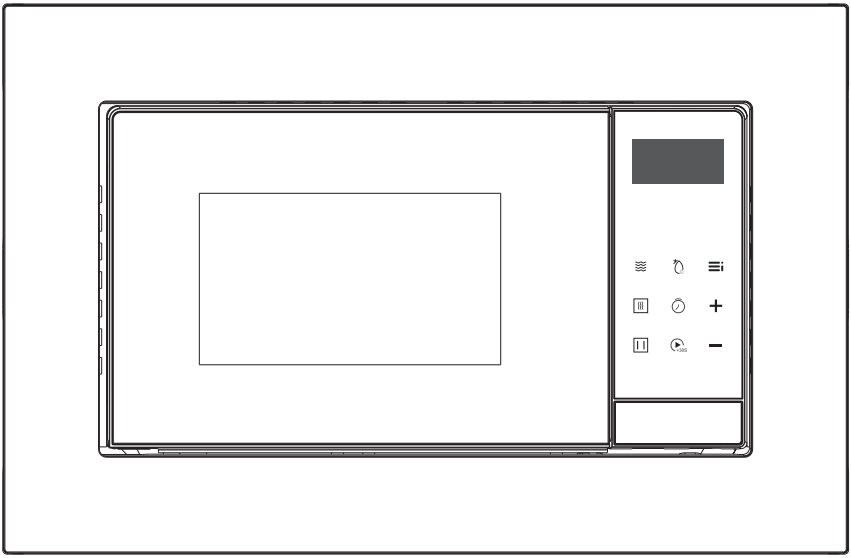
COOKOLOGY

20L BLACK BUILT-IN MICROWAVE OVEN INSTRUCTION MANUAL



Model No.:CBM20GLBK

IMPORTANT SAFETY INSTRUCTIONS
READ CAREFULLY AND KEEP FOR FUTURE REFERENCE
Household use only
SAVE THESE INSTRUCTIONS

IMPORTANT SAFEGUARDS

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a trained person.

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. WARNING: Liquids or other food must not be heated in sealed containers since they are liable to explode.

1. Only use utensils that are suitable for use in microwave ovens.
2. Metallic containers for food and beverages are not allowed during microwave cooking.
3. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
4. 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.
5. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
6. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.
7. Eggs in their shell and whole hard-boiled eggs shall not be heated in microwave ovens since they may explode, even after microwave heating has ended.
8. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
9. The appliance must not be placed in a cabinet.
10. Care should be taken not to displace the turntable when removing containers from the appliance.
11. The appliance shall not be cleaned with a steam cleaner.
12. The appliance must not be installed equal or higher than 900 mm above the floor. Minimum height of free space necessary above the top surface of the oven: See the installation

drawing.

Warning: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.



CAUTION: HOT SURFACE

13. 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.
14. 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.
15. Children shall not play with the appliance.
16. Cleaning and user maintenance shall not be made by children without supervision.
17. Do not directly put the glass plate into cold water after use. It needs to place the glass plate for at least 20 minutes, and then put it into the water to avoid cracking.
18. Group 2 Class B appliance
    Group 2 ISM equipment: group 2 contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.
    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 purposes.
19. The plug must be remained easily accessible after installation of the appliance.
20. This appliance must not be placed in a cabinet with a door.
21. This product internal light source LED light on < 60lm.
22. 15 min after plug in and no further operate, or end the work, the appliance goes into standby mode, and power measurement of

standby mode did not exceed 0.8W.

23. Built-in ovens shall only be vented through the front, unless provision is made for venting through a duct.

INSTALLATION

a) Put the microwave oven into built-in cabinet and push it forward to the end. (Fig.1)

