing, turn the timer knob the point "OFF" and correct the problem. Arcing is the microwave term for sparks in the oven. Arcing is caused by: · Metal or foil touching the side of the oven. · Foil not molded to food (upturned edges act like antennas). · Metal, such as twist-ties, poultry pins, or gold rimmed dishes, in the microwave. · Recycled paper towels containing small metal pieces being used in the microwave.

9 MICROWAVING PRINCIPLES Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and manmade sources. Manmade sources include radar, radio, television, telecommunication links and car phones. HOW MICROWAVES COOK FOOD v In a microwave oven, electricity is converted into microwave by the MAGNETRON. TRANSMISSION Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.

v ABSORPTION v REFLECTION The microwaves bounce off the metal walls and the metal door screen. The microwaves cause the water molecules to vibrate which causes FRICTION, i.e. HEAT. This heat then cooks the food.

Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1 1/2 - 2 inches (4-5cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards. CONVERSION CHARTS WEIGHT MEASURES 1/2 oz. 15 g 25 g 1 oz. 50 g 2 oz. 100 g 4 oz. 175 g 6 oz. 225 g 8 oz. 450 g 1 lb. FLUID MEASUREMENTS 1 Cup 1 Pint 1 Quart 1 Gallon VOLUME MEASURES 30 ml 1 fl.

oz. 100 ml 3 fl.oz. 150 ml 5 fl.oz. (1/4 pt) 300 ml 10 fl.oz. (1/2 pt) 600 ml 20 fl.oz. (1pt) SPOON MEASURES 1/4 tsp 1. 25 ml 1/2 tsp 2.5 ml 5 ml 1 tsp 15 ml 1 tbsp = 8 fl.oz. = 16 fl.oz. (UK 20 fl.oz.) = 32 fl.oz. (UK 40 fl.

oz.) = 128 fl.oz. (UK 160 fl.oz.) 10 = 240 ml = 480 ml (UK 560 ml) = 960 ml (UK 1120 ml) = 3840 ml (UK 4500 ml) COOKING TECHNIQUES STANDING TIME Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the center completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx.

10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meal, vegetables, fish etc require 2-5 minutes standing. After defrosting food, standing time should also be allowed. If food is not cooked after standing time, return to the oven and cook for additional time. STARTING TEMPERATURE The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. LIQUIDS All liquids must be stirred before and during heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. DO NOT OVERHEAT.

TURNING & STIRRING Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time. MOISTURE CONTENT Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season, particularly jacket potatoes.

For this reason cooking times may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ. ARRANGING Individual foods e.

g. chicken portions or chops, should be placed on a dish so that the thicker parts are towards the outside. DENSITY Porous airy foods heat more quickly than dense heavy foods. QUANTITY Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions. CLING FILM Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. PIERCING The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking.

DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS. SHAPE Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square. COVERING Cover foods with microwave cling film or a lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes or pastry items.



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SPACING Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other. 11 DEFROSTING GUIDE · 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. · Begin defrosting whole poultry breast-side- down. Begin defrosting roasts fat-side-down. · The shape of the package alters the defrosting time.

Shallow rectangular shapes defrost more quickly than a deep block. · After 1/3 of the defrost time has elapsed, check the food. Toy may wish to turn over, break apart, rearrange or remove thawed portions of the food. · During defrost, the oven will prompt you to turn the over. At this point, open oven door and check the food.

Follow the techniques listed below for optimum defrost results. Then, close oven door. · When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes. After defrosting, allow food to stand 5-60 minutes if there are any icy areas. Poultry and fish may be placed under running cool water until defrosted Turn over : Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops. Rearrange : Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef. Shield : Use small strips of aluminum foil to protect thin areas or edges of unevenly shaped foods such as chicken wings. To prevent arching, do not allow foil to come within 1-inch of oven walls or door. Remove : To prevent cooking, thawed portions should be removed from the oven at this point.

This may shorten defrost time for food weighing less than 3 lbs.(1350g). 12 DEFROSTING CHART Item and Weight BEEF Mineed beef 1 lb./454g Stew Meat 1 1/2 lbs./675g Loin Roast 2 lbs./900g Patties 4 (4 oz./110g) PORK Loin Roast 2 lbs./900g Spareibs 1 lb. 450g Chops 4 (5 oz./125g) Minced 1lb./450g POULTRY Whole Chicken 2 1/2 lbs./1125g Chicken Breasts 1lb./450g Fryer Chicken(cut up) 2lbs./900g Chicken Thighs 1 1/2 lbs./675g FISH & SEAFOOD Whole Fish 1lb./450g Fish Fillets 1 1/2 lb./675g Shrimp 1/2 lb./225g 6-7 min. 7-8 min. 3-4 min. 15-20 min. 15-20 min. 10-15 min. Defrosting Time 10-12 min. 9-11 min. 15-18 min. 7-8 min. 15-16 min. 6-7 min.

