

# anko

**Microwave Oven  
P90J30AP-F1  
User Manual**



**PLEASE READ AND SAVE THESE  
INSTRUCTIONS FOR FUTURE REFERENCE**

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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 particularly important that the oven door close properly and that there is no damage to the
  - a) Door(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 properly qualified service personnel.

## IMPORTANT SAFETY INSTRUCTIONS

### READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

When using 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. Read all instructions before using the appliance and keep for future reference.
2. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapours 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.
3. Do not operate the oven when empty.
4. 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 a qualified electrical person to avoid a hazard or the product must be disposed.

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

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

6. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
7. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
8. 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.
9. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
10. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
11. Cooking utensils may become hot because of heat transferred from the heated food. Potholders or oven mitts may be needed to handle the utensil.
12. Utensils should be checked to ensure that they are suitable for use in microwave oven.

**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.**

13. 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 instructions concerning use of the appliance by a person responsible for their safety.
14. Children should be supervised to ensure that they do not play with the appliance.

**IMPORTANT! Do not install oven over a range cooktop or other heat-producing appliance. If installed, the microwave oven could be damaged.**

15. The microwave oven shall not be placed in a cabinet.
16. The door or the outer surface may get hot when the appliance is operating.


**Warning: Accessible parts may become hot during use. Young children should be kept away from the microwave oven.**

17. During use the appliances becomes hot. Care should be taken to avoid touching heating elements inside the oven, for cooking ranges and ovens.
18. The temperature of accessible surfaces may be high when the appliance is operating.
19. The appliance shall be placed against a wall.

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

20. The microwave oven is not intended to be operated by means of an external timer or separate remote-control system.
21. The microwave oven is for household use only and not for commercial use.
22. Never remove the distance holder in the back or on the sides, as it ensures a minimum distance from the wall for air circulation.
23. Please secure the turn table before you move the appliance to avoid damages.

**CAUTION! Any repairs to the product must be carried out by a qualified electrical person only. This includes changing the power cord or the internal light globe.**

24. The microwave oven is intended for defrosting, cooking and steaming of food only.
25. Use gloves if you remove any heated food.
26. The oven should be cleaned regularly and any food deposits removed. 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.
27. Metallic containers for food and beverages must not be used during microwave cooking
28. 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.
29.  Caution, hot surface. Care must be taken. The surfaces are liable to get hot during use.
30. For cleaning door seals, cavities and adjacent parts, please refer to “CLEANING AND CARE” section.

## SPECIFICATIONS

Power Input Consumption	220-240V~ 50Hz 1400W(microwave)
Power Output Consumption	900W
Operation Frequency:	2450MHz
Outside Dimensions:	283mm(H)×534mm(W)×388mm(D)
Oven Cavity Dimensions:	236mm(H)×369mm(W)×372mm(D)
Oven Capacity:	28Litres
Net Weight:	Approx.13.2 kg

## BEFORE YOU CALL KMART CUSTOMER SERVICE

If the oven fails to operate:

1. Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
2. 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.
3. Check to ensure that the control panel is programmed correctly and the timer is set.
4. Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven. IF NONE OF THE ABOVE RECTIFIES THE SITUATION, DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF. ANY REPAIRS TO THE PRODUCT MUST BE PERFORMED BY A QUALIFIED ELECTRICAL PERSON ONLY.

## INSTALLATION

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 microwave oven. Return the product to Kmart.**
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 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 the feet on the oven.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.

7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.

## **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 power outlet so that microwave oven and receiver are on different electrical circuits.

## **MICROWAVE COOKING PRINCIPLE**

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 microwaving 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 centre of the dish to the outside.



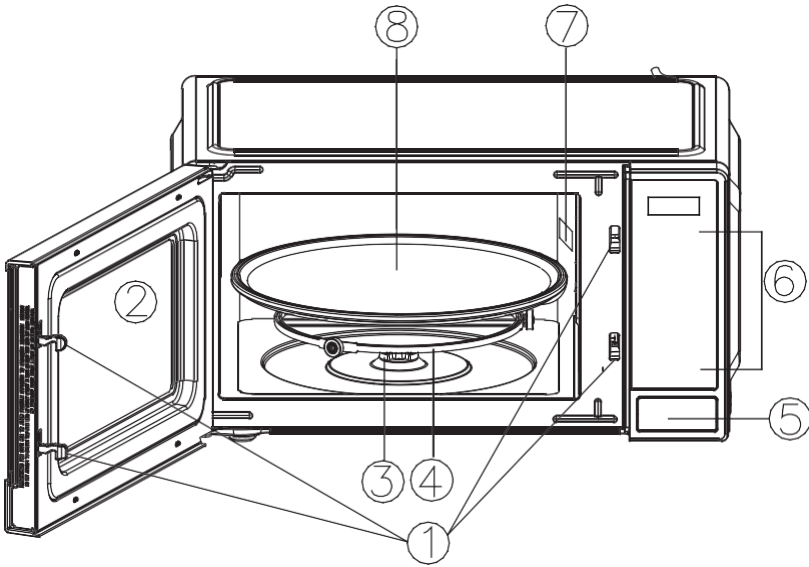
# UTENSILS GUIDE

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 recommended, as food in corners tends to overcook.
5. Narrow strips of aluminium 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 select the correct utensils that can be safely used in the microwave oven.

