

living & co.

20L MICROWAVE OVEN



INSTRUCTION MANUAL

Model: SEH207S1B PA0C1G

Please read these instructions carefully before installing and operating the oven.

AFTER SALES SUPPORT

nz 0800 422 274

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PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is very important that the oven door close properly and that there is no damage to the
 - a) Door (including any bent),
 - b) Hinges and latches (broken or loosened),
 - c) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except qualified service personnel.

IMPORTANT SAFETY INSTRUCTIONS

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

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

1. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
2. Do not operate the oven when empty.
3. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
4. **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.
5. To reduce the risk of fire in the oven cavity:

- When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
- Remove wire twist-ties from paper or plastic bags before placing bag in oven.
- If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

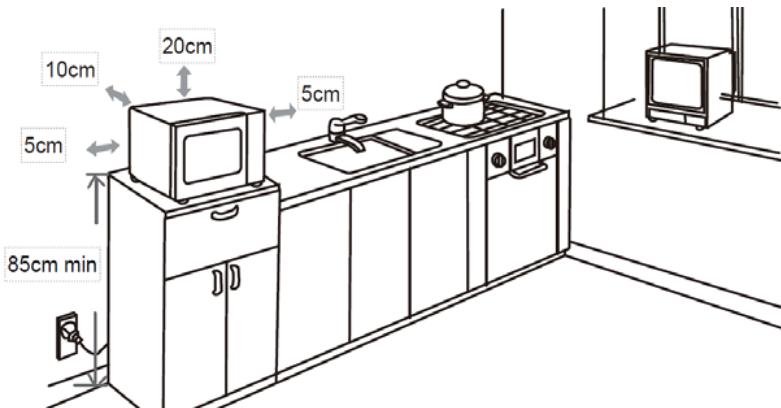
6. **WARNING!**--Liquid or other food must not be heated in sealed containers since they are liable to explode.
7. Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handle the container.
8. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
9. 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.
10. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
11. The contents of feeding bottles and baby food jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
12. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
13. Utensils should be checked to ensure that they are suitable for use in microwave oven.
14. **WARNING!**--It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
15. This product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.
16. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge,

unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

17. Children should be supervised to ensure that they do not play with the appliance.
18. The microwave oven should only be used in a freestanding position.
19. **WARNING!**--Do not install oven over a range cook top or other heat-producing appliance. if installed could be damaged and the warranty would be avoid .
20. **WARNING!**--Accessible parts may become hot during use. Young children should be kept away.
21. During use the appliances becomes hot. Care should be taken to avoid touching heating elements inside the oven, for cooking ranged and ovens.
22. The temperature of accessible surfaces may be high when the appliance is operating.
23. Appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
24. **WARNING!**--If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
25. The appliances are not intended to be operated by means of an external timer or separate remote-control system.
26. The microwave oven is for household use only and not for commercial use.
27. Never remove the distance holder in the back or on the sides, as it ensures a minimum distance from the wall for air circulation.
28. Please secure the turntable before you move the appliance to avoid damages.
29. **CAUTION!**--It is dangerous to repair or maintain the appliance by no other than a specialist because under these circumstances the cover have to be removed which assures protection against microwave radiation. This applies to changing the power cord or the lighting as well. Send the appliance in these cases to our service centre.
30. The microwave oven is intended for defrosting, cooking and steaming of food only.
31. Use gloves if you remove any heated food.
32. Caution! Steam will escape, when opening lids or wrapping foil.
33. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
34. If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

INSTALLATION GUIDE

1. Make sure that all the packing materials are removed from the inside of the door.
2. **WARNING!**--Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For general safety and ease of use, the minimum recommended installation height is 85cm.
6. For correct operation, the oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet.
7. Blocking the inlet / outlet grille openings can prevent venting of the cavity during cooking which can cause a build up of moisture which will lead to damage.
8. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
9. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
10. The outlet socket / plug must be readily accessible so that it can be easily unplugged in an emergency.
11. Do not use the oven outdoors.



GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding (earth) wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided.

WARNING!--Improper use of the grounding plug can result in a risk of electric shock.

Note:

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

RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment. When there is interference, it may be reduced or eliminated by taking the following measures:

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

BEFORE CALLING FOR SERVICE

Before asking for service, please check each item below:

- Check to ensure the oven is plugged in securely. If not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
- Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
- Check to ensure the door is securely closed, engaging the door lock system. If the door is not properly closed, the microwave energy will not flow inside.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

COOKING TECHNIQUES

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

COOKING UTENSILS GUIDE

1. Microwave cannot penetrate metal. Only use utensils that are suitable for use in microwave ovens. Metallic containers for food and beverages are not allowed during microwave cooking. This requirement is not applicable if the manufacturer specifies size and shape of metallic containers suitable for microwave cooking.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

The list below is a general guide to help you select the correct utensils.

