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You can read the recommendations in the user guide, the technical guide or the installation guide for PANASONIC NN-CF760. You'll find the answers to all your questions on the PANASONIC NN-CF760 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual PANASONIC NN-CF760
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Instruction manual PANASONIC NN-CF760

Panasonic®

Operating Instructions and Cookery Book

Microwave, Grill & Convection Oven

For Models:
NN-CF760M
NN-CF750W



For domestic use only

Important safety instructions
Please read carefully and keep for future reference



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Manual abstract:

@@@ Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods. Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 59-75 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time. @@@@ Microwaves leave most foods tastier and leave you with less washing up, but don't expect to become a perfect microwave cook overnight – some of the methods are very different to those used in conventional cooking. Home Economists program the ovens especially for the UK market. The recipes are also tested many times to ensure you achieve successful results at home. We hope you enjoy using your new oven but should you require any further help or explanation, phone our: ☒ COOKERY ADVICE LINE 01344 862108 Home economists will provide friendly guidance on queries relating to recipes and cooking in your microwave. Alternatively write to the address below, or contact us online at: test.kitchen@panasonic.co.uk Alternatively visit our website at: www.cooking-corner.co.

uk The Microwave Test & Development Kitchen Panasonic Consumer Electronics U.K. Willoughby Road Bracknell Berks RG12 8FP When writing, be sure to state your model number and daytime telephone number. Recipes Soups and Starters Fish Meat and Poultry Vegetables/Vegetarian Pasta, Rice & Beans Cheese and Egg Dishes Sauces and Preserves Pastry Desserts and Baking Bread and Pizza Questions and Answers Building-in Your Oven Technical Specifications Information on disposal 77-81 82-87 88-102 103-113 114-117 118-121 122-126 127-132 133-149 150-152 153 153 154 154 1 Important safety instructions Please read carefully and keep for future reference This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug.

Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark on the body of the fuse. or the BSI mark WARNING: THIS APPLIANCE MUST BE EARTHED. IMPORTANT: The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth, Blue: Neutral, Brown: Live. As the colours of the wire 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 coloured GREEN or GREEN-AND-YELLOW. The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK. The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED. When this oven is installed it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker. Voltage & Power The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket. The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface. If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug. A replacement fuse cover can be purchased from your local Panasonic Dealer.

HOW TO REPLACE THE FUSE Open the fuse compartment with a screwdriver and replace the fuse. IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET. If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician (For U.K. Models only). 2 Important safety instructions Please read carefully and keep for future reference Caution: Hot surfaces 1. Hot Surfaces Exterior oven surfaces, including air vents on the cabinet and the oven door, will get hot during CONVECTION, COMBINATION and GRILLING. Use care when opening or closing door and when inserting or removing food and accessories.

The oven has three heaters situated in the top and rear of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot. Care should be taken to avoid touching the heating elements inside the oven. 2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under adult supervision due to the temperatures generated. Ensure that children do not touch the hot outer casing after operation of the oven. # Unpacking your oven 1. Examine Your Oven Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.

2. Guarantee Your receipt is your guarantee, please keep safely. 3. Cord If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or it's service agent or a similarly qualified person in order to avoid a hazard. N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer. 3 Placement of your oven 1. This oven is intended for household countertop or built-in use only.

It is not intended for use inside a cabinet or a cupboard. Refer to building-in your oven on page 153. 3. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.

4. Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off.

The oven will remain inoperable with blank display until it has cooled. 15cm 5cm 10cm 2. Counter top use Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow, i.



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e. 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear. 5. Do not use outdoors. # N.B.

The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer. Maintenance of your oven 1. Service IF YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (Customer Care Centre on 0844 8443868 can recommend an engineer). It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy. 3. Oven Light The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven. 2. Door Seals Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven.

Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth. 4. Selected Spares and Accessories These may be ordered direct; on line at www.panasonic.co.uk or by telephoning the Customer Care Centre 0844 8443868. Most major credit and debit cards accepted. Ensure you quote the correct model number. 4

Before using your oven 1.

Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILLING, take care when opening or closing the door and when inserting or removing food and accessories. 6. Storage of Accessories Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket. 2. The oven has three grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using either the GRILL, CONVECTION or COMBINATION functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching the heating elements inside the oven. N.B.

After cooking by these modes, the oven accessories will be very hot. 7. Before Use Before using CONVECTION, COMBINATION or GRILL function for the first time operate the oven without food and accessories on CONVECTION 250 °C for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty. CAUTION: Grill element and oven will be hot. DO NOT OPERATE THE OVEN EMPTY apart from point 7 above. The appliance must not be operated by Microwave or Combination including microwave WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance. 3.

The accessible panel is blocking any of the air vents on the top, bottom or rear of the oven. If vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation. 6 Parts of Your Oven 1. Do not cook directly on oven cavity floor. Always place food in a microwave safe dish.