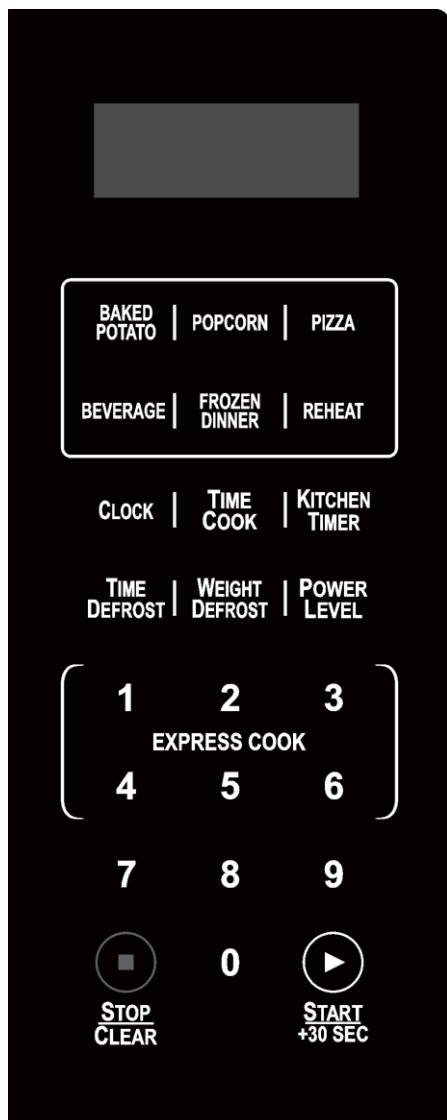
COOKWARE	MICROWAVE
Heat-Resistant Glass	Yes
Non Heat-Resistant Glass	No
Heat-Resistant Ceramics	Yes
Microwave-Safe Plastic Dish	Yes
Kitchen Paper	Yes
Metal Tray	No
Metal Rack	No
Aluminium Foil & Foil Containers	No

# PART NAMES



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

# CONTROL PANEL



- **MENU ACTION SCREEN**

Cooking time, power, indicators and present time are displayed.

- **AUTO COOK MENUS**

Instant settings to cook popular foods.

- **CLOCK**

Press to set clock time.

- **TIME COOK**

Press to set microwave cooking program.

- **KITCHEN TIMER**

Press to set timer function.

- **TIME DEFROST**

Press to defrost food based on time.

- **WEIGHT DEFROST**

Press to defrost food based on weight.

- **POWER LEVEL**

Press to select cooking power levels.

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

Use to set time or food weight. But use number buttons from 1 to 6 to start the oven quickly at full power.

- **STOP/CLEAR**

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

- **START/+30SEC**

Press to start cooking programs.

Press to set express cooking program.

# HOW TO SET THE OVEN CONTROLS

- ▶ When the oven first plugged in, a beep will sound and the display will show "1:01".
- ▶ In the process of setting, if there is no input for about 30 seconds, the oven will return to standby mode.
- ▶ During cooking, if STOP/CLEAR button is pressed once, the program will be paused. Press START/+30 SEC button to resume. But if STOP/CLEAR button is pressed twice, the program will be cancelled.
- ▶ After cooking ends, the display will show End and beep will sound every two minutes until the user press STOP/CLEAR button or open the door.

## **SETTING THE CLOCK**

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

1. In standby mode, press CLOCK button repeatedly to select 12- or 24- hour clock.
2. Use number buttons to set the correct time.
3. Press CLOCK or START/+30 SEC button once to confirm.

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

## **SETTING THE TIMER**

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

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

## **MICROWAVE COOKING**

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1. In standby mode, press TIME COOK button once.
2. Use number buttons to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press POWER LEVEL button once (default 100% power level), and then use number buttons to set a power level.
4. Press START/+30 SEC button to start.