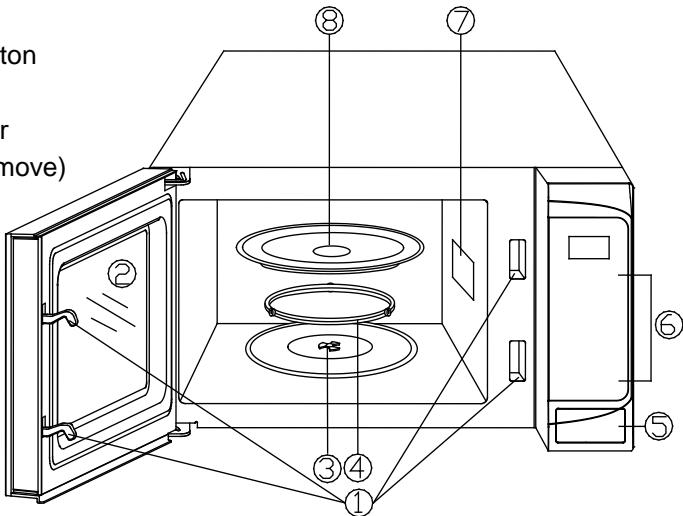
Cookware	Microwave Cooking
Heat-Resistant Glass	Yes
Non Heat-Resistant Glass	No
Heat-Resistant Ceramics	Yes
Microwave-Safe Plastic Dish	Yes
Kitchen Paper	Yes
Metal Tray	No
Metal Rack	No
Aluminum Foil & Foil Containers	No

SPECIFICATIONS

Power Consumption	230-240V/50Hz, 1200W(microwave)
Output	700W
Operation Frequency	2450MHz
Outside Dimensions	262mm(H)×452mm(W)×328mm(D)
Oven Cavity Dimensions	198mm(H)×315mm(W)×297mm(D)
Oven Capacity	Compact 20Litres
Net Weight	Approx.10.5kg

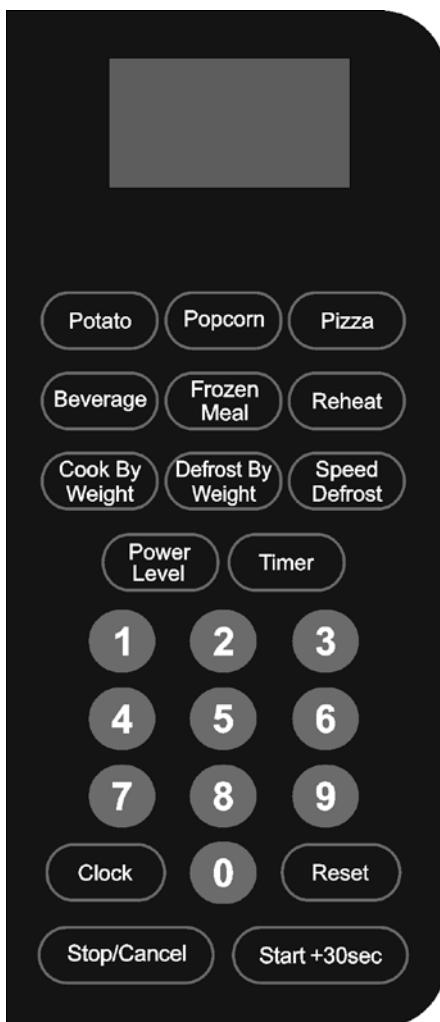
PRODUCT OVERVIEW

1. Door Safety Lock System
2. Oven Window
3. Turntable Shaft
4. Roller Ring
5. Door Release Button
6. Control Panel
7. Wave Guide cover
(Please do not remove)
8. Glass Tray



WARNING: Failure to regularly clean the inner cavity and waveguide cover can result in permanent damage to the waveguide insulating properties, this can then result in electrical failure and subsequent sparking to the safety earth circuit. This may result in the warranty being made void and will require repair by an authorised service centre.

CONTROL PANEL



- **MENU ACTION SCREEN**

Clock time, cooking time, power and action indicators are displayed.

- **AUTO COOK MENUS**

Instant settings to cook popular foods.