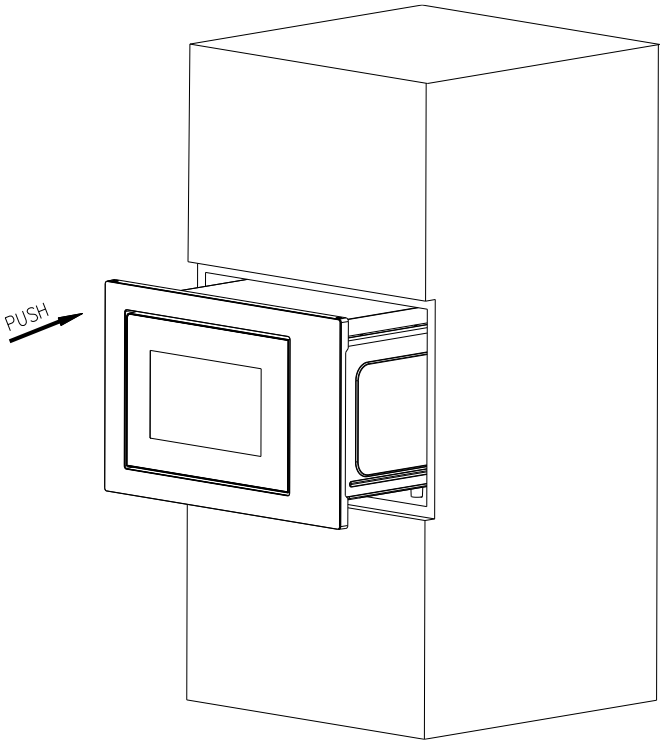


Fig.1

b) Push the microwave oven till to the end. (Fig.2)

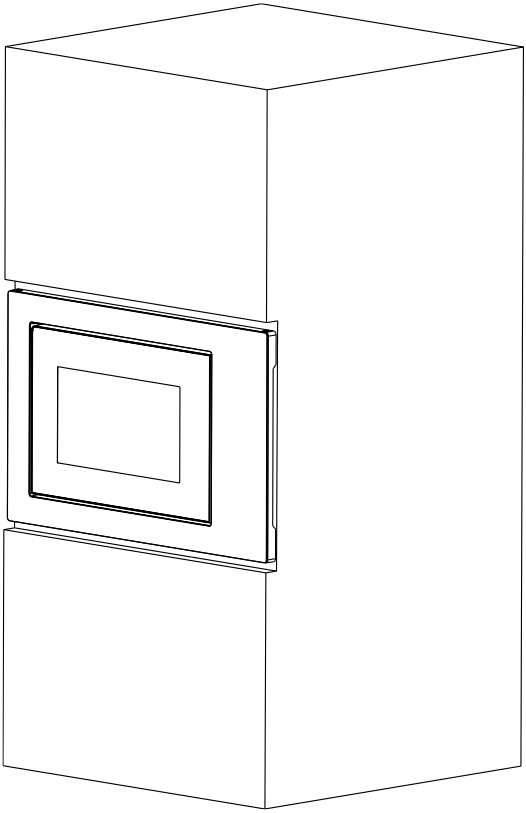


Fig.2

b) Move the product in parallel in the kitchen cabinet according to the direction of the arrow in the figure, and keep it centered. (Fig.3)

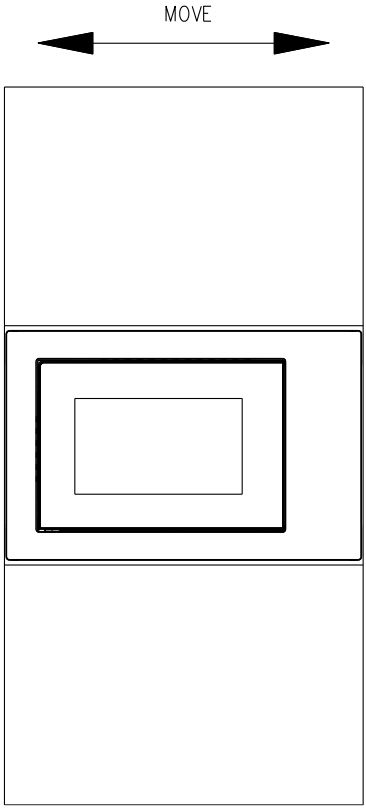


Fig.3

d) Use the screws of parts packing to secure the microwave oven in the cabinet. (Fig.4)

