

# KENWOOD

30 Litre Combination Microwave

K30CIFS21

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instruction manual





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**Thank you** for purchasing your new Kenwood Microwave.

These operating instructions will help you use it properly and safely.

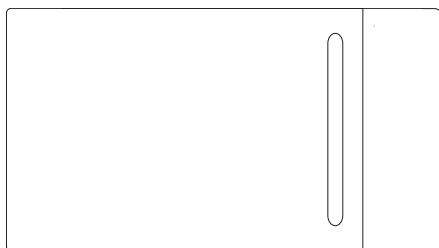
We recommend that you spend some time reading this instruction manual in order that you fully understand all the operational features it offers.

Read all the safety instructions carefully before use and keep this instruction manual for future reference.

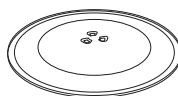
## unpacking

Remove all items from the packaging. Retain the packaging. If you dispose of it please do so according to local regulations.

The following items are included:



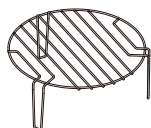
The Main Unit



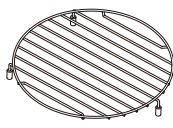
Turntable Plate



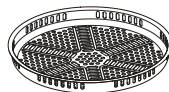
Turntable Support



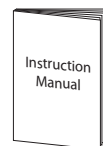
Tall Grill Rack



Short Grill Rack



Frying Pan



Instruction Manual

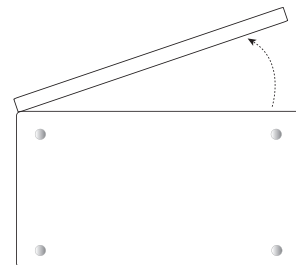
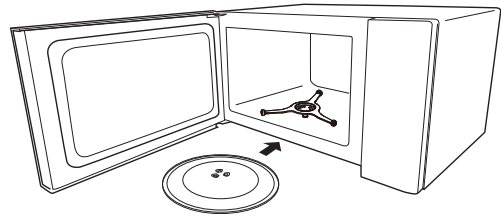
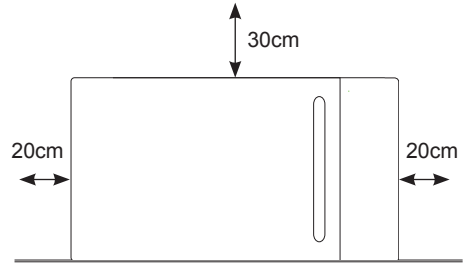


If items are missing, or damaged please contact Partmaster (UK only).  
Tel: 0344 800 3456 for assistance.

# getting ready

This microwave is designed for home use only. It should not be used for commercial catering.

1. After unpacking your microwave, check that it has not been damaged whilst in the box. Make sure there are no dents, and the door closes properly. A damaged microwave could allow microwave energy to escape. Make sure that you have taken out all the packaging from the inside of the microwave. Please dispose of the wrappings / bags safely and keep out of the reach of babies and young children.
2. Choose a flat, stable work surface for your microwave away from heat sources such as radiators or fires and away from cold areas. The surface should be at least 85cm above the floor. You should allow a 20 cm space all around the microwave and 30 cm above so that warm air can escape from the vents during cooking. This microwave is not designed to be built in. Do not block any intake or outlet openings as this can damage the unit.
3. Plug your microwave into a standard household electrical socket (230-240V~50Hz, 13 amp rated). Avoid using a socket that also has an adapter and other equipment plugged in. Do not use a multi-adapter.
4. Put the turntable support inside the microwave and place the glass turntable plate on top of the support. The turntable support is shaped to sit securely on the spindle. You must always use the turntable plate and support whenever you use the microwave.
5. To protect your work surface, we recommend that you fix some non-slip cushion buttons (not included) to the underside of the microwave.



Underside View



- Remove the turntable plate and turntable support before turning the microwave upside down.
- Do not remove the unit's feet.

# introducing microwave cooking

Always remember the basic safeguards you would follow when using any cooking equipment or handling hot food.

This page gives some of the basic guidelines for microwave cooking.

## cooking with a microwave



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If you are unsure how long the food should cook, begin cooking at the lowest recommended time, then add more time if necessary. The moisture content of food can vary. Ensure food is thoroughly cooked all the way to the centre before serving.

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- Microwave energy can heat unevenly so stirring to distribute heat is very important. Always stir from the outside, inwards.
- If you are cooking a number of individual foods at the same time, such as baked potatoes or small cakes, arrange them evenly on the turntable plate so that they cook evenly. Never stack food in the microwave.
- Turn larger foods such as meat roasts and poultry during cooking so that the top and bottom cook evenly. It is also recommended to turn pieces of meat or poultry, especially if they have not been deboned.
- Meat and poultry which is cooked for 15 minutes or more will brown lightly in its own fat. Anything cooked for a shorter time can be brushed with a browning sauce to give an appetising colour.

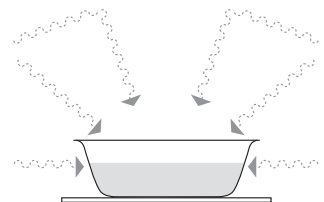


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Cooking with a microwave is much faster than conventional cooking and, whilst you should make sure that food is fully cooked, you should be careful not to overcook it. Food can catch fire if excessive cooking times are used.

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- Strips of aluminium foil can be used to cover the thinner pieces of food to stop them from overcooking before the thicker parts of the food have had the chance to cook. Use the aluminium foil sparingly and wrap around the food or container carefully to stop it from touching the inside of the microwave which could cause sparks.
- Microwaves cook food using microwave energy that is similar to naturally occurring radio waves. Normally, these “waves” would fade as they disappear into the atmosphere but in a microwave they are concentrated on the food causing it to heat up.
- Microwave energy cannot pass through metal – so it cannot escape from the inside of your microwave – but it can pass through materials like glass, porcelain, plastic, and paper. These are the things used to make microwave-safe cooking equipment.
- Microwave-safe cooking equipment will still get hot as the food it contains heats up.
- The microwave energy focuses on the moisture in the food causing lots of tiny vibrations. The vibrations get so great that the moisture – and the food – heat up.



## checking your cooking utensils

Most heat-resistant, non-metallic cooking utensils are safe to use in your microwave. If made of plastic or glass, utensils will be marked as “microwave safe” or similar.



If you are not sure and/or there is no “microwave safe” marking on the utensil, do NOT use it in the microwave.

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For the types of utensils you can use in the microwave, please see the “Materials That Can Be Used” section.



- Never use equipment made of metal, except aluminium foil in your microwave oven.
  - The microwave energy cannot pass through the metal so it bounces off and sparks against the inside of the oven.
  - Stop the microwave immediately if any equipment or utensils causes sparks.
  - Remember that some crockery has a metal trim around the edge. Even this trim can cause sparks.
  - Never use scratched, cracked or damaged glass in a microwave. Damaged glass can explode.
- 

## using aluminium foil in your microwave

It is safe to use aluminium foil in your microwave as long as you follow these safety guidelines.

As with all metals, microwave energy cannot pass through aluminium foil, but provided you keep the aluminium foil away from the inside walls of the microwave it will not cause sparks and there will not be any damage to your microwave.