2. The metal accessories provided must ONLY be used as directed for GRILLING, CONVECTION and COMBINATION cooking. Never use metal accessories when cooking in microwave only mode. Do not use if operating the oven with less than 200 g (7 oz) of food on a manual Combination program. Use the Enamel Shelf on CONVECTION and GRILL mode only.

The maximum weight that can be used on the enamel shelf is 4 kg (8 lb 14 oz). FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN. 3. When cooking with MICROWAVE power arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by GRILL OR CONVECTION ONLY. 4. Always refer to liquid. To prevent this possibility the following steps should be taken: a. Avoid using straight-sided containers with narrow necks.

b. Do not overheat. c. Stir the liquid before placing the container in the oven and again halfway through the heating time. d. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container. e. Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container. Short Cooking Times As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food. Cooking times given in the cookbook are approximate.

Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors. It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done.

Always start with minimum cooking times. Important. If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven. 1. Small Quantities of Food.

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently. NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION MODE INVOLVING MICROWAVE

2. Foods Low in Moisture. Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppods. This oven has been developed for food use.

We do not 9 Important Information – Read Carefully 7. Lids. Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped. 11.

Reheating. It is essential that reheated food is served "piping hot". Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and any sauce is bubbling.

(If you wish you may choose to check the food has reached 72 °C with a food thermometer – but remember do not use this thermometer inside the microwave.) For foods that cannot be stirred, e.g. lasagne, shepherd's pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

8. Deep Fat Frying. Do not attempt to deep fat fry in your oven. 9. Meat Thermometer.

Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave.



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If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving. 10. Paper, Plastic. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags when cooking mode includes microwave power as arcing will occur. Do not use re-cycled 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. 12. Standing Time. Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 14. 10 Important Information – Read Carefully 13. Keeping Your Oven Clean. It is essential for the safe operation of the oven that it is wiped out regularly.

Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area. The oven should be unplugged when cleaning. The catalytic lining at the back does not need to be cleaned. 17.

Babies Bottles and Food Jars. When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption in order to avoid burns.

See page 58. 14. Grilling. The oven will only operate on the GRILL function with the door closed. 18. Arcing Arcing may occur if a metal container has been used incorrectly, if the incorrect weight of food is used, or if the accessories have been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine. You can continue to cook by GRILL OR CONVECTION ONLY.

15. Fan Motor Operation. After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time. 16. Containers. Before use check that utensils/containers are suitable for use in microwave ovens. See pages 18-20. 11 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 from manmade sources. Manmade sources include radar, radio, television, telecommunication links and car phones. How Microwaves cook food Oven cavity Ceramic Plate Magnetron Microwave Stirrer Stirrer Motor Waveguide In a microwave oven, electricity is converted into microwaves by the MAGNETRON. REFLECTION The microwaves bounce off the metal walls and the metal door screen. 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.

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 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards. 12 Important Notes The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required! MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY Standing Time When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 14). Bottom Feeding Technology Please note that this product uses bottom feeding technology for microwave distribution which differs from traditional turntable side feeding methods & creates more useable space for a variety of different sized dishes. This microwave feeding style can give a difference in heating times (in microwave mode) when compared against side feeding appliances. This is quite normal and should not cause any concern. Please refer to the reheating and cooking charts on pages 59-75.

Foods Not Suitable for Cooking by Microwave Only Yorkshire Puddings, Souffles, Double Crust Pastry Pies. Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave. Foods that require deep fat frying cannot be cooked either. Boiled Eggs Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury 13 General Guidelines STANDING TIME Dense foods e.g. meat, jacket potatoes and cakes, require a STANDING TIME (inside or outside of the oven) after cooking, to allow heat to finish conducting through the food. •• Meat Joints – Stand 15 mins. wrapped in aluminium foil. Jacket Potatoes – Stand 5 mins.

wrapped in aluminium foil when cooked by microwave only. It is not necessary to stand jacket potatoes cooked in COMBINATION mode. Light Cakes – Stand 5 mins. before removing from dish. Rich Dense Cakes – Stand 15-20 mins.

Fish – Stand 2-3 mins. Egg Dishes – Stand 1-2 mins. Precooked Convenience Foods – Stand for 2-3 mins. •• Plated Meals – Stand for 2-3 mins. Vegetables – Boiled potatoes benefit from standing 1-2 mins.

, however most other types of vegetables can be served immediately. If food is not cooked after STANDING TIME, return to oven and cook for additional time. •••••Defrosting – It is essential to allow standing time to complete the process. This can vary for example from 5 mins for raspberries and up to 1 hour for a joint of meat. See page 29-31. 14 General Guidelines 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. Moisture Content Many fresh foods e.

g. vegetables and fruit, vary in moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.



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Cling film Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced 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.

Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film. Do not cover foods when cooking by COMBINATION, CONVECTION or GRILL. Dish Size Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.