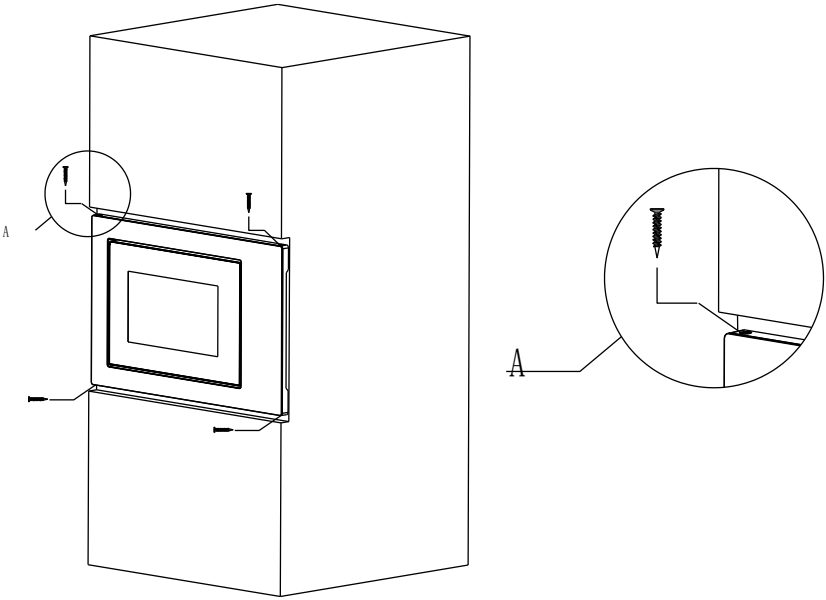


Fig.4

Cabinet details:

Overall Dimensions: (W)595x(H)385x(D)326(mm)
Opening size: (D)560±2 x (E)360±2 x (F)550±2 (mm) as shown in Fig.5 “D”,“E”,“F”.
G (The thickness of board): 20mm

I (The thickness of board):20mm

H (The deepness of wrong layer): 20mm

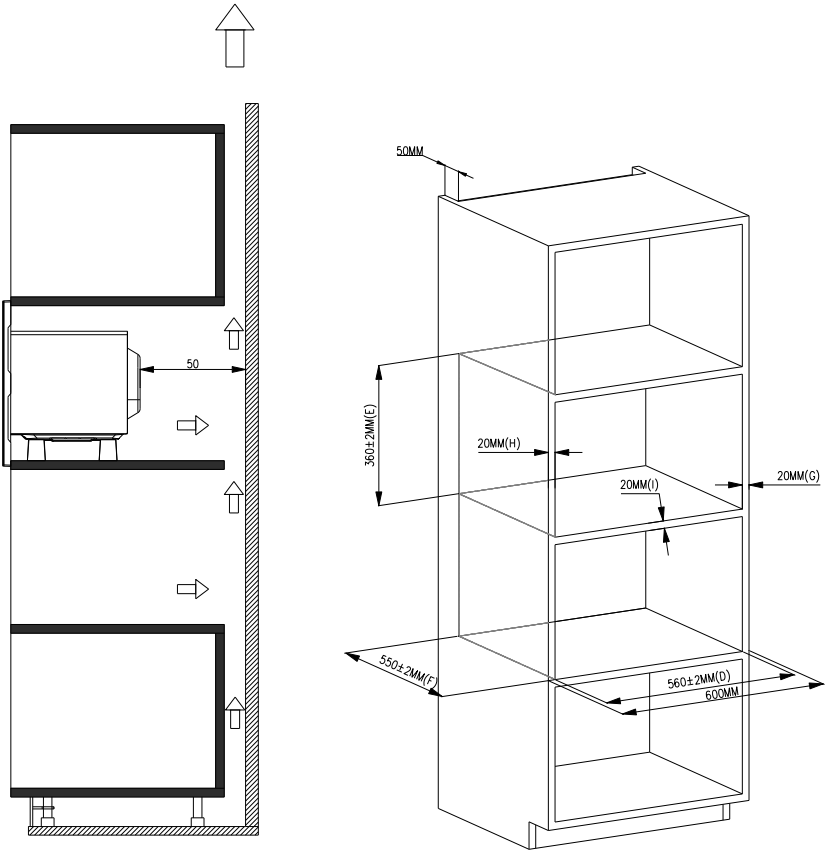


Fig.5

CLEANING

MICROWAVE OVEN CARE

⚠ CAUTION

The oven should be cleaned regularly and any food deposits removed.