Using aluminium foil is a good way of shielding parts of the food that you do not want to cook as quickly as others – perhaps where the food is narrower and would otherwise overcook.

Place the aluminium foil over the area you want to shield, taking care that the aluminium foil will not touch the inside walls of the microwave when the turntable plate rotates. Only use one piece of aluminium foil at a time so that you do not get sparks between the separate pieces.

Follow these guidelines when using aluminium foil in your microwave:

- Remove aluminium foil lids from containers before using in the microwave. Some lids are made of card with an aluminium foil covering – these should be removed too. Use a microwave-safe transparent lid if possible.
- Stir food during cooking if the container has a lid or film cover.
- Always use the glass turntable plate.
- Use shallow containers with a large surface area. Do not use containers that are more than 1.25in (3.5cm) deep.
- Use gloves when handling any aluminium foil.
- Do not completely cover food with aluminium foil. The microwave energy cannot pass through the aluminium foil so the food will not cook.
- Do not let aluminium foil touch the inside of the microwave.
- Do not use more than one piece of aluminium foil in the microwave at the same time.

## materials that can be used in the microwave

Utensils	Remarks
Browning dish	Follow the manufacturer's instructions. The bottom of a browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow the manufacturer's instructions. Do not use cracked or chipped dishes.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow the manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for short-term cooking only.
Greaseproof paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labelled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by the instructions on their packaging.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture.

## microwave heating categories

Your microwave has been tested and labelled to meet the UK government's voluntary agreement on the reheating of pre-cooked food.

The heating characteristics and output power levels of microwaves are usually calculated using a relatively large portion of food (1000 gram load, IEC 60705) but many packs of pre-cooked food are sold in smaller packs, often about 350 grams.

The UK government, in partnership with food companies and microwave manufacturers, has set up a system of heating categories to help you choose the reheating time for pre-cooked food.



900W is the output power of the microwave. (IEC 60705)

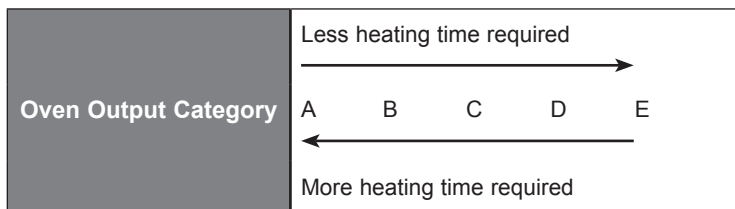
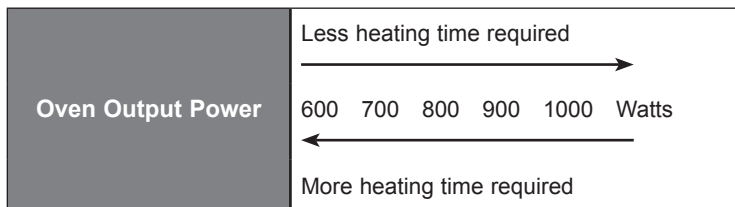
E is the heating category for your microwave. Check the cooking times for category E on the food's packaging to see how long it should be cooked.

The category (a letter from A to E), is designed to help you reheat small quantities of food such as microwave ready meals.

The label given above and also on the oven door gives the heating category and output power of the oven.

Microwave ready meals weighing up to 500g (1lb 2oz) should have cooking instructions for heating categories A to E. Follow the instructions for the letter that corresponds to the heating category of the oven.

The higher the output power and heating category of the oven the less heating time is required. This is shown in the diagrams below:



Start cooking at the lowest recommended time, and add more time if necessary. The moisture content of food can vary, ensure food is cooked thoroughly all the way to the centre before serving.

## steam

When you microwave food, steam is created as water in the food heats up and evaporates.

The steam formed during microwave cooking is entirely safe. It has to escape from the microwave to prevent pressure from building up inside the microwave. It does this through the vents on the back of the microwave and from around the door.

## condensation

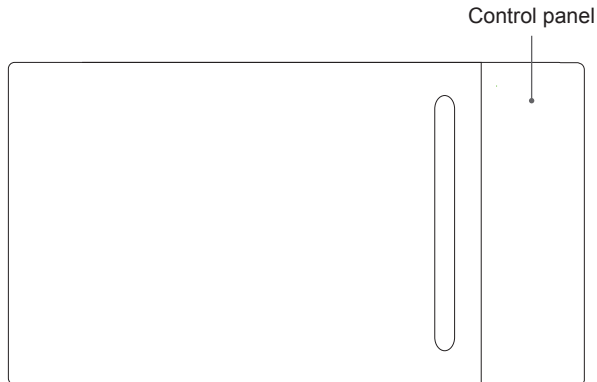
As the steam cools, you may find that condensation gathers in small pools inside your microwave and on the work surface beneath the door and vents. Always dry the microwave after cooking foods with a high moisture content.

Your microwave is designed to let steam escape from the vents and around the door without microwave energy escaping. There is no danger of microwave energy escaping with the steam.