- **COOK BY WEIGHT**

Press to cook food based on weight.

- **DEFROST BY WEIGHT**

Press to defrost food based on weight.

- **SPEED DEFROST**

Press to defrost food base on time.

- **POWER LEVEL**

Press to set microwave cooking power level.

- **TIMER**

Press to set timer function.

- **NUMBER BUTTONS (0-9)**

Press to set time and food weight.

- **CLOCK**

Press to set clock time.

- **RESET**

Press to return to standby mode.

- **STOP/CANCEL**

Press once to temporarily stop cooking, or twice to cancel cooking altogether.

It is also used to set child lock.

- **START+30SEC**

Press to start cooking and defrosting programs.

Simply press it repeatedly to set cooking time and cook immediately at full power level.

OPERATION INSTRUCTIONS

General notes

- When the oven first plugged in, a beep will sound and the display will show "1:01", "CLOCK".
- In the process of setting, broken about 30 seconds the oven will return to standby mode.
- During cooking, if press STOP/CANCEL button once, the program will be paused, then press START+30SEC button to resume. But if press STOP/CANCEL button twice, the program will be cancelled.
- After cooking end, the display will show End and beep will sound every two minutes until user press any button or open the door.
- In the process of operation, press a valid button, the buzzer rings once, but if press a invalid button, the buzzer rings twice.
- During setting or cooking program is paused, the system will return to standby mode if press RESET button.

Setting clock time

This is a 12- or 24- hour clock. You can choose to set the clock time in 12- or 24- hour by pressing CLOCK button in standby mode.

1. In standby mode, press CLOCK button repeatedly to choose 12- or 24- hour clock.
2. Use number buttons to set the correct time.
3. Press CLOCK button to confirm.

NOTE: During cooking, you can check the clock time by pressing CLOCK button.

Setting kitchen timer

1. In standby mode or during cooking, press TIMER button once.
2. Use number buttons to set desired time. The longest time is 99 minutes and 99 seconds.
3. Press START+30SEC button to confirm.

NOTE: When the countdown ends, the buzzer will beep to remind you. You can check the countdown time by pressing TIMER button, if press STOP/CANCEL or RESET button when the display shows the time, the function can be cancelled.

Microwave cooking

1. In standby mode, press POWER LEVEL button repeatedly to select power level.
2. Use number buttons to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START+30SEC button to confirm.

Press POWER LEVEL button to set a cooking power level:

Press POWER LEVEL	Power (Display)	Press POWER LEVEL	Power (Display)
Once	100% (P100)	7 times	40% (P-40)
Twice	90% (P-90)	8 times	30% (P-30)
3 times	80% (P-80)	9 times	20% (P-20)
4 times	70% (P-70)	10 times	10% (P-10)
5 times	60% (P-60)	11 times	0% (P-00)
6 times	50% (P-50)		

NOTE: During cooking, you can check the current cooking power level by pressing POWER LEVEL button. If you want to cook at full power level, omit the first step.

Express cooking

Use this feature to program the oven to microwave food at 100% power conveniently.

In standby mode, just press START+30SEC button repeatedly to set cooking time (each press to increase 30 seconds, and up to 10 minutes), the oven start cooking automatically at full power. During express cooking, you can add cooking time by pressing START+30SEC button.

Speed defrost

1. In standby mode, press SPEED DEFROST button once.
2. Use number buttons to set defrosting time. The longest time is 99 minutes and 99 seconds.
3. Press START+30SEC button to confirm.

NOTE: During defrosting, the system will pause and sound to remind user to turn food over, after that, close the oven door and press START+30SEC button to resume.

Defrost by weight

The defrosting time and power level are adjusted automatically once food weight is programmed. The frozen food weight ranges from 100 g to 1800 g.

1. In standby mode, press DEFROST BY WEIGHT button once.
2. Use number buttons to set food weight.

3. Press START+30SEC button to confirm.

NOTE: During defrosting, the system will pause and sound to remind user to turn food over, after that, close the oven door and press START+30SEC button to resume.

Cook by weight

The cooking time and power level are adjusted automatically once the food category and the weight are programmed.

1. In standby mode, press COOK BY WEIGHT button once.
2. Use number buttons (1~3) to set food code (display will show 0).
3. Use number buttons to set food weight.
4. Press START+30SEC button to confirm.

Cook by weight code description:

Code	Type	Weight Range
1	Beef	100 g - 2500 g
2	Mutton	100 g - 2500 g
3	Pork	100 g - 2500 g

NOTE:

- Meat must be defrosted and at refrigerated temperature.
- During cooking, the system will pause and sound to remind user to turn food over, after that, close the oven door and press START+30SEC button to resume.