15 General Guidelines Quantity Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions. Density Porous airy foods heat more quickly than dense heavy foods. Shape Even shapes cook evenly. Arranging Individual foods e.g.

chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside. Spacing Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other Ingredients Foods containing fat, sugar or salt heat up very quickly. The filling may be much hotter than the pastry. Take care when eating. Do not overheat even if the pastry does not appear to be very hot. **16 General Guidelines** 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. Food temperature should be between 5-8°C before cooking. Covering Cover foods with microwave cling film or a self-fitting lid.

Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items. Please refer to cooking charts and recipes for more information. Turning and Stirring Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time. Liquids All liquids must be stirred before, during and after 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. Stir before serving.

Checking Food It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary. Cleaning As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning.

Avoid any plastic parts and door area. Customers should not spray directly into the cavity. The catalytic lining at the back of the oven is self cleaning. See page 6 point 4. **17 Containers to use** Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing Dishes for Suitability - For Microwave Cooking Only. When unsure that a cooking container is suitable for use in your microwave, check by the following test: 1. Fill a microwave safe measuring jug with 300ml (½ pt) cold water. 2. Place it on the base of the oven alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish. 3. Heat on HIGH power for 1 minute. Result If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel. Quick Check Guide to Cooking Utensils Oven Glass Everyday glass that is heat resistant e.g. Pyrex, is ideal for Microwave, Convection or Combination cooking. Do not use delicate glass or lead crystal which may crack or arc. China and Ceramic Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant.

Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt. If dishes are heat resistant they may be used on Convection and Combination but not directly under the Grill. **18 Containers to use** Pottery, Earthenware, Stoneware If completely glazed, these dishes are suitable.

Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food. Foil/Metal Containers NEVER ATTEMPT TO COOK IN FOIL OR METAL containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Foil and metal containers can be used on grill and convection modes and may be used with care during certain combination cooking as long as they are not damaged or dented. \$ Plastic Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g.

brown rice. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Convection or Combination cooking. DO NOT USE UNDER THE GRILL. **19 Containers to use** \$ Wicker, Wood, Straw Baskets Dishes will crack and could ignite. Do not use wooden dishes in your microwave. DO NOT USE ON ANY COOKING MODE. Aluminium Foil Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting.

Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven. Aluminium foil can be used for Convection cooking. Roasting Bags Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using Microwave or Combination. Cling Film Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food. DO NOT USE ON ANY OTHER COOKING MODE. Paper Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering.

ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH. Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use.



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Do not use waxed or plastic coated cups or plates as the finish may melt. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers, to stop splattering. White paper plates can be used for SHORT REHEATING TIMES, on Microwave only.

20 Control Panel NN-CF760M NN-CF750W* (1) (2) (3) (4) (5) (6) (7) (8) (9) Display Window Microwave Power Button Grill Button Convection Button Auto Weight Defrost Programs (Chaos Defrost) Auto Weight Programs Button Time/Weight Dial Memory Button Timer Button: This can be used to delay a cooking program for up to 9 hrs; or used as a timer or for standing (non-cooking) time. It is also used to set the clock. Clock Button Stop/Cancel Button: Before Cooking: one press clears your instructions. During Cooking: one press temporarily stops the cooking program. Another press cancels all your instructions and a colon or the time of day will appear in the display. Start Button: Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Button is pressed once, Start Button has to be pressed again to continue cooking. (1) (2) (3) (5) (4) (6) (10) (11) (7) (8) (9) (11) (10) (12) (12) Beep Sound: Note: If an operation is set and Start Button is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to colon or Clock Mode. A beep sounds when a button is pressed.

If this beep does not sound, the setting is incorrect. When the oven changes from one function to another, two beeps sound. After completion of cooking, five beeps sound. * The design of your control panel may vary from the panel displayed (depending on colour), but the words on the buttons will be the same. 21 Let's Start to Use your Oven 1 2 3 Plug in Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions. Press Clock Button to set clock Set clock as a 24 hr clock. (See page 23 for details). Press Convection Button (will appear in the display window with the oven temperature)(this procedure is to burn off the oil used for rust protection in the oven.) Press the convection Button until 250°C is in the display window. Remove all accessories from the oven. 4 5 6 Enter Time Turn Time/Weight dial until 5 minutes is displayed in the window. Press Start Button The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use. Caution: Grill elements and oven will be hot. Demonstration Mode This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To set Demonstration Mode: press micro power once, then press Stop/Cancel 4 times.

To cancel Demonstration Mode press Micro power once, then press Stop/Cancel 4 times. 7 Child Lock To operate the child lock facility press the Start Button three times, this will deactivate the microwave. "Lock" will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel button three times. 22 Controls and Operation Procedure Clock Setting: • Press Clock Button Once "SET TIME" will appear in the display window and the colon starts to blink. • Enter the time by turning the • Press Clock Button. Time/Weight Dial. Enter time of day by using Time/Weight Dial e.g.

13.