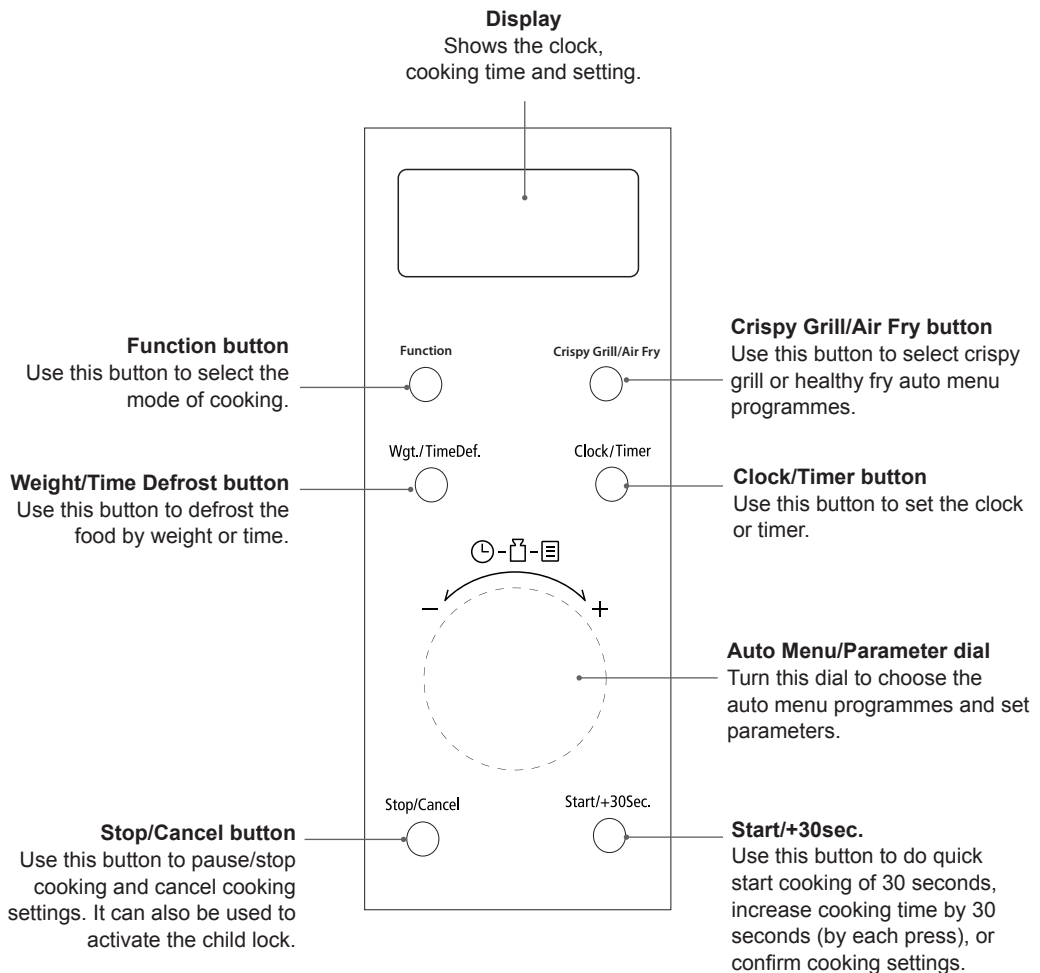


# product overview

## the main unit



## the control panel

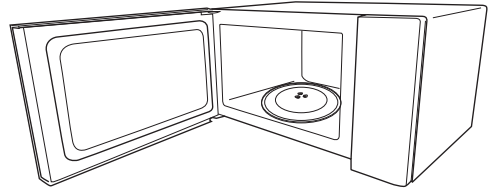


# checking your microwave

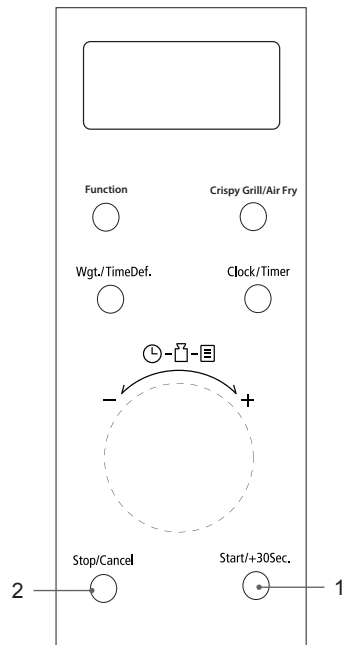
Check your microwave after unpacking.



For your safety, the microwave stops if the door is opened during cooking. Close the door and press the **Start/+30sec.** (1) button to continue the cooking cycle.



1. Open the door.
2. Place a cup of water on the glass turntable plate. Make sure the cup is microwave-safe (it should not have any decorative metal trim).
3. Close the door.
4. Press the **Stop/Cancel** (2) button to clear any settings that have already been made.
5. Press the **Start/+30sec.** (1) button to start a simple 30-second microwave cooking cycle that allows you to check the operation of the microwave.
6. When the cooking cycle has finished, the water should be hot (be careful when you take the cup out of the microwave).
7. Press the **Stop/Cancel** (2) button to clear any settings.



Smoke and smell may emit during first time use, this is not a fault and will disappear after a few uses.

# clock setting

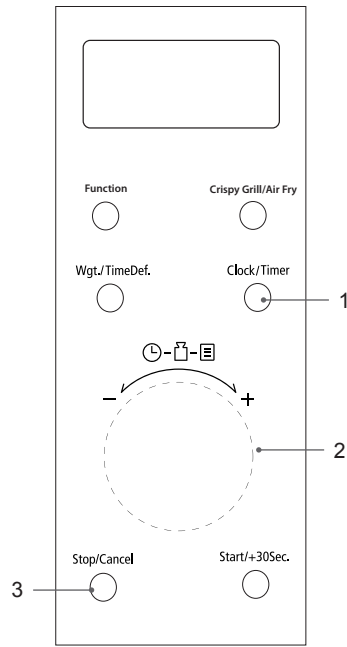
When the microwave is connected to the mains power, the display will show “0:00”, and the microwave will sound once. Ensure that you have set the clock prior to use.

Follow the steps below to set the clock.

1. Press the **Clock/Timer** (1) button once and the hour digits will flash.
2. Turn the **Parameter** (2) dial to adjust the hour. The input hour is within 0-23.
3. Press the **Clock/Timer** (1) button to confirm the hour and adjust the minutes.
4. Turn the **Parameter** (2) dial to adjust the minutes. The input minute is within 0-59.
5. Press the **Clock/Timer** (1) button to complete the clock setting.



- This is a 24-hour clock. When the microwave is connected to the mains power for the first time or when the power is resumed after a power interruption, the display will show “0:00”. To re-set the clock, follow the above steps.
- In the process of clock setting, if the **Stop/Cancel** (3) button is pressed, the microwave will go back to the previous status automatically.
- To find out the current time while the microwave is in use, press the **Clock/Timer** (1) button. It will display the current time for 2-3 seconds, then return to the remaining cooking time.



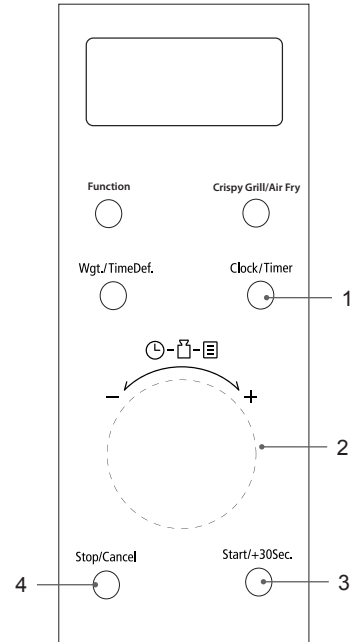
# kitchen timer

When the kitchen timer is running, other functions cannot be used.

When the microwave is not in use, this feature allows you to use the microwave as a timer.

To set the **kitchen timer**, follow the steps below.

1. Press the **Clock/Timer** (1) button twice. The display will show "00:00".
2. Turn the **Parameter** (2) dial to set the timer time. The longest time you can set is 95 minutes.
3. Press the **Start/+30sec.** (3) button to confirm the setting and to start the countdown. You can press the **Stop/Cancel** (4) button to cancel the timer.
4. Once the elapsed time is reached, the microwave will sound and return to its original state.




The kitchen timer is not a clock; it is a timer.

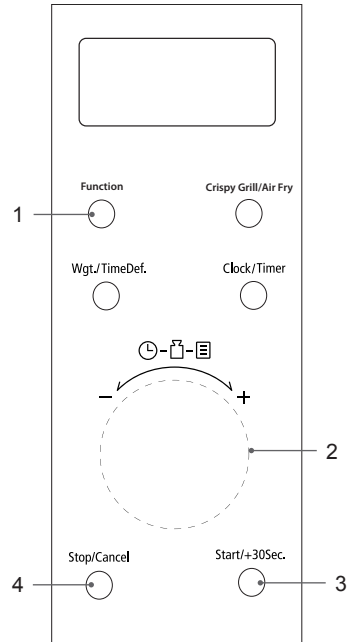
# microwave cooking

For simple microwave cooking, follow the steps below.