7-8 min. 9-10 min. Standing Time 15-20 min. 25-30 min. 45-60 min. 15-20 min. 45-60 min. 25-30 min. 25-30 min. 15-20 min.

Special Techniques Break apart and remove thawed portions with fork. Separate and rearrange once. Turn over after half the time. Shield as needed. Turn over after half the time.

Turn over after half the time. Shield as needed. Separate and rearrange once. Separate and turn over once. Break apart and remove thawed portions with fork.

Break side down. Turn over after half the time. Shield as needed. Separate and rearrange once. Separate and rearrange once. Separate and rearrange once. Turn over after half the time. Shield as needed. Separate and turn over once. Separate and rearrange once.

*20-22 min. 9-10 min. 12-14 min. 12-14 min. 45-90 min. 15-30 min. 25-30 min. 15-30 min. * The times are approximate because freezer temperatures vary. 13 COOKING & REHEATING CHART Item Power Level Cooking Time Per lb.*

/450g MEAT Beef Standing / rolled Rib - Rare Medium High 9-11 min. - Medium Medium High 10-12 min. - well done Medium High 12-14 min. Ground Beef (to brown for casserole) High 5-7 min. Hamburgers, Fresh or defrosted (4oz.

Each/100g) 2 patties High 3-5 min. 4 patties High 4-6 min. Pork Loin, Leg Medium High 13-16 min. Bacon 4 slices High 2-3 min. 6 slices High 3-4 min. NOTE: The above times should be regarded only as a guide, Allow for difference in individual lasts and preferences. The times may vary due to the shape, cut, and composition of the meat. POULTRY Chicken Whole High 8-10 min. Breast(boned) Medium High 6-8 min. portions Medium High 7-9 min. Turkey Whole High 10-12 min. NOTE : The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the food. FRESH FISH Power Cooking Time Standing Item Method Level Per lb.

/450g Time Fish Fillets High 4-6 min. Add 15-30 ml(1-2 Tbsp) 2-3 min. Whole Mackerel, High 4-6 min. 3-4 min. Cleaned and Prepared Whole Trout, Cleaned High 5-7 min. 3-4 min. and Prepared Salmon Steaks High 5-7 min. Add 15-30 ml(1-2 Tbsp) 3-4 min. ITEM POWER LEVEL Cooking Time Standing Time Lasagna 1 serving(10 1/2 oz./300g) High 5-7 min.

Place lasagna on microwaveable plate. Cover with plastic wrap and vent. Casserole Cook covered in microwaveable casserole. 1 cup High 1 1/2 -3 min. 4 cups High 5-7 min.

Stir once halfway through cooking. Mashed potatoes 1 cup High 2-3 min. Cook covered in microwaveable casserole. 4 cups High 6-8 min. Stir once halfway through cooking.

*Baked beans 1 cup High 2-3 min. Cook covered in microwaveable casserole. Stir once halfway through cooking. 14 ITEM Ravioli or pasta in sauce 1 cup 4 cups Sandwich roll or bun 1 roll POWER LEVEL Cooking Time High High High 3-4 min. 8-11 min. 20-30 sec. Standing Time Cook covered in microwaveable casserole. Stir once halfway through cooking. Wrap in paper tower and place on glass microwaveable rack * Note : Do not use recycled paper towels. VEGETABLE CHART * Note : Use power level High unless otherwise noted.*

VEGETABLES Asparagus Fresh spears Frozen spears Beans Fresh green Frozen green Frozen lima Beets Fresh, whole Broccoli Fresh cut Fresh spears Frozen, chopped Frozen spears Cabbage Fresh Wedges Carrots fresh, sliced frozen Cauliflower flowerets fresh, whole frozen Corn frozen kernel Corn on the cob fresh AMOUNT 1 lb./450g 10-oz./280g package 1 lb./450g cut in half 10-oz./280g package 10-oz./280g package 1 bunch(1 1/4 -1 1/2 lbs.) /560-680g 1 bunch(1 1/4 -1 1/2 lbs.) /560-680g 10-oz./280g package 10-oz./280g package TIME 5-8 min. 4-7 min. 10-15 min. 5-8 min. 4-7 min.

16-22 min. SPECIAL INSTRUCTIONS In medium casserole, place 1/4 cup water. In medium casserole. In medium casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water.

In medium casserole, place 1/4 cup. Water. In medium casserole, place 1/2 cup water. 5-9 min. 7-11 min. 4-7 min. 4-7 min. In large casserole, place 1/2 cup water. In large casserole, place 1/2 cup water. In medium casserole.

In medium casserole, place 3 tbsp water. 1 medium head (about 2 lbs./900g) 1 lb./450g 10-oz./280g package 1 medium head (about 2 lbs./900g) 1 medium head (about 2 lbs./900g) 10-oz./280g package 10-oz./280g package 1-5 ears 6-10 min. 5-9 min.