25pm (24 hr clock). The colon stops blinking and the time of day is entered. NOTE: 1. To reset the time of day repeat all the above steps. 2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied. 3. This is a 24 hour clock 23 Microwave Cooking and Defrosting There are 6 different microwave power levels available. Do not place food directly on the ceramic plate. Place on glass dish supplied with the oven or use your own dishes, plates or bowls directly on the ceramic plate.

Selecting Microwave Power Level: Power Level High Defrost Press Once Twice Wattage 1000W 270W 600W 440W 250W 100W • Select the cooking time using the Time/Weight Dial. • Press Start Button. 3 Times Medium 4 Times Low 5 Times Simmer • Select desired Microwave power level. 6 Times Warm N.B. 1. Maximum time that can be set on HIGH power is 30 min. 2. On all Power Levels, except HIGH power, the maximum time that can be set is 1hr 30 mins. 3. You can add to the cooking time during cooking, if required. Turn Time/ Weight Dial to increase the cooking time. (Time can be increased/decreased in 1 minute increments, up to 10 minutes. This is only the case for one stage cooking). 4. DO NOT attempt to use microwave only with any metal accessory in the oven. 5. DO NOT place food directly onto the oven cavity floor. Place in a microwave or Glass dish. Foods reheated or cooked by MICROWAVE only are normally covered with a lid or cling film, unless otherwise stated.

Two Stage Cooking: e.g. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start. Three Stage Cooking: e.g. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press Timer and time, then select final power level and final cooking time. Then press Start. 24 Auto Weight Defrost - Chaos Defrost With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight starts from the minimum weight for each category.

• Press the Chaos Defrost Button. Once bread Twice Mince/chops Three times meat Joints • Set the weight of the food by using the Time/Weight Dial. • Press Start Button. Program 1 Bread Weight Range 100 - 900g Suitable Bread and rolls. Place on a plate.

Turn at beep. See standing times on page 31. Small pieces of meat, minced meat, chicken portions, steaks, chops. Place on a plate or shallow dish. Turn at beeps.

See standing times on pages 29-30. Whole chicken, meat joints. Place on a plate on an upturned saucer. Turn at beeps and shield. See standing times on pages 29-30. 2 Mince/Chops 200 - 1200g 3 Meat Joints 400 - 2000g 25 Auto Weight Defrost Programs This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. The CHAOS defrost button should be pressed to select the correct defrost category and then enter in the weight of the food in grams (see page 25). Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a microwave safe plate. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The CHAOS Theory principle is used in Auto Weight defrost programs to give you a quick and more even defrost. The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process.



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During the program the oven will beep to remind you to check the food. IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY. On hearing the first beep you should TURN and SHIELD (if possible). On the second beep you should turn the food or break it up. 1st Beep 1st Beep Turn or Shield 2nd Beep Turn or Shield Turn or break up 26 Auto Weight Defrost Programs Category 1 Bread Category 3 The Bread Program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting.

Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS e.g.

cheesecake. See page 31 for standing times. Meat Joints/Whole Chickens Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used.

DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Back fat of joints, legs, wings and breast bones need shielding (see photograph page 26). Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted. See page 29-30 for standing times. Category 2 Meat iteas (Mince/Chops/Chicken Portions) It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently. See page 29-30 for standing times. Defrosting Guidelines TIPS: 1. Check foods during defrosting. Foods vary in their defrosting speed.

2. It is not necessary to cover the food. 3. Always turn or stir the food especially when the oven "beeps". Shield if necessary (see point 5). 4. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer. 5. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat.

The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks. See page 26. 6. Allow standing time so that the centre of the food thaws out. (minimum 1 hour for joints of meat and whole chickens) 27 Defrosting Guidelines By selecting the DEFROST power level from the microwave power button and setting a time, you can defrost food in your microwave.

The biggest problem is getting the inside defrosted before the outside starts to cook. For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic. During the standing stages there is not any microwave power in the oven, although the light will remain on. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use.

Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one. Separate chops and small items e.g. bread slices where possible. Chickens and joints of meat will require shielding during defrosting. Turn dense foods and meat 2/3 times during defrosting. Break up small items e.g. minced meat, frequently during defrosting.

28 Defrosting Foods Using Defrost Power & Time The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting. Food Method Weight Defrosting Time Standing Time MEAT Beef/Lamb/Pork Joint 700g (1lb 8oz) 20 mins Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 60 mins times. Beef/Lamb/Pork Joint 1.0 Kg (2lb 4oz) 25-30 mins Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 60 mins times. Place in a suitable dish.

Separate and turn twice. 15 mins Sirloin/Rump Steak 500g (1lb 2oz) Beefburgers 100 g 4oz (x1) 4-5 mins 227 g 8oz (x4) 4-5 mins 350 g 12oz (x2) 7-8 mins Place in a suitable dish. Turn. Place in a suitable dish. Separate and turn twice.