For example: If you want to use 50% microwave power to cook for 5 minutes, follow the steps below:

1. Press the **Function** (1) button. The display will flash “**P100**”.  will be displayed.
2. Press the **Function** (1) button repeatedly or turn the **Parameter** (2) dial to select “**P50**”. Press the **Start/+30sec.** (3) button to confirm the power.
3. Turn the **Parameter** (2) dial to set to “**5:00**” for the cooking time. (The maximum cooking time can be set to 95 minutes)
4. Press the **Start/+30sec.** (3) button to confirm and start cooking. You can press the **Stop/Cancel** (4) button once to pause the cooking. Press the **Stop/Cancel** (4) button again to cancel the cooking.

Display	Microwave power
P100	100%
P90	90%
P80	80%
P70	70%
P60	60%
P50	50%
P40	40%
P30	30%
P20	20%
P10	10%

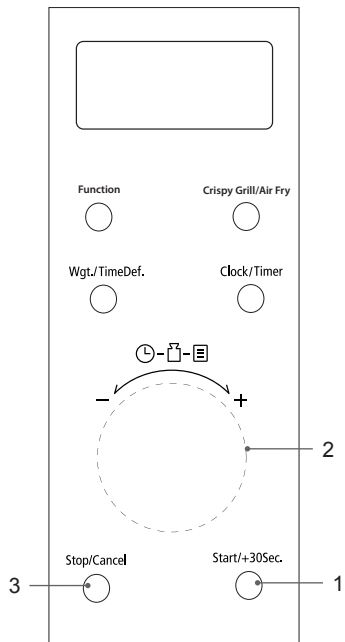


- When removing food from the microwave, please ensure that the microwave has stopped.
- Operating the microwave without food in it can result in overheating and damaging the magnetron.
- You can press the **Start/+30sec.** (3) button to increase the cooking time by 30 seconds for each press.

# quick start cooking


This feature allows you to quickly cook your food at 100% microwave power. Follow the steps below.

- Press the **Start/+30sec.** (1) button to start the quick start cooking for 30 seconds at 100% microwave power. Press the **Start/+30sec.** (1) button again to add another 30 seconds. Repeated pressing will add another 30 seconds and so on. The maximum cooking time is up to 95 minutes.
- Alternatively, you can also turn the **Parameter** (2) dial to the left to set your desired cooking time, then press **Start/+30sec.** (1) button to start cooking. You can press the **Start/+30sec.** (1) button again to add another 30 seconds. Repeated pressing will add another 30 seconds and so on. The maximum cooking time is up to 95 minutes.
- Press the **Stop/Cancel** (3) button once to pause the cooking. Press the **Stop/Cancel** (3) button again to cancel the cooking.



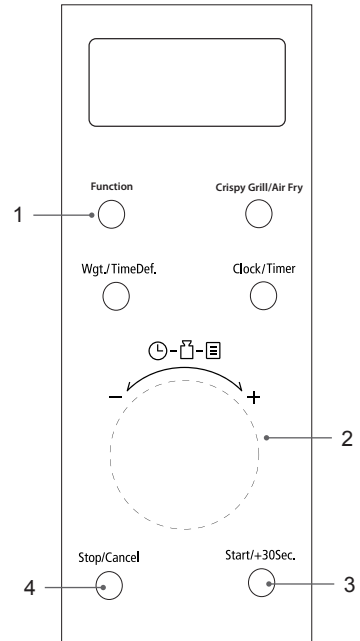
# grill cooking

For grill cooking, follow the steps below. We recommend that you use the supplied grill rack to place your food. Place the grill rack on top of the turntable plate.

1. Press the **Function** (1) button once.
2. Press the **Function** (1) button repeatedly or turn the **Parameter** (2) dial to select “**G-1**” (grill function).  is displayed. Press the **Start/+30sec.** (3) button to confirm.
3. Turn the **Parameter** (2) dial to set the cooking time. (The maximum cooking time can be set to 95 minutes)
4. Press the **Start/+30sec.** (3) button to confirm and start cooking. You can press the **Stop/Cancel** (4) button once to pause the cooking. Press the **Stop/Cancel** (4) button again to cancel the cooking.








- You can press the **Start/+30sec.** (3) button to increase the cooking time by 30 seconds for each press.
- Once half the grill time has passed, the oven will sound prompting to turn over the food. You can choose to turn food or leave it to continue cooking. To turn food, open the door, turn the food, close the door and press **Start/+30sec.** (3) button to continue cooking.



# combination cooking

For combination cooking, follow the steps below. We recommend that you use the supplied grill rack to place your food. Place the grill rack on top of the turntable plate.

1. Press the **Function** (1) button once.
2. Press the **Function** (1) button repeatedly or turn the **Parameter** (2) dial to select which combination cooking programme to use: “**C-1**”, “**C-2**”, “**C-3**”, “**C-4**”. Press the **Start/+30sec.** (3) button to confirm.
3. Turn the **Parameter** (2) dial to set the cooking time. (The maximum cooking time can be set to 95 minutes)
4. Press the **Start/+30sec.** (3) button to confirm and start cooking. You can press the **Stop/Cancel** (4) button once to pause the cooking. Press the **Stop/Cancel** (4) button again to cancel the cooking.

Display	Microwave	Grill power	Convection
C-1	✓ 	-	✓ 
C-2	✓ 	✓ 	-
C-3	-	✓ 	✓ 
C-4	✓ 	✓ 	✓ 



- You can press the **Start/+30sec.** (3) button to increase the cooking time by 30 seconds for each press.

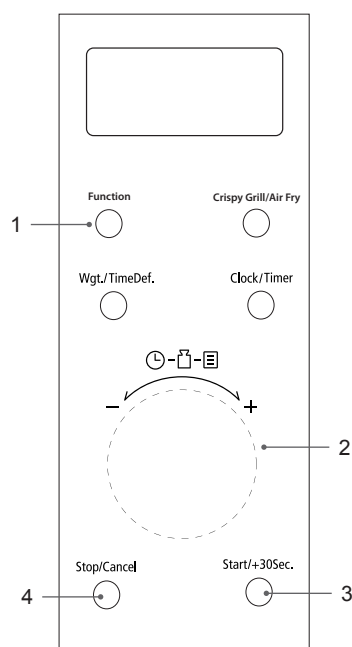
# convection cooking

Convection cooking allows you to cook the food like a traditional oven with or without preheating, follow the steps below. We recommend that you use the supplied grill rack to place your food. Place the grill rack on top of the turntable plate.

## with preheating

With preheat function, you can preheat the microwave to the appropriate temperature before placing the food in the microwave.

1. Press the **Function** (1) button repeatedly to select which preheat temperature to use: “**150°C to 240°C**”. (Alternatively, after pressing the **Function** (1) button once, you can turn the **Parameter** (2) dial to select the preheat temperature to use.)
2. Press the **Start/+30sec.** (3) button to confirm the selection.
3. Press the **Start/+30sec.** (3) button again to start preheating.
4. When preheating is completed, the oven will beep twice. Open the door and place the food in the oven.
5. Close the oven. Turn the **Parameter** (2) dial to set the cooking time. (The maximum cooking time can be set to 95 minutes)
6. Press the **Start/+30sec.** (3) button to confirm and start cooking. You can press the **Stop/Cancel** (4) button once to pause the cooking. Press the **Stop/Cancel** (4) button again to cancel the cooking.