Use single digit to set a cooking power level:

Number pad	Cooking power (Display)		Number pad	Cooking power (Display)
1,0	100% (P10)		5	50% (P-5)
9	90% (P-9)		4	40% (P-4)
8	80% (P-8)		3	30% (P-3)
7	70% (P-7)		2	20% (P-2)
6	60% (P-6)		1	10% (P-1)

**NOTE:** During cooking, you can check the current power level by pressing POWER LEVEL button. If you want to cook at full power level, omit step 3.

**NOTE:** 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.

### **QUICK START/+30SEC**

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Use this feature to program the oven to microwave food at 100% power conveniently. In standby mode, press START/+30 SEC button once (Default cooking time is 30 seconds), the oven will start working automatically.

**NOTE:** During cooking (except auto cook menus, time defrost and weight defrost), you can add cooking time by pressing START/+30 SEC button. Each press increases 30 seconds, to 99 minutes and 99 seconds.

### **SETTING SPEED DEFROST**

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

**NOTE:** During defrosting, the system will pause to remind user to turn food over, after that press START/+30 SEC button to resume defrosting.

### **DEFROST BY WEIGHT**

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

1. In standby mode, press WEIGHT DEFROST button once.
2. Use number buttons to set food weight.
3. Press START/+30 SEC button to start.

**NOTE:** During defrosting, the system will pause to remind user to turn food over, after that press START/+30 SEC button to resume defrosting.

## ***QUICK START***

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Directly in standby mode, when you press a number button (1, 2, 3, 4, 5 or 6) once, The system starts the cooking program directly with the corresponding time (respectively 1 minute, 2 minutes, 3 minutes, 4 minutes, 5 minutes and 6 minutes). The microwave oven will start to cook at full power level.

## ***MULTI-STAGE COOKING***

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Your oven can be programmed 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/+30 SEC button.
2. Input second microwave cooking program.
3. Press START/+30 SEC button to start.

**NOTE:** Only microwave cooking program can be set in multistage cooking program.

## ***SETTING CHILD LOCK***

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The lock prevents unsupervised operation by children.

To enter child lock: In standby mode, if there is not any operation within one minute, a “beep” will sound and the lock indicator light will turn on. In the lock state, all buttons are disabled. Press any button, lock indicator light will turn on. To cancel: In child lock mode, open and close the oven door once to cancel the program.

## **AUTO COOK MENU**

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

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

### **Auto Cook Menu:**

<b>Food/cooking mode</b>	<b>Note</b>
Baked Potato (230g/serving, 1-2 servings)	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.
Popcorn (100g)	
Pizza (150g, 300g, 450g)	
Beverage (200 ml/cup, 1-3 cups)	
Frozen Dinner (250g, 500g)	
Reheat (200-800g)	

### **1).Baked Potato**

Pressing times	230g $\pm$ 10g/unit	Cooking time	Power level
1	1	4: 00	<b>PL10</b>
2	2	7: 00	

### **2). Popcorn**

Pressing times	Weight(g)	Cooking time	Power level
1	100g	2: 30	<b>PL10</b>

### 3). Pizza

Pressing times	Weight(g)	Cooking time	Power level
1	150	0: 40	<b>PL10</b>
2	300	1: 10	
3	450	1: 40	

### 4). Beverage

Pressing times	200mL/cup	Cooking time	Power level
1	1-Pc	1: 20	<b>PL10</b>
2	2-Pc	2: 20	
3	3-Pc	3: 20	

### 5). Frozen Dinner

Pressing times	Weight(g)	Cooking time	Power level
1	250	5: 00	<b>1/3 PL10</b> <b>1/3 PL-0</b> <b>1/3 PL10</b>
2	500	9: 00	<b>1/2 PL10</b> <b>1/6 PL-0</b> <b>1/3 PL10</b>

### 6). Reheat

Pressing times	Weight(g)	Cooking time	Power level
1	200	1:20	<b>PL10</b>
2	300	1:50	
3	400	2:20	
4	500	2:50	
5	600	3:20	
6	700	3:50	
7	800	4:20	



## CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before 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 detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces 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 should 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 sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
10. Remove odours from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
11. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
12. The oven should be cleaned regularly, and any food deposits removed. 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.
13. Please do not dispose this appliance in the domestic rubbish bin; it should be disposed/ recycled responsibly. If unsure, contact the local council waste management service for recycling facilities available for your area.

# 12 Month Warranty

Thank you for your purchase from Kmart.

Kmart Australia Ltd warrants your new product to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

Kmart will provide you with your choice of a refund, repair or exchange (where possible) for this product if it becomes defective within the warranty period. Kmart will bear the reasonable expense of claiming the warranty. This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre on 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or alternatively, via Customer Help at [Kmart.com.au](http://Kmart.com.au) for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to our Customer Service Centre at 690 Springvale Rd, Mulgrave Vic 3170.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.