⚠ WARNING

a. Remove the power cord from the wall outlet before cleaning. After cooling products. Don't immerse the appliance in water or other fluids when cleaning.
b. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
c. Never use hard detergent, gasoline, abrasive powder or metal brush to clean any part of the appliance.
d. Do not remove the waveguide cover.
e. When the microwave oven has been used for a long time, there may be some strange odors exist in oven, following 3 methods can get rid of them:
   1) Place several lemon slices in a cup, then heat with high micro power for 2-3 min.
   2) Place a cup of red tea in oven, then heat with high micro power.
   3) Put some orange peel into oven, and then heat them with high micro power for 1 minute.
f. When the product is not used, it should be placed in dry and ventilated areas as well as possible.

⚠ WARNING

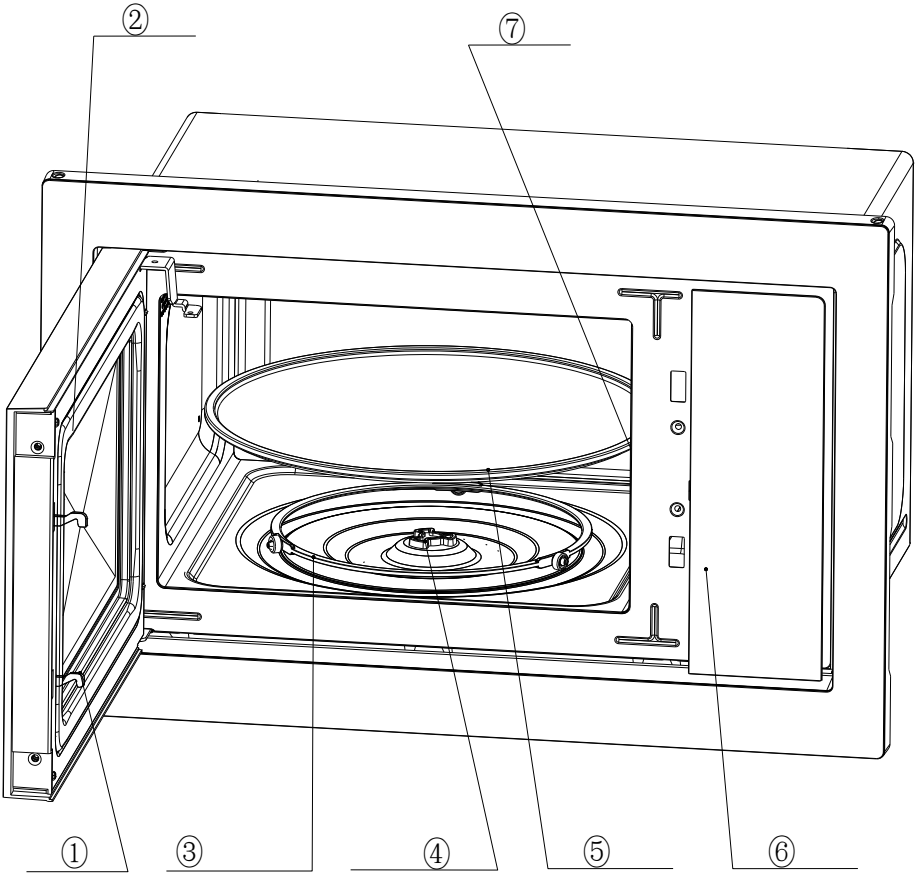
Details how to clean surfaces in contact with food:
After use wipe the waveguide cover with a damp cloth, followed by dry cloth to remove any food splashes and grease. Built -up grease may overheat and begin to cause smoke or catch fire.

TIPS FOR CLEANING

Details for cleaning door seals, cavity and adjacent parts:

Exterior:
Wipe the enclosure with a dampened soft cloth
Door:
Using a dampened soft cloth, wipe clean the door and window
Wipe the door seals and adjacent parts to remove any spill or spatter
Wipe the control panel with a slightly dampened soft cloth
Interior walls:
Wipe clean the interior surfaces with a dampened soft cloth
Wipe clean the waveguide cover to remove any food splashed
Turntable / Rotation ring / Rotation axis:
Wash with mild soap water
Rinse with clean water and allow drying thoroughly

PRODUCT INSTRUCTION



1) Door lock

Microwave oven door must be properly closed in order for it to operate.