## without preheating

1. Press the **Function** (1) button repeatedly to select which preheat temperature to use: “**150°C to 240°C**”. (Alternatively, after pressing the **Function** (1) button once, you can turn the **Parameter** (2) dial to select the preheat temperature to use.)
2. Press the **Start/+30sec.** (3) button to confirm the selection.
3. Turn the **Parameter** (2) dial to set the cooking time. (The maximum cooking time can be set to 95 minutes)
4. Press the **Start/+30sec.** (3) button to confirm and start cooking. You can press the **Stop/Cancel** (4) button once to pause the cooking. Press the **Stop/Cancel** (4) button again to cancel the cooking.



You can press the **Start/+30sec.** (3) button to increase the cooking time by 30 seconds for each press.

# multi-stage cooking

For multi-stage cooking, follow the steps below.



You can set a maximum of 2 stages for multi-stage cooking. If defrosting is among one of the stages, then it should be set as the first stage. Preheat, auto cooking and quick start cooking are not available in multi-stage cooking.

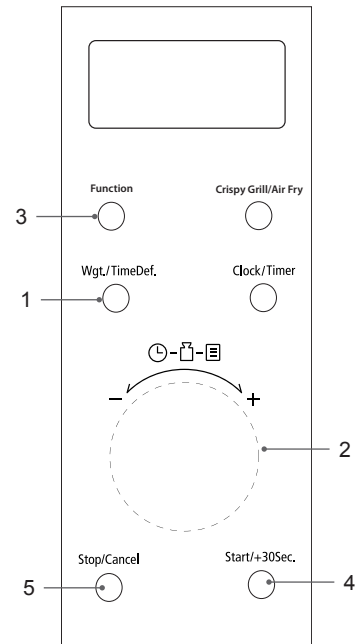
For example: If you want to defrost your 200g food and then cook it with 80% microwave power for 5 minutes, follow the steps below:

1. Press the **Wgt./TimeDef.** (1) button once. The display will show “**dEF1**”.
2. Turn the **Parameter** (2) dial to set the weight of the food to “**200**”.



Do not press the **Start/+30sec.** (4) button at this stage.

3. Press the **Function** (3) button then turn the **Parameter** (2) dial to set to “**P80**”.
4. Press the **Start/+30sec.** (4) button then turn the **Parameter** (2) dial to set to “**5:00**” for the cooking time. (The maximum cooking time can be set to 95 minutes)
5. Press the **Start/+30sec.** (4) button to confirm and start cooking.
6. Press the **Stop/Cancel** (5) once button to pause the cooking. Press the **Stop/Cancel** (5) button again to cancel the cooking.



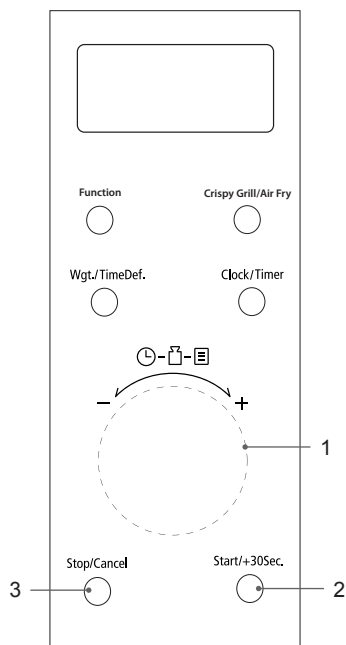
- You can press the **Start/+30sec.** (4) button to increase the cooking time by 30 seconds for each press. If the food is defrosted by time (**dEF2**), the defrosting time can also be increased by pressing **Start/+30sec.** (4) button.
- Once half the defrosting time has passed, the oven will sound prompting to turn over the food. You can choose to turn food or leave it to continue defrosting. To turn food, open the door, turn the food, close the door and press **Start/+30sec.** (4) button to continue defrosting.

# auto cooking

This feature allows you to cook most of your food based on the food category and weight. Select the category and choose the weight of your food. For quick reference of the weight and cooking time, refer to the auto-cook menu table on the following page.

For example: If you want to cook 450g of meat, follow the steps below:

1. Turn the **Auto Menu** (1) dial once to the right then keep on turning to select “**A3**”.
2. Press the **Start/+30sec.** (2) button to confirm the selected food category.
3. Turn the **Parameter** (1) dial to set the weight of the food to “**450**”.
4. Press the **Start/+30sec.** (2) button to confirm and start cooking.
5. Press the **Stop/Cancel** (3) button once to pause the cooking. Press the **Stop/Cancel** (3) button to cancel the cooking.










When using the auto-cook menu, it is not necessary to programme the time or cooking power. Indicating the food type and weight is sufficient. For some food, you may need to turn it over during cooking to ensure it is thoroughly cooked and browns evenly.



The density and thickness of food can affect its cooking time. Ensure all food is piping hot and cooked thoroughly before serving. It is essential that food is checked during and after the recommended cooking time, even if auto-cook was used.

## auto-cook menu table

Menu	Display	Weight	Cooking time	Cooking power	Comments
<b>A1</b> Auto Reheat	150 g	150 g	1'40"	P100	<ul style="list-style-type: none"> <li>• Only use suitable microwavable containers and cling film in the microwave. Pierce the film with a fork before cooking.</li> <li>• For reheating food.</li> </ul>
	250 g	250 g	2'20"		
	350 g	350 g	3'20"		
	450 g	450 g	4'40"		
	600 g	600 g	6'00"		
<b>A2</b> Potato (at least 230g per potato)	1	230 g	5'00"	P100	For best results, pierce the potato's skin before cooking. Once the potato is cooked, wrap it in aluminium foil for at least 5 minutes to ensure it is cooked thoroughly.
	2	460 g	8'00"		
	3	690 g	11'30"		
<b>A3</b> Meat	150 g	150 g	3'00"	P80	<ul style="list-style-type: none"> <li>• Make sure food is thoroughly cooked before consuming.</li> <li>• Additional cooking time may be required for thicker pieces of meat.</li> </ul>
	300 g	300 g	4'40"		
	450 g	450 g	6'20"		
	600 g	600 g	8'00"		
<b>A4</b> Vegetable	150 g	150 g	2'50"	P100	<ul style="list-style-type: none"> <li>• Only use suitable microwavable containers and cling film in the microwave.</li> <li>• Check regularly to ensure the water does not boil over.</li> </ul>
	350 g	350 g	4'50"		
	500 g	500 g	6'50"		
<b>A5</b> Fish	150 g	150 g	3'20"	P80	<ul style="list-style-type: none"> <li>• Make sure food is thoroughly cooked before consuming.</li> <li>• Additional cooking time may be required for thicker pieces of fish.</li> </ul>
	250 g	250 g	4'50"		
	350 g	350 g	6'20"		
	450 g	450 g	7'50"		
	650 g	650 g	9'20"		
<b>A6</b> Pasta	50 g	50 g (+ 450g cold water)	18'00"	P80	<ul style="list-style-type: none"> <li>• Only use suitable microwavable containers and cling film in the microwave.</li> <li>• Check regularly to ensure the water does not boil over.</li> </ul>
	100 g	100 g (+800g cold water)	20'00"		
	150 g	150 g (+1200g cold water)	22'00"		
<b>A7</b> Soup	200	200 ml	2'10"	P100	<ul style="list-style-type: none"> <li>• Only use suitable microwavable containers and cling film in the microwave.</li> <li>• Check regularly to ensure the water does not boil over.</li> </ul>
	400	400 ml	4'20"		
	600	600 ml	6'20"		
<b>A8</b> Cake	475 g	475 g	60'00"	Convection  with preheating at 170°	<ul style="list-style-type: none"> <li>• After preheating is completed, 2 beeps will sound. Open the door and put in the cake, then close the door and press the <b>Start/+30sec.</b> button to start cooking.</li> <li>• Do not use any type of cling film or plastic or similar materials in convection mode. These materials may melt and cause a hazard.</li> </ul>