Place in a suitable dish. Separate and turn twice. 2 mins 5 mins 15 mins Minced Beef 15 mins 12 mins 10 mins 8 mins 500g (1lb 2oz) Place in a suitable dish. Break up and turn 3-4 times. Place in a suitable dish in a single layer.

Break up and turn twice. Place in a suitable dish in a single layer. Turn twice. Place in a suitable dish in a single layer. Turn twice. 15 mins 20 mins 15 mins 20 mins Stewing Steak 500g (1lb 2oz) Lamb Chops 500g (1lb 2oz) Lamb Fillets 300g (11oz) 29 30 Defrosting Time Defrosting Foods Using Defrost Power & Time The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting. Food Weight Method Standing Time MEAT 20 mins 45 mins Lamb Shanks x 2 900g (1lb 12 oz) Place in a suitable dish in a single layer.

Separate and turn twice. Shield if necessary. Pork Ribs 15 mins 8 mins 6 mins Place in a suitable dish. Separate and turn twice. Place in a suitable dish.

Separate and turn 2-3 times. 700g (1lb 8oz) Place in a suitable dish. Separate and turn twice. 30 mins 15 mins 15 mins Pork Chops 350g (12oz) Bacon 250g (9oz) Sausages 100g (4oz)(2) 500g (1lb 2oz)(8) 3 mins 8 mins Place in a suitable dish. Turn.

Place in a suitable dish. Turn twice. 5 mins 10 mins Whole Chicken 30 mins 1.5 Kg (3lb 5oz) Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 4 times.

Shield if necessary Place in a suitable dish. Turn. Place in a suitable dish. Turn twice. Place in a suitable dish.

Turn twice. 60 mins 10 mins 15 mins 20 mins Chicken Portions x 1 x2 x 3/4 150g (5oz) 5 mins 350g (12oz) 7 mins 500-600 g (1 lb 9 mins 2 oz- 1lb 5oz) 12 mins Duck Breast Fillets 450g (1lb) Place in a suitable dish. Turn twice. 20 mins Defrosting Foods Using Defrost Power & Time The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting. Food Method Weight Defrosting Time Standing Time MEAT 7 mins 14 mins 5 mins 10-12 mins Place in a suitable dish. Turn twice separate if necessary. Place in a suitable dish.

Separate if necessary and turn twice. Place in a suitable dish. Turn twice. 15 mins 20 mins 5 mins 10 mins Whole Fish x 1 150-225g (5-8oz) Whole Fish x 2 500g (1lb 2oz) Fish Fillets 100 -150g (45oz) 350g (12oz) Fish Steaks 15 mins 100g (4oz) 250g (9oz) 400g (14oz) 3-4mins 6-7 mins 10-12 mins Place in a suitable dish.



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Turn. Place in a suitable dish. Separate if necessary and turn twice. Place in a suitable dish. Separate if necessary and turn twice. Place in a suitable dish. Stir twice during defrosting. 10 mins 15 mins 20mins 15 mins Prawns 450g (1lb) GENERAL 6 mins 40 secs 10 mins 3-4 mins 5 mins 2-3 mins 3 mins 4-5 mins

Place on the trivet Place in a suitable dish. Stir twice during defrosting. Place on a plate. Place on a plate.

Place on a plate. Place on a plate. Place on a plate. Turn halfway Place on the trivet. Separate and arrange during defrosting.

10 mins 1-2 mins 20 mins 20 mins 20 mins 15 mins 10 mins 15 mins Sliced bread 400g (14oz) Slice of Bread 30g (1oz) Soft fruit 500g (1lb 2oz) Gateau 350g (12oz) Cheesecake 400g (14 oz) Meringue dessert 450g (1lb) Butter 250 g (9oz) 31 Shortcrust /Puff pastry 500g (1lb 2oz) Using the Delay/Stand Feature The

Timer Button is used as a timing button either before, during or after a cooking program. When the Timer Button is selected with a time, there is no microwave power in the oven during this time. 1. To Set a Standing Time: Select Cooking Method & Time • Set the desired Cooking Program, by selecting cooking method and time required. • Then Press the Timer Button. • Set desired standing time (max 9 hrs). When time is over 60 minutes an "H" will appear in the display to denote hours. • Press Start Button. Cooking program will commence after which the standing time will count down. 2.

To Set a Delay Start: Select Cooking Method & Time • Press the Timer Button. • Set desired standing time (max 9 hrs). When time is over 60 minutes an "H" will appear in the display to denote hours. • Set the cooking program, by entering cooking method and time required. • Press Start Button. Delayed time will count down then the cooking program will start. NB 1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down. 2. Delay Start cannot be used before an Auto Program.

32 Memory This feature allows you to pre-program your oven for regular reheating or cooking tasks. You are able to pre-program your oven for a specific power level and time that is convenient for you. You are able to pre-program three memory tasks. To set a Memory Program Program the desired cooking method. • Press Memory Button.