2) Viewing window

Allow user to see the cooking status

3) Rotating ring

The glass turntable sits on its wheels; it supports the turntable and

helps it to balance when rotating

4) Rotating axis

The glass turntable sits on the axis; the motor underneath it drives the turntable to rotate

5) Turntable

The food sits on the turntable, its rotation during operation helps to cook food evenly

⚠ CAUTION

- Place the rotating ring first
- Fit the turntable onto the rotating axis and make sure that it is geared in properly

6) Control panel

See below in details (the control panel is subject to change without prior notice)

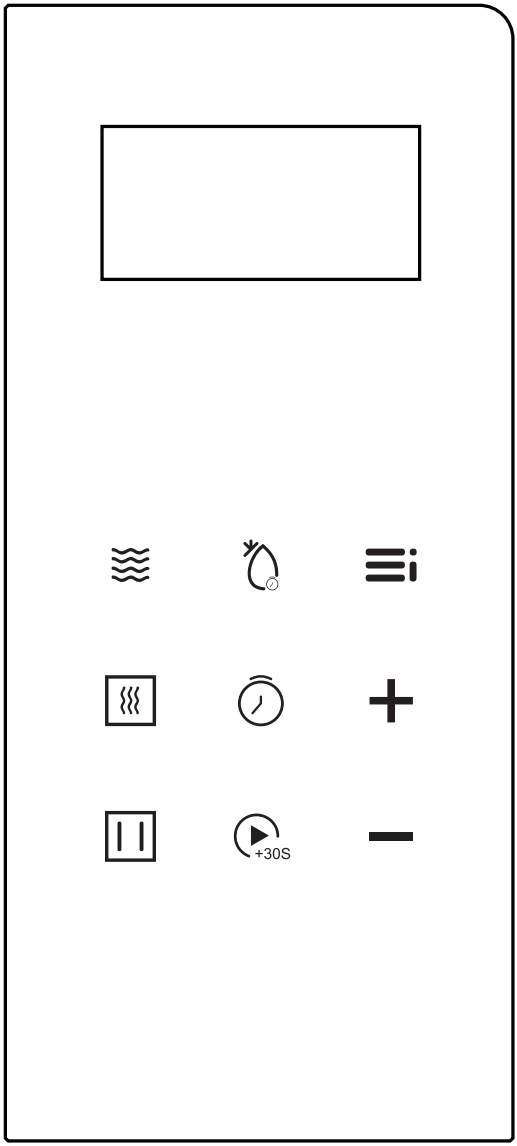
7) Waveguide cover

It is inside the microwave oven, next to the wall of control panel.

⚠ WARNING

Never remove the waveguide cover.

OPERATION OF CONTROL PANEL



1. BEFORE COOKING

The display lights up when plugged in power supply, then enter the standby state and display shows 1:00.

2. MICROWAVE FUNCTION

There are five microwave power levels, 100P, 80P, 50P, 30P and 10P, respectively. Press the “ ” button continuously and select the desired microwave power. Press the "+" or "−" button to adjust the time, and the maximum time that can be set is 60:00. After selecting the time, press the “START/+30s” button to start operation. A buzzing sound to notify completion of the operation.

HIGH	100% power output	(Applicable for quick and thorough cooking)
M.High	80% power output	(Applicable for medium express cooking)
Med	50% power output	(Applicable for steaming food)
M.Low	30% power output	(Applicable for defrosting food)
LOW	10% power output	(Applicable for keeping warm)

⚠ CAUTION

a. The max time which can be set is 60 minutes

b. Never use the grill rack during microwave cooking.

c. Never operate the oven empty.

d. At the maximum microwave power, the oven will automatically lower the power after a certain time of cooking

to lengthen the service life.

e. If you turn the food during operation, press the “ +30S ” button once and the preset cooking procedure will continue.

f. If you intend to remove the food before the preset time, you must press the “ ⏸ ” button once to clear the preset procedure to avoid unintended operation of next time use.