Menu	Display	Weight	Cooking time	Cooking power	Comments
<b>A9</b> Pizza	200 g	200 g	10'00"	C-4   	<ul style="list-style-type: none"> <li>This setting is designed for cooking pizza slices. Additional cooking time may be required for thicker or frozen pieces of pizza.</li> <li>Do not use any type of cling film or plastic or similar materials in convection mode. These materials may melt and cause a hazard.</li> </ul>
	300 g	300 g	12'00"		
	400 g	400 g	14'00"		
<b>A10</b> Chicken	500 g	500 g	30'00"	C-4   	<ul style="list-style-type: none"> <li>Make sure food is thoroughly cooked before consuming. Additional cooking time may be required for thicker pieces of chicken.</li> <li>Do not use any type of cling film or plastic or similar materials in convection mode. These materials may melt and cause a hazard.</li> </ul>
	750 g	750 g	35'00"		
	1000 g	1000 g	40'00"		
	1200 g	1200 g	45'00"		



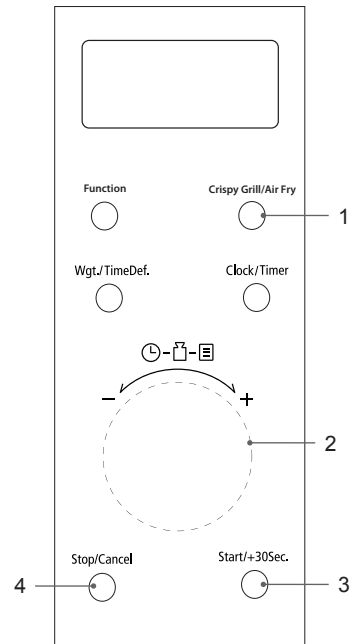
- It is recommended that when auto-cooking a potato, the potato should weigh at least 230g. Potatoes will vary in water content depending on age, type, weight, etc
- All cooking times are approximate guides only; adjust to preferred tastes and recipes.

# auto cooking (crispy grill & air fry)

## crispy grill (C1 to C4)



This feature allows you to cook your food based on the food category and weight. Select the category and choose the weight of your food. For quick reference of the weight and cooking time, refer to the crispy grill menu table. We recommend that you use the supplied frying pan to place your food. Place the frying pan on top of the turntable plate.

1. Press the **Crispy Grill/Air Fry** (1) button.
2. Press the **Crispy Grill/Air Fry** (1) button again repeatedly to select which crispy grill menu to use: **“C1 to C4”**. (Alternatively, after pressing the **Crispy Grill/Air Fry** (1) button once, you can turn the **Parameter** (2) dial to select the crispy grill menu to use.)
3. Press the **Start/+30sec.** (3) button to confirm the selected food category.
4. Turn the **Parameter** (2) dial to set the weight of the food.
5. Press the **Start/+30sec.** (3) button to confirm and start cooking.
6. Press the **Stop/Cancel** (4) button once to pause the cooking. Press the **Stop/Cancel** (4) button to cancel the cooking.



## crispy grill menu table

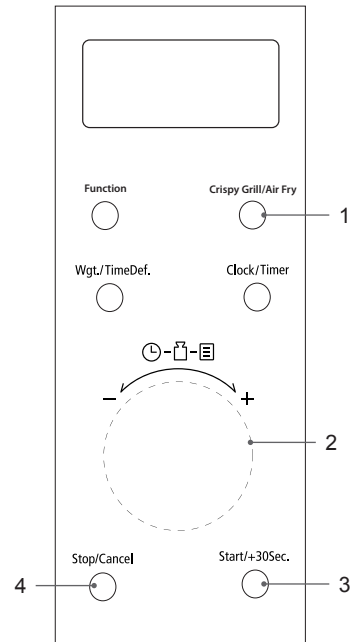
Menu	Display	Weight	Cooking time	Cooking power	Comments
<b>C1</b> Fresh mini pizza	300 g	300 g	14'00"		<ul style="list-style-type: none"> <li>• This setting is designed for cooking fresh mini pizzas. Additional cooking time may be required for thicker or frozen pieces of pizza.</li> <li>• Do not use any type of cling film or plastic or similar materials in convection mode. These materials may melt and cause a hazard.</li> </ul>
	600 g	600 g	18'00"		
	900 g	900 g	22'00"		
<b>C2</b> Lasagna	200 g	200 g	10'00"		<ul style="list-style-type: none"> <li>• Do not use any type of cling film or plastic or similar materials in convection mode. These materials may melt and cause a hazard.</li> </ul>
	300 g	300 g	11'00"		
	400 g	400 g	12'00"		
	500 g	500 g	13'00"		

Menu	Display	Weight	Cooking time	Cooking power	Comments
<b>C3</b> Bread	100 g	100 g	5'30"		<ul style="list-style-type: none"> <li>Do not use any type of cling film or plastic or similar materials in convection mode. These materials may melt and cause a hazard.</li> </ul>
<b>C4</b> Pie/Tart	350g	350 g	34'00"		<ul style="list-style-type: none"> <li>After preheating is completed, 2 beeps will sound. Open the door and put in the food, then close the door and press the <b>Start/+30sec.</b> button to start cooking.</li> <li>Do not use any type of cling film or plastic or similar materials in convection mode. These materials may melt and cause a hazard.</li> </ul>

## healthy fry (H1 to H9)

This feature provides 9 auto menus for healthy air frying, refer to the healthy fry menu table. We recommend that you use the supplied frying pan to place your food. Place the frying pan on top of the turntable plate.

1. Press the **Crispy Grill/Air Fry** (1) button.
2. Press the **Crispy Grill/Air Fry** (1) button again repeatedly to select which healthy fry menu to use: "**H1 to H9**".  
(Alternatively, after pressing the **Crispy Grill/Air Fry** (1) button once, you can turn the **Parameter** (2) dial to select the healthy fry menu to use.)
3. Press the **Start/+30sec.** (3) button to confirm and start cooking.
4. Press the **Stop/Cancel** (4) button once to pause the cooking. Press the **Stop/Cancel** (4) button to cancel the cooking.