4-8 min. 4-7 min. 7-11 min. 7-15 min. 3-7 min.

2-6 min. (per ear) 1 1/4 -4min. In large casserole, place 1/4 cup water. In large casserole, place 1/4 cup water. In large casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water. In large casserole, place 1/2 cup water. In large casserole, place 1/2 cup water. In medium casserole, place 2 tbsp water. In medium casserole, place 2 tbsp water. In large glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water.



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Rearrange after half of time. Place in large oblong glass baking dish. Cover with vented plastic wrap.

Rearrange after half of time. frozen 1 ear 2-6 ears 3-6 min. 2-3 min. 15 VEGETABLES Mixed vegetable frozen Peas fresh, shelled frozen Potatoes fresh, cubed, white fresh, whole, sweet or white Spinach fresh frozen, chopped, and leaf Squash fresh, summer, and yellow winter, acorn, or butternut AMOUNT 10-oz./280g package 2 lbs.(450g) unshelled 10-oz.(280g) package 4 potatoes (6-8 oz./160-220g each) 1 (6-8 oz./160-220g) TIME 2-6 min. 7-10 min. 2-6 min. 9-12 min. 2-4 min. SPECIAL INSTRUCTIONS In medium casserole, place 3 tbsp water. In medium casserole, place 1/4 cup water.

In medium casserole, place 2 tbsp water. Peel and cut into 1-inch cubes. Place in large casserole with 1/2 cup water. Stir after half of time. Pierce with cooking fork.

Place in the oven, 1-inch apart, in circular arrangement. Let stand 5 minutes. In large casserole, place washed spinach. In medium casserole, place 3 tbsp water. 10-16 oz./280-450g 10-oz./280g package 3-6 min. 3-6 min. 1 lb./450g sliced.

1-2 squash (about 1 lb./450g each) 3-5 min. 5-9 min. In large casserole, place 1/4 cup water. Cut in half and remove fibrous membranes. In large glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes. 16 RECIPES TOMATO & ORANGE SOUP 1 oz.(25g) butter 1 medium onion, chopped 1 large carrot & 1 large potato, chopped 13/4lb(800g) canned, chopped tomatoes juice and grated rind of 1 small orange 1 1/2pints(900ml) hot vegetable stock salt and pepper to taste 1. Melt the in a large bowl at High for 1 minute.

2. Add the onion, carrot and potato and cook at High for 6 minutes. stir halfway through cooking. 3. Add the tomatoes, orange juice, orange rind and stock. Mix thoroughly. Season with salt and pepper to taste. Cover the bowl and cook at High for 18 minutes. stir 2-3 times during cooking, until the vegetables are tender. 4.

@@@2. Stir in the flour to make a paste and gradually add stock. Season and add the parsley. 3. Cover the bowl and cook at Medium High for 20 minutes.

4. @5. @@Place the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl, mix thoroughly 2. Cover and cook at High for 5-6 minutes, stirring once. 3.

Add the button mushrooms, beansprouts, mange-tout, red pepper, spring onions, water chestnuts and chinese leaves. Mix thoroughly. 4. Cook at High for 6-7 minutes, until the vegetables are tender. Stir 2-3 times during cooking. Stir fried vegetables are ideally served with meat or fish. HONEYED CHICKEN 4 boneless chicken breasts 2 tbsp(30ml) clear honey 1 tbsp(15ml) whole grain mustard 1/2 tsp(2.5ml) dried tarragon 1 tbsp(15ml) tomato puree 1/4 pint(150ml) chicken stock 1. Place the chicken breasts in a casserole dish. 2.

Mix all remaining ingredients together and pour over the chicken. Salt and pepper to taste. 3. Cook at High for 13-14 minutes. Rearrange and coat the chicken with the sauce twice during cooking.

17 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 High for 12-13 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 Medium 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 High for 1 minute, until melted. 2. Stir in the flour and whisk in the milk. Cook at High for 4-5 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 High for 5 minutes, or until the fruit has softened.

Add sugar, mix well. 2. Cook at Medium High for 30-35 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 High for 45 minutes, until a skewer comes out cleanly. 4. Leave the cake to stand for 5 minutes before turning out. OMELETTES 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 High for 1 minute, until melted. Coat the dish with the melted butter. 3. Pour omelette mixture into flan dish. Cook at High for 2 minutes. whisk mixture and cook again at High for 1 minutes. 18 SCRAMBLED EDD butter 2 eggs 2 tbsp(30ml) milk salt & pepper 1/2 oz.(15g) 1. Melt the butter in a bowl at High for 1 minutes. 2. Add the eggs, milk and seasoning and mix well.

3. Cook at High for 3 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 High for 2 minutes or until soft. 2. Place all other ingredients in casserole. Stir well. 3.

Cover and cook at High for 5 minutes then Medium for 10-15 minutes or until the meat is cooked. 19 .



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