Multistage cooking

Your oven can be programmed for up to 2 automatic cooking sequences.

Suppose you want to set the following cooking program:

Microwave cooking



Microwave cooking (with lower power level)

1. Input the first microwave cooking program. Do not press START+30SEC button.
2. Input the second microwave cooking program.
3. Press START+30SEC button to start.

NOTE: Speed defrost, defrost by weight, cook by weight and auto cook menus cannot be set in multistage cooking program.

Child lock

The lock prevents unsupervised operation by children.

To set: In standby mode, press and hold STOP/CANCEL button for 3 seconds, then a beep will sound, the oven will auto enter child lock mode and the lock indicator light will turn on. In the lock state, all buttons are disabled.

To cancel: Press and hold STOP/CANCEL button for 3 seconds, then a beep will sound and the indicator light will disappear.

Auto cook

For the following food or cooking mode, it is not necessary to program the cooking time and power. It is sufficient to indicate the type of food that you want to cook as well as the weight or servings of this food.

1. In standby mode, press the corresponding menu button once or repeatedly to select food weight or servings.
2. Press START+30SEC button to start.

Auto cook menus:

Food	Note
Potato (230±10 g/serving, 1-2 servings)	
Popcorn (100 g)	
Pizza (150 g, 300 g, 450 g)	
Beverage (200 ml/cup, 1-3 cups)	
Frozen Meal (250 g ("1"), 500 g ("2"))	
Reheat (200-800 g)	The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly.

CLEANING AND CARE

1. Turn off the oven and unplug the power cord from the wall when cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.
3. The outside of the oven should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. A steam cleaner is not be used.
6. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
7. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
8. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
9. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
10. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
11. If the light bulb burns out, please contact customer service to have it replaced.
12. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
13. Please do not dispose of this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.

TROUBLE SHOOTING

TROUBLE	POSSIBLE CAUSE	SOLUTION
Display does not operate	Supply plug is not inserted properly	Unplug, wait 10 seconds and plug in again – ensuring plug is fully inserted and outlet switched on.
	Household supply circuit breaker has activated or the socket outlet is faulty	Unplug the microwave oven, test the socket outlet by plugging in a different appliance.
Oven does not operate	Door is not fully shut	Ensure door is correctly closed.
Sparking is seen from the cooking cavity	A metallic object located in the cooking cavity or the waveguide is dirty from lack of maintenance	Remove the metallic object and ensure waveguide and surrounding areas are clean. Note, if sparking continues this could indicate that the waveguide is permanently damaged. In which case it will be necessary to contact an appliance service centre.
Microwave oven interfering with TV reception	Radio and TV reception can be affected when a microwave oven is operating, this is a normal occurrence.	Move the radio / appliance away from the microwave oven to reduce interference.
Steam accumulating on door, hot air vents coming from vents	During cooking, steam may be released from food, most will exude from vents but some may accumulate on cool surfaces such as vents or on the door, this is normal.	To reduce the emission or risk of damage, ensure adequate clearances around the oven have been provided (see installation). Wipe any water deposits away straight after cooking.
Oven operated while empty	Operating a microwave oven while empty may result in a hazardous situation occurring.	Please ensure that food has been placed in the cooking cavity prior to operation.

COMPLIANCE

This appliance has been fully tested and meets all requirements as set out by standards AS/NZS 60335.1 and AS/NZS 60335.2.25.



The RCM Mark (Regulatory Compliance Mark) indicates that the product complies with the relevant guidelines of the ACMA as well as corresponding government requirements for the safety of electrical devices.

Responsible disposal

- At the end of its working life, make the appliance unserviceable by unplugging it from the power outlet and cutting the power cord.
- Do not throw this appliance out with your household rubbish. Electrical and electronic products contain substances which can have a detrimental effect on the environment and human health if disposed of inappropriately. Observe any local regulations regarding the disposal of electrical consumer goods and dispose of it appropriately for recycling. Contact your local authorities for advice on recycling facilities in your area.



Read the manual.

It will help you get the best out of your product.

Still have questions?

Call After Sales Support
0800 422 274

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Warranty

We pride ourselves on producing a range of quality home appliances that are both packed with features, and completely reliable. We are so confident in our products, we back them up with a 2 year warranty when accompanied with proof of purchase. Now you too can relax knowing that you are covered. Customer Helpline NZ: 0800 422 274

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