## healthy fry menu table

Display	Menu	Weight	Cooking time	Cooking power
H1	Frozen chips	300 g	22'00"	Grill 100%/Grill 60% + Convection 240°
H2	Frozen potato ball	350 g	16'00"	Grill 60% + Convection 240°
H3	Frozen squid	250 g	16'00"	Grill 60% + Convection 240°
H4	Frozen onion rings	250 g	16'00"	Grill 60% + Convection 240°
H5	Frozen chicken	350 g	20'00"	Grill 60% + Convection 240°
H6	Steak	400 g	22'00"	Grill 60% + Convection 240°
H7	Shrimp	250 g	18'00"	Grill 60% + Convection 240°
H8	Vegetable	200 g	16'00"	Grill 60% + Convection 240°
H9	Crispy spring rolls	300 g	18'00"	Grill 60% + Convection 240°



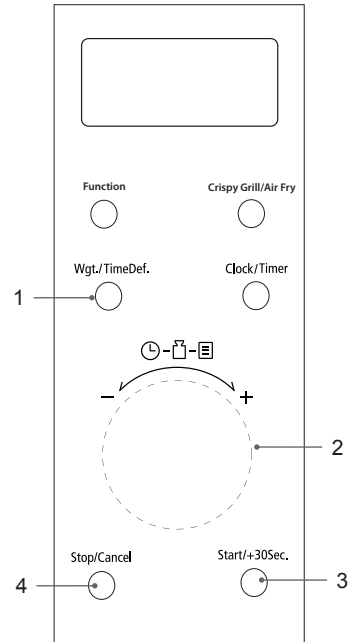
The density and thickness of food can affect its cooking time. Ensure all food is piping hot and cooked thoroughly before serving. It is essential that food is checked during and after the recommended cooking time, even if auto-cook was used.

# weight defrost

This feature allows you to defrost your frozen foods simply by entering the weight. Follow the steps below.

For example: If you want to defrost 600g of prawns, follow the steps below:

1. Press the **Wgt./TimeDef.** (1) button once. The display will show “dEF1”.
2. Turn the **Parameter** (2) dial to set the weight of the food to “600”. (You can set the weight range from 100g to 2000g.)
3. Press the **Start/+30sec.** (3) button to start defrosting.
4. Press the **Stop/Cancel** (4) button once to pause the defrosting. Press the **Stop/Cancel** (4) button again to cancel the defrosting.



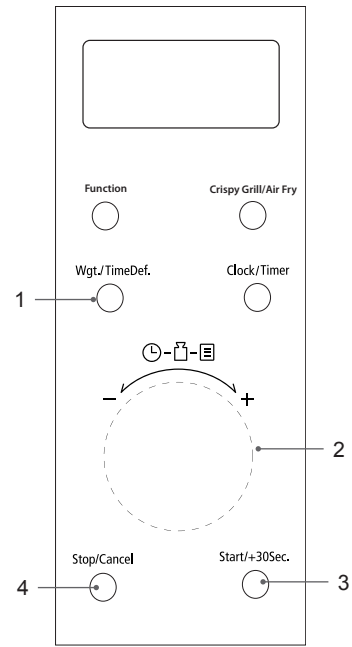
- Large items may be frozen in the centre. Therefore, to ensure even thawing, turn them over from time to time and break them into smaller pieces during defrosting.
- Once half the defrosting time has passed, the oven will sound prompting to turn over the food. You can choose to turn food or leave it to continue defrosting. To turn food, open the door, turn the food, close the door and press **Start/+30sec.** (3) button to continue defrosting.
- Place roasts fat-side down or whole poultry breast-side down.
- Drain liquids during defrosting as the juices from food can get hot and cook the food.

# time defrost

This feature allows you to defrost your frozen foods simply by entering the time. The longest defrosting time allowed is 95 minutes. Please follow the steps below.

For example: If you want to defrost the food for 25 minutes, follow the steps below:

1. Press the **Wgt./TimeDef.** (1) button twice. The display will show “dEF2”.
2. Turn the **Parameter** (2) dial to set the defrosting time to “25:00”.
3. Press the **Start/+30sec.** (3) button to start defrosting.
4. Press the **Stop/Cancel** (4) button once to pause the defrosting. Press the **Stop/Cancel** (4) button again to cancel the defrosting.



- Large items may be frozen in the centre. Therefore, to ensure even thawing, turn them over from time to time and break them into smaller pieces during defrosting.
- Once half the defrosting time has passed, the oven will sound prompting to turn over the food. You can choose to turn food or leave it to continue defrosting. To turn food, open the door, turn the food, close the door and press **Start/+30sec.** (3) button to continue defrosting.
- Place roasts fat-side down or whole poultry breast-side down.
- Drain liquids during defrosting as the juices from food can get hot and cook the food.
- You can press the **Start/+30sec.** (3) button to increase the defrosting time by 30 seconds for each press.

# checking the cooking function

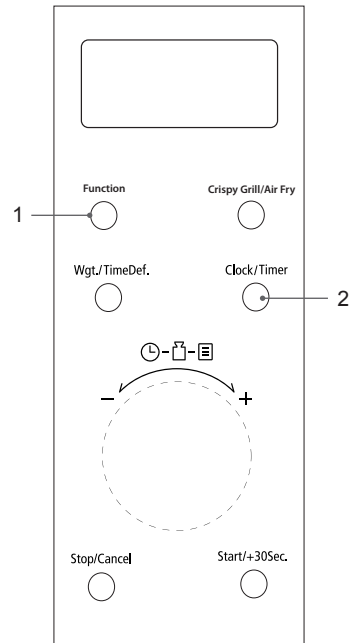
This feature allows you to check and view the current cooking settings while the microwave is cooking.

## to find out the current cooking setting

- While the microwave is cooking, press the **Function** (1) button once and the display will show the current cooking mode/power. It will last for 2-3 seconds and then return to its original display.

## to find out the current time


- Make sure the clock is set.
- While the microwave is cooking or defrosting, press the **Clock/Timer** (2) button once and the display will show the current time. The display will last for 2 - 3 seconds and the microwave will then return to its original display.

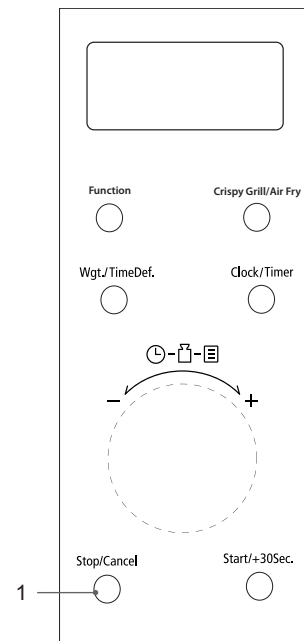


# setting the child lock

This feature prevents the microwave from operating by locking the control panel until you cancel the lock.

Follow the steps below to set the child lock.

- Press the **Stop/Cancel** (1) button for 3 seconds until a long tone is sound. The child lock indicator  will appear on the display to indicate that the microwave has set the child lock.
- To release the child lock, press the **Stop/Cancel** (1) button again for 3 seconds until a long tone is sound. The child lock indicator will disappear from the display to indicate that the microwave has released the child lock.