The oven is automatically pre-set to memory 1. To select memory 2 press button twice. To select memory 3 press memory button 3 times. • Press Memory Button to store this task or press Start Button to start cooking in this sequence. To use a Memory Program • Press Memory Button.

The oven is automatically pre-set to memory 1. To select memory 2 press button twice. To select memory 3 press memory button 3 times • Press Start Button to begin cooking. NOTE: Auto programs cannot be programmed into memory. Convection pre-heat mode cannot be programmed into memory. Memory can only store 1 stage cooking. It is not possible to store 2 or 3 stage cooking. Setting a new cooking program into memory will cancel the cooking program previously stored. 5. Memory program will be cancelled if the power supply is off or the plug gets disconnected.

1. 2. 3. 4. 33 Grilling The Quartz Grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steak, toast, oven chips etc. DO NOT PREHEAT THE GRILL BEFORE USE. • Press Grill Button. To Select Grill 1, (high) press once.

To select Grill 2, (medium) press twice. To select Grill 3, (low) press three times. The grill symbol will also appear. • Turn Time/Weight Dial to enter cooking time. Maximum time is 1 hour 30 mins.

• Press Start Button. The cooking program will start and the time in the display will count down. NOTE: 1. The Grill will only operate with the oven door closed. 2.

There is no microwave power on the GRILL only program. 3. You can add to the cooking time during cooking, if required. Turn Time/Weight Dial to increase the cooking time. A maximum time of 10 minutes can be added. Grilling Times When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 35). The Grill has three settings, Grill 1 (High), Grill 2 (Medium) and Grill 3 (Low). Grill 1 will be the hottest. CAUTIONS: THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.

USE OVEN GLOVES. 34 Grilling Oven accessories to use When grilling foods the Wire Shelf should be in the top shelf position and the enamel shelf should be in the bottom shelf position or you can use the enamel shelf in the top shelf position. When positioning the wire shelf, the vertical wires of the shelf should sit higher than the sides of the shelf. Place food on Wire Shelf. Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven. After turning, return food to the oven, close door and press START. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling. If grilling fish, chops or small items, place the enamel shelf in the upper position. The Wire Shelf will allow fat and juices to drip through into the Enamel Shelf to reduce excess splatter and smoke when grilling.

Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the Wire Shelf by holding the accessories firmly. Guidelines 1. 2. 3.

4. There is no microwave power on the GRILL only program. Use the accessories provided, as explained above. The Grill will only operate with the oven door closed. Most meat items e.

g. bacon, sausages, chops can be cooked on the hottest setting - GRILL 1. This setting is also suitable for toasting bread, muffins and teakakes etc. GRILL 2 and GRILL 3 are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions. DO NOT PREHEAT THE GRILL. 9. 7. 8.

NEVER COVER THE FOOD WHEN GRILLING. ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER GRILLING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT. After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN DISH WASHER. It is not necessary to clean the back of the oven which has a catalytic self clean lining. 5. 6. 35 Convection Cooking Your Combination Oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan. For best results always place food in a preheated oven.

The grill will come on when the oven is preheating.

You can cook in three ways when using convection cooking 1. On the Enamel shelf in the lower or upper shelf position. 2. On the Wire rack shelf in the lower or upper shelf position. 3.

Both of the above at the same time, to use the oven for two level cooking.



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See individual guidelines on pages 37 for recommended accessories to use. You can preheat with or without the Enamel shelf or Wire shelf in position. •

Press Convection Button. The oven starts at 150°C.

Press the button and the temperature will count up in 10°C stages to 250°C, then 40°C and 100°C. • Press Start Button to preheat. A “P” will appear in the display window. When the oven is preheated the oven will beep and the “P” will flash. Then open the door and place the food inside.* There is no preheat at 40°C. • Enter cooking time using Time/ Weight Dial. Maximum cooking time is 9 hours. • Press Start Button. Note: Check that only the convection symbol is still in the display.

If the microwave symbol is displayed this is incorrect and the program should be cancelled. Reselect the convection setting. NOTE: 1. Open the door using the Door release button, because if the Stop/Cancel Button is pressed the program may be cancelled. 2. You can add to the cooking time during cooking, if required. Turn Time/Weight Dial to increase the cooking time. A maximum time of 10 minutes can be added. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to time of day.

CAUTIONS: THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES. 36 Convection Cooking Guidelines When using the oven as a CONVECTION oven, there is NO MICROWAVE POWER, i.e. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

It is possible to cook on one or two levels when using convection cooking. When cooking large joints of meat roasting tins can be placed directly on the base Oven accessories to use: ONE LEVEL COOKING If cooking on one level, you can use the Enamel Shelf or Wire Shelf in the lower or upper shelf position.

Roasting Meat: Wire shelf in lower position. Baking: Enamel shelf in lower position. You can use the Enamel Shelf as a baking dish for roasting potatoes or vegetables, and for baking fairy cakes, scones and cookies.