3. DEFROST/CLOCK

3.1 DEFROST

There are two defrost mode, dEF1 and dEF2, respectively. dEF1 for defrost by weight and dEF2 for defrost by time. Press this button to select defrost by weight or by time, and the display screen will display "dEF1" or "dEF2". Press the "+" or "−" button to adjust the food weight or defrost time. The weight range of dEF1 is from 100 to 1500g, and the time range of dEF2 is from 0:10 to 60:00. After selecting the defrost weight or time, press the “START/+30s” button to start operation. A buzzing sound to notify completion of the operation. The dEF1 defrost mode by weight will have a beeping sound to prompt the food to be turned over during defrosting.

Below is some food defrosting time advice:

dEF1	For defrosting, the weight range from 100 to 1500g.
dEF2	For defrosting, the time range from 0:10 to 60:00.

⚠CAUTION

a. It is necessary to turn over the food during operation to obtain uniform effect.

b. Usually defrosting will need longer time than that of cooking the food.

c. If the food can be cut by knife, the defrosting process can be considered completed.

d. Microwave penetrates around 4cm into most food

e. Defrosted food should be consumed as soon as possible, it is not advised to put back to fridge and freeze again.

3.2 CLOCK (24-hour clock)

In standby mode, press and hold down the “  ” button for more than 3 seconds to enter the clock setting interface. At the same time, the display screen blinks in hours. The hour time can be set by pressing the "+" or "−" button. After setting the hour, short press the "START/+30s" button to confirm and switch to the setting minute mode. The minutes can be set by pressing the "+" or "−" button. After setting minutes, short press the "START/+30s" button again to confirm and exit the setting mode.

4.  AUTO COOKING

There are eight automatic menus A.1~A.8, potato, pasta, pizza, popcorn, vegetable, beverage, meat and fish respectively. Press the “  ” button to select the desired automatic menu, the display screen corresponds to display A.1~A.8. Press the "+" or "−" button to select the portion size for the menu. After selecting the cooking

portion size, press the “START/+30s” button to start operation. A buzzing sound to notify completion of the operation.

Display	Kind	Usage
A.1	**Potato**	The optional weights are 250g, 500g and 750g
A.2	**Pasta**	The optional weights are 50g, 100g and 150g
A.3	**Pizza**	The optional weights are 200g and 400g
A.4	**Popcorn**	The optional weight is 100g
A.5	**Vegetable**	The optional weights are 200g, 400g and 600g
A.6	**Beverage**	The optional portion sizes are 1 cup, 2 cups or 3 cups, each one about 250ml.
A.7	**Meat**	The optional weights are 200g, 400g and 600g
A.8	**Fish**	The optional weights are 200g, 400g and 600g

⚠ CAUTION

a. The temperature of food before cooking would be 20-25℃. Higher or lower temperature of the food before cooking would require increase or decrease of cooking time.

b. The temperature, weight and shape of food will largely influence the cooking effect. If any deviation has been found to the factor noted on above menu, you can adjust the cooking time for best result.

5. TIMER

In standby mode, press the “ ” button to enter the setting interface, and the countdown function icon and "0:00" will be

displayed on the display screen. The maximum allowable input time is 60:00, which can be set by pressing the "+" or "-" button. After setting the time, press the "START/+30s" button to begins the countdown. A buzzing sound to notify completion of the countdown.

6.  REHEAT

Reheat function is mainly to facilitate users to heat food according to the weight of food, press “Reheat” button continuously, select the appropriate weight of food, the weight range can be selected are 200g, 400g, 600g, 800g and 1000g. After selecting the weight, press “START/+30s” button to start operation, a buzzing sound to notify completion of the operation.

7.  STOP

In the process of cooking settings, can press “” button to cancel the settings and return to standby mode. During the operation of the microwave oven, can press “” button to pause it. In the paused state, can press “” button again to cancel the function and return to standby mode.

8. +30S START/+30s

After setting the cooking time or food weight, press the “ +30S ” button to start the microwave oven. During operation, press this button to extend the cooking time. Each press adds 30 seconds. However, the time cannot be adjusted in Menu mode or "defrost by weight" mode. In pause mode, press this button to allow the microwave oven to resume the previous cooking process.