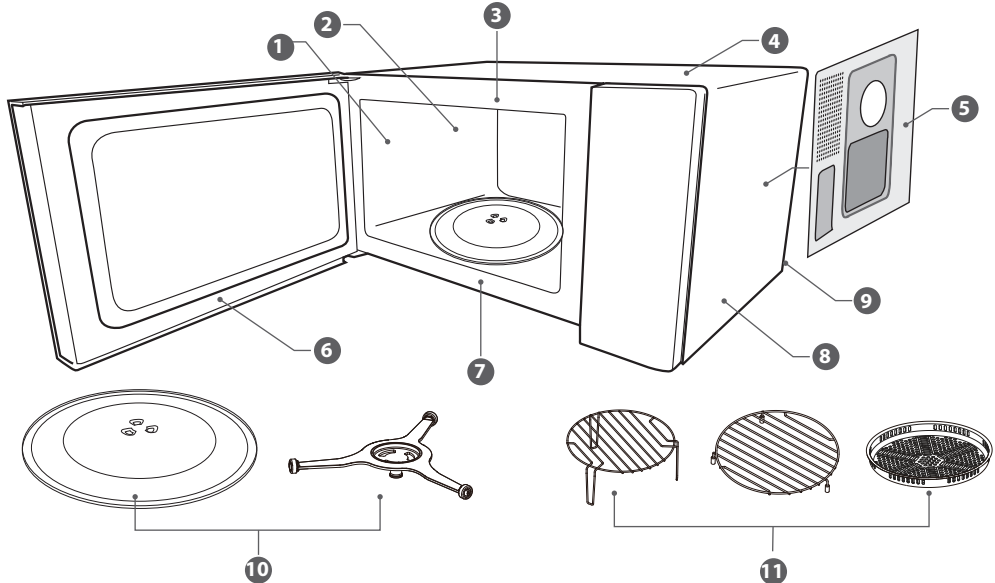


# cleaning your microwave

Cleaning your microwave each time you use it will help to prevent a build up of stubborn marks that can be difficult to clean.

Unplug your microwave from the mains and wait for it to completely cool down before cleaning.

On the right hand side wall of the cavity is the wave guide cover. Microwaves are passed through this to enable your food to cook. It is important that this wave guide cover is kept clean at all times. Wipe it with mild detergent and water and leave to dry.



- 1 The microwave walls have a special coating which makes cleaning very easy. Use a soft damp cloth to wipe off any splashes or a paper towel to mop up any spills. Wipe off grease with a damp cloth and a little detergent. Dry thoroughly. If grease is left to accumulate, it can smoke and even catch fire.
- 2 Make sure you keep the outlet grids clean.
- 3 Keep the front of the microwave clean so that the door can close properly.
- 4 Be careful not to spill water into the vents.
- 5 Do not remove the wave guide cover: It is important to keep the cover clean in the same manner as the inside of the microwave. If grease is left to accumulate, it can smoke and even catch fire.
- 6 Keep the inside of the door clean with a damp cloth. Use warm soapy water for stubborn marks and dry thoroughly. The inside of the door has a special coating and must not be cleaned with abrasive pads or cleaning powders.
- 7 Clean behind the door ledge.
- 8 Use warm soapy water to clean the outside of the microwave. Do not use abrasive cleaners, pads or powders that could scratch the surface.
- 9 Unplug the microwave before cleaning the power cord and the microwave. Wipe with a damp cloth and leave to dry before plugging it back in.
- 10 Treat the glass turntable plate as you would any glass plate. After you have used it for more than 15 minutes, allow it to cool down before you use it again. Do not wash the glass turntable plate in very hot water, doing so could crack it. Wash the turntable support in warm water. Make sure the glass turntable plate and turntable support are dry before you put them back in the microwave.
- 11 Wash the grill racks and frying pan in warm water. Do not use very hot water.



Do not remove any fixed parts from the inside of your microwave during cleaning or at any other time.

# frequently asked questions

If a problem does occur, it may often be due to something very minor. The following Q & A may be able to resolve the issue.

Questions	Answers
Why doesn't the food seem to cook?	Check that: <ul style="list-style-type: none"> <li>• the cooking time has been set.</li> <li>• the door is closed.</li> <li>• the mains socket is not overloaded causing the fuse to blow.</li> </ul>
Why does the food seem undercooked or overcooked?	Check that: <ul style="list-style-type: none"> <li>• the correct cooking time has been set.</li> <li>• the correct power setting has been used.</li> </ul>
How can I stop eggs from popping?	When you bake or poach eggs in the microwave, the yolk can sometimes pop as steam builds up inside it. You can stop the egg from popping by piercing the yolk with a toothpick before cooking. Never cook eggs that are still in their shells.
Why is it so important that I allow standing time after cooking?	With microwave cooking, many foods build up enough heat inside them to continue cooking even after they've been taken out of the microwave. For a short time after cooking the heated product will continue to cook, leaving products to stand will allow for even cooking and heat distribution.
Why does my microwave sometimes take longer to cook than it says in the recipe?	First check that the microwave was set just as the recipe said. Cooking times and heat settings are suggestions to help prevent overcooking but differences in the weight, size, shape and starting temperature of food will all affect how long it takes to cook – just as it does with a conventional oven. Use your judgement along with the recipe to check whether the food has been cooked properly.
Why do I get condensation on the inside of the door?	Condensation is perfectly normal, especially when you are cooking food with a high moisture content such as potatoes.
Does the microwave energy get through the window on the door?	No. The door has a special metal screen with holes that lets you see inside but stops microwave energy from getting out.
Steam comes out of the side of the door and vents. Can microwave energy get out too?	No. The door and vents are carefully designed to let steam out during cooking but keep microwave energy in. The gaps are not big enough for microwave energy to escape.
What happens if the microwave is switched on while it is empty?	The microwave will be damaged. Do not switch the microwave on when there's nothing inside it. It is a good idea to keep a cup of water in the microwave just in case someone accidentally starts the microwave.
Why doesn't the microwave's light illuminate?	Open the door. If the light does not illuminate, the bulb has probably blown. Call a qualified technician – do not try to change the bulb yourself.
There are sparks inside the microwave when I use it. Will this cause any damage?	Yes. Make sure that you are not using any metal utensils and that your containers don't have a metal trim. You must not use metal in your microwave when you cook (except aluminium foil).
Light is showing through the vents and door. Does this mean the microwave energy can escape?	No. It is normal for the light to be visible and is nothing to be concerned about.
Why do I get interference on my TV and radio when I use the microwave?	Microwaves use radio waves similar to those received by TVs and radios. You can lessen the interference by moving your microwave further away from the TV or radio.

# specifications

<b>Model</b>	<b>K30CIFS21</b>
<b>Rated Voltage</b>	230-240V~ 50Hz
<b>Microwave Output</b>	900 W
<b>Microwave Frequency</b>	2450 MHz
<b>Outside Dimensions (Height x Width x Depth)</b>	Approx. 300 x 523 x 453.3 mm
<b>Power Consumption</b>	
<b>Microwave Input</b>	1400 W
<b>Grill Input</b>	1000 W
<b>Convection Input</b>	2200 W

Features and specifications may change without prior notice.

Light source in this product is replaceable only by qualified engineers.

NOTE: If you require a replacement for any of the items listed below, please quote their corresponding part numbers:

Replacement Part	Part Number
Glass Turntable Plate	12570000008334
Turntable Support	12170000028885
Tall Grill Rack	12970000000336
Short Grill Rack	12970000000295
Frying Pan	12270000040427