It is also ideal for re-heating pre-cooked convenience pastry items. Roasting Veg / Potatoes: Enamel Shelf in lower position. Reheating: Enamel Shelf in lower position. 37 Two level cooking When cooking on two levels use the Enamel shelf on the lower shelf position and the Wire shelf in the upper shelf position. Depending on the recipe, you can preheat with or without the accessories in position. See individual recipes for details. Batch Baking: Fairy Cakes Cooking a complete meal: Frozen pizza on upper level, frozen oven chips on lower level Two level cooking is ideal for: 1. Batch baking, fairy cakes, cookies and scones on two levels. 2. Cooking a complete meal together.

Frozen pizza on the upper level and frozen chips on the lower level. 3. Cooking roast potatoes on the upper level and roast vegetables on the lower level. 4. Re-heating small pastry items in large batches- Sausage rolls, pastry pies, quiches (all pre-cooked). Ensure that the shelves are inserted correctly, and are secure before use. Do not place a dish of food weighing more than 4 Kg (8 lb 14 oz) on the shelf. ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER COOKING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT. MAKE SURE THAT YOU HOLD THE DISH AND/OR SHELF FIRMLY WITH BOTH HANDS WHEN YOU ARE REMOVING THEM FROM THE OVEN. 38 Guideline to Oven Temperatures Temp °c 40°C 100°C 110°C 140°C 150°C 160/170°C 180°C 190°C 200°C 220°C 230°C 240/250°C 250°C Proving Bread Pavlova Meringues Rich Fruit Cake Lemon Meringue, Meringue Roulade, Cheesecake Casseroles, Gingerbread, Small Tarts, Cookies Souffle, Strudel, Victoria Sandwich, Fairy Cakes, Meat Joints Filo Pastry, Quiche, Gratins, Lasagne, Pastry pies, Chicken Stuffed Peppers, Scones, Eclairs, Swiss Roll, Muffins Vegetable parcels, Yorkshire Puddings, Bread Garlic Bread Roast Potatoes Baking Pizza Use Temp °f 90°F 200°F 225°F 275°F 300°F 325°F 350°F 375°F 400°F 425°F 450°F 475°F - Gas mark 1/8 ¼ 1/2 3 4 5 6 7 8 9 - For best results always place food in a preheated oven.

Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150°C and count up in 10°C stages to 250°C, then back to down to 40°C then 100°C. Food is generally cooked UNCOVERED - unless it is a casserole or you wish to use roasting bags for joints. 39 Convection + Grill (Turbo-Bake Cooking) The oven can be programmed to cook or reheat food by the grill and the convection oven working simultaneously, to give foods that extra crispness and colour. This is known as Turbo-Bake and can often reduce traditional oven cooking times. ALWAYS PREHEAT BEFORE USE.

• Press Convection Button to select oven temperature. The oven starts at 150°C, the temperature will count up in 10°C stages to 250°C then 100°C. 40°C can not be set in combination mode. • Press to select Grill power. 1 press for Grill 2 (Medium), 2 presses for Grill 3 (Low).

3 presses for Grill 1 (High), (default setting is grill 2). • Press Start Button to preheat. “P” will appear in the display window. When the oven is preheated the oven will beep and the “P” will flash. Then open the door and place the food inside.* • Enter cooking time using Time/ Weight Dial. Maximum time is 9 hours. NOTE: 1. Open the door using the door release button, because if the STOP/CANCEL button is pressed the program may be cancelled. Then if the time was entered the oven would revert to cooking on Microwave only.

2. The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to time of day. 3. After pressing Start Button, the selected temperature can be recalled and changed. Press Convection Button once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by pressing convection button. Press Start Button. Note: Check that just the grill and convection symbols are still in the display. If the microwave symbol is displayed this is incorrect and the program should be cancelled.

Reselect the Convection and Grill setting. CAUTION: THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES. 40 Convection + Grill (Turbo-Bake Cooking) Oven accessories to use: Use the Enamel Shelf OR Wire rack Shelf for Turbo-Bake cooking. Joints of meat are placed on the enamel shelf in the lower shelf position.

Items of meat are placed on the enamel shelf in the upper position. Pizza can be placed directly on the wire shelf in the upper shelf position.



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Guidelines Always place food in a preheated oven. Food is cooked UNCOVERED. DO NOT USE PLASTIC CONTAINERS.

41 Combination Cooking In addition to Convection plus grill cooking, your oven has three other methods of cooking by Combination. 1. Convection and Microwave 2. Grill and Microwave 3. Convection, Grill and Microwave COMBINATION cooking is ideal for many foods. The microwave power cooks them quickly, whilst the oven, grill or both gives the traditional browning and crispness. All this happens simultaneously resulting in most foods being cooked in 1/2-2/3 of the conventional cooking time. There is no need to preheat on COMBINATION programs, EXCEPT when cooking pastry. It is possible to use smooth seamed metal tins and foil containers on COMBINATION. They must be placed directly on the anti spark ring, on the wire shelf.