9. EXPRESS

While in standby mode, load the food and close the door, then press the “ +30S ” button to initiate microwave operation with a default duration of 30 seconds. During operation, a single press of the “ +30S ” button extends the cooking time by 30 seconds. A beep will sound when cooking is complete.

10. CHILD LOCK FUNCTION

Use this feature to lock the control panel when you are cleaning or so that children cannot use the oven unsupervised. All the buttons (except the " ⏸ " button) are rendered inoperable in this mode.

1) Set lock: In standby mode, press and hold down the " ⏸ " button for more than 3 seconds, the child lock function is activated,

and all buttons of the microwave oven cannot be operated except the "" button.

2) Cancel lock: In the child lock state, press and hold down the "" button for more than 3 seconds to cancel the child lock function. All the buttons on the microwave oven have been restored to normal functionality.

UTENSILS GUIDELINE

It is strongly recommended to use the containers which are suitable and safe for microwave cooking. Generally speaking, the containers which are made of heat-resistant ceramic, glass or plastic are suitable for microwave cooking. Never use the metal containers for microwave cooking and combination cooking as spark is likely to occur. You can take the reference of below table.

Material of container	Microwave	Notes
Heat-resistant ceramic	Yes	Never use the ceramics which are decorated with metal rim or glazed. Recommend using ceramics, high-temperature resistant glass, and plastic containers that can withstand temperatures above 120℃.
Heat-resistant plastic	Yes	Can not be used for long time microwave cooking
Heat-resistant glass	Yes	
Grill rack	No	
Plastic film	Yes	It should not be used when cooking meat or chops as the over-temperature may do damage to the film

COOKING TIPS

The following factors may affect the cooking result:

Food arrangement

Place thicker areas towards outside of dish, the thinner part towards the centre and spread it evenly. Do not overlap if possible.

Cooking time length

Start cooking with a short time setting, evaluate it after it times out and extend it according to the actual need. Over cooking may result in smoke and burns.

Cooking food evenly

Food such as chicken, hamburger or steak should be turned once during cooking.

Depending on the type of food, if applicable, stir it from outside to centre of dish once or twice during cooking.

Allow standing time

After cooking times out, leave the food in the oven for an adequate length of time, this allows it to complete its cooking cycle and cooling it down in a gradual manner.

Whether the food is done

Color and hardness of food help to determine if it is done, these include:

- Steam coming out from all parts of food, not just the edge
- Joints of poultry can be moved easily
- Pork or poultry shows no signs of blood
- Fish is opaque and can be sliced easily with a fork

Browning dish

When using a browning dish or self-heating container, always place a heat-resistant insulator such as a porcelain plate under it

to prevent damage to the turntable and rotating ring.

Microwave safe plastic wrap

When cooking food with high fat content, do not allow the plastic wrap come into contact with food as it may melt

Microwave safe plastic cookware

Some microwave safe plastic cookware might not be suitable for cooking foods with high fat and sugar content. Also, the preheating time specified in the dish instruction manual must not be exceeded.

MAINTENANCE

SERVICING

Please check the following before calling for services.

1. Place one cup of water (approx.150ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if the door is closed properly. Let the oven work for 1 min.
2. Does the oven lamp light?
3. Does the cooling fan work?
   (Put your hand over the rear ventilation openings.)
4. Does the turntable rotate?
   (The turntable can rotate clockwise or counter clockwise. This is quite normal.)
5. Is the water inside the oven hot?

If “NO” is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTER APPROVED.

SERVICING SAFEGUARDS

Caution: MICROWAVE RADIATION

1. The high voltage capacitor remains charge after disconnection; short the negative terminal of H. V capacitor to the oven chassis (use a screwdriver) to discharge before touching.
2. During servicing below listed parts are liable to be removed and give access to potentials above 250V to earth.
   - Magnetron
   - High voltage transformer
   - High voltage capacitor
   - High voltage diode
   - High voltage fuse

   The actual configuration in order to prevail in kind.
3. The following conditions may cause undue microwave exposure during servicing.
   - Improper fitting of magnetron;
   - Improper matching of door interlock, door hinge and door;
   - Improper fitting of switch support;
   - Door, door seal or enclosure has been damaged.

Correct disposal of this product	
	This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.