They must not be placed directly onto the wire shelf or arcing will occur. If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or re-program to CONVECTION only. To cook successfully by COMBINATION you should always use a minimum of 200 g (7oz) food. Small quantities should be cooked by Convection, Grill or Convection plus Grill. NOTE: THE ENAMEL SHELF CANNOT BE USED FOR COMBINATION COOKING. 42 Combination Cooking + + Oven can be preheated once convection button is pressed. or or •Select first cooking mode. + + •Select microwave power. Options available depend on first cooking mode selected.

•Press if preheating. •Set cooking time using Time/ Weight Dial. CAUTION: •Press Start Button. Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot. NOTE: 1.

When placing food in the oven after preheating, just press door release button because if STOP/CANCEL Button is pressed the program may be cancelled. Then, if the time was entered, the oven would revert to cooking on microwave only. 2. You can add to the cooking time during cooking, if required. Turn Time/Weight Dial to increase the cooking time.

A maximum time of 10 minutes can be added. Containers to use DO NOT use plastic MICROWAVE containers on Combination Programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass e.g. Glass or ceramic are ideal. But do not put dishes on wire rack in upper shelf position directly under the grill. Place the wire rack in the lower shelf position. Oven accessories When using any Combination cooking program the wire shelf may be used in the upper or lower shelf position. Do not place metal containers directly on the wire shelf when cooking on combination mode. Use the anti-spark ring on top of the wire shelf, then place any metal container.

Your metal containers can then be used in combination mode without arcing. DO NOT USE THE ENAMEL SHELF ON COMBINATION COOKING. 43 Combination 1. Convection and Microwave This is the most popular combination mode combining convection heat with microwave power. Casseroles, fruit crumble and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, celebration cakes, biscuits and yorkshire puddings. It is not necessary to preheat on combination except when cooking pastry dishes, to achieve a better result. For pastry dishes preheat oven to 210°C on Convection so that the oven is hot, press stop cancel and then select the desired Combination program. Do not use this program with less than 200g (7oz) of food. •Press convection button to select the desired temperature.

The oven starts at 150°C, and then the temperature will count up in 10°C stages to 250°C, then 100°C. 40°C can not be set in combination mode. •Press Microwave Power Button to select desired microwave power level. HIGH/DEFROST power is not available. •Set the desired cooking time (up to 9 hours).

•Press Start Button. 44 Combination 1. Convection and Microwave Oven accessories to use Do not use this program with less than 200g (7oz) of food. DO NOT USE THE ENAMEL SHELF FOR COMBINATION COOKING. Non-metallic dishes or items of food can be placed directly onto wire shelf in the lower shelf position.

Joints and portions of meat should be placed in a glass dish on the wire shelf in the lower shelf position. Very large joints can be placed in a glass dish on the ceramic plate. Recipes using foil or metal containers e.g. cakes and pastries should not be placed directly on the wire shelf. Use the anti-spark ring on top of the wire shelf, then place any metal container. 45 Combination 1. Convection and Microwave Do not use this program with less than 200g (7oz) of food. Guidelines •Food is usually cooked UNCOVERED. •After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

It is not necessary to clean the back of the oven which has a catalytic self clean lining. DO NOT PUT ACCESSORIES IN THE DISHWASHER. The chart below gives suggestions for Combination programs. For cooking times refer to cooking charts or a similar recipe in the book. It is not possible to use HIGH or DEFROST Microwave Power in this mode. Oven Temperature 230°C 220°C 220°C 190°C 160°C Microwave Power WARM SIMMER WARM SIMMER WARM Use Fruit Crumble Cauliflower cheese and macaroni, quiche Chilled rice pudding Whole Chicken/Turkey Cakes, Casseroles Foods should always be cooked until browned and piping hot. CAUTION: ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT. 46 Combination 2. Grill and Microwave This Combination mode is suitable for foods which are normally grilled and for reheating small savoury items. Do not use this program with less than 200 g (7 oz) of food.

It is NOT necessary to preheat when using this Combination mode and food should always be cooked uncovered. The Grill will glow on and off during cooking this is normal. •Press the Grill Power Button to select the desired grill level. One press: Grill 1 - HIGH Two presses: Grill 2 - MEDIUM Three presses: Grill 3 - LOW •Press the microwave power button to select the desired microwave power level. HIGH/DEFROST power is not available.

•Set the desired cooking time using the Time/Weight Dial (up to 9 hours). •Press Start Button 47 Combination 2. Grill and Microwave Oven accessories to use DO NOT USE THE ENAMEL SHELF FOR COMBINATION COOKING. Food can be placed directly onto the wire shelf in the upper or lower shelf position. The glass dish can be placed underneath to catch any drips.

When cooking fish or small items, food can be placed directly on the glass dish on the wire shelf.



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