



17 Litres Microwave

Model No. P70J17P-VB



Care & Instruction Manual

For household and indoor use only

Please read these instructions before use and retain for future reference



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Electrical safety


Important – Please read these instructions fully before installation

- You should only plug the appliance into a 230V-240V AC, 50Hz supply. Connecting it to other power sources may damage the appliance and will invalidate the guarantee.
- **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover that gives protection against exposure to microwave energy. Servicing of this appliance must only be carried out by a qualified electrician.
- **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person. Do not operate this appliance if damaged or modified in any way.
- **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- Keep the appliance and its cord out of reach of children less than 8 years.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
- Switch off and unplug before cleaning or servicing the appliance.
- Keep microwave, cable and plug dry and away from areas where it is likely to get splashed. Never immerse in water. Never clean with a steam cleaner.
- Do not pull on the cable to disconnect from the mains supply.
- This oven must be positioned so that the plug is accessible and the plug socket is within easy reach of the power cord.
- Do not operate the microwave if damaged or after it malfunctions. In the event the supply cord is damaged, it must only be replaced by a qualified service engineer, with a suitably approved part.
- Do not place items with naked flames or containers with liquids on this appliance.
- The mains plug shall be connected to a mains socket outlet with a protective earth connection.

Electrical safety (continued)

- All microwaves are tested and approved in accordance with current electromagnetic safety and compatibility regulations and standards. As a precautionary measure, pacemaker manufacturers recommend wearers to keep a minimum distance of 20-30 cm between an operating microwave oven and the pacemaker in order to avoid possible interference with the pacemaker. If you suspect there may be interference, turn the microwave off immediately and contact the manufacturer of the pacemaker.

Warning!

- This appliance is not intended to be used in: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.
- Microwave heating of beverages can result in delayed eruptive boiling; therefore care must be taken when handling the container.
- If you are preparing food or liquid for a baby stir or shake the contents and check the temperature before consumption in order to avoid burns.
- Never cook or heat eggs in their shell or whole hard boiled eggs, as they may explode even after cooking in the microwave has been completed.
- The oven should be cleaned regularly and any food deposits removed – see page 10 for details. Failure to maintain the oven and seals in a clean condition could lead to deterioration of the surface or seals, adversely affect the life of the oven and possibly result in a hazardous situation.
- Never operate the oven when empty and avoid leaving unattended during use.
- Do not cover and allow adequate ventilation – see page 6 for clearance required.
-  The surfaces of the oven and the containers inside will become hot during and immediately after use; wear oven gloves when handling.
- Check regularly during cooking cycle especially when using plastic or paper containers to ensure food and containers do not ignite.

Warning! (continued)

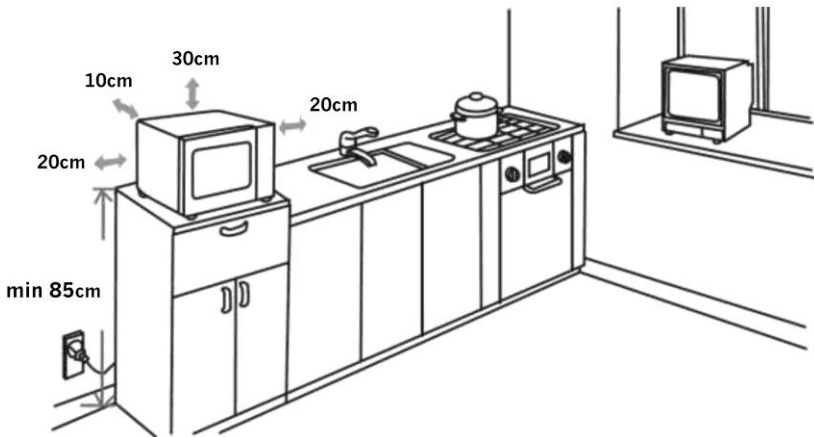
- If smoke is emitted, switch off the appliance and keep the door closed in order to stifle any flames.
- Do not use oven on, near or under flammable or heat sensitive items.
- **Do not place foil wrapped food, metal containers or containers with metal parts or trim when using the microwave oven.**
- Do not use with a cracked or missing turntable or without the turntable roller.
- 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.
- **Always check for container and utensil suitability before using in the microwave oven - see page 11 for advice.**
- The appliance is intended to be used freestanding and must not be placed in a cabinet.

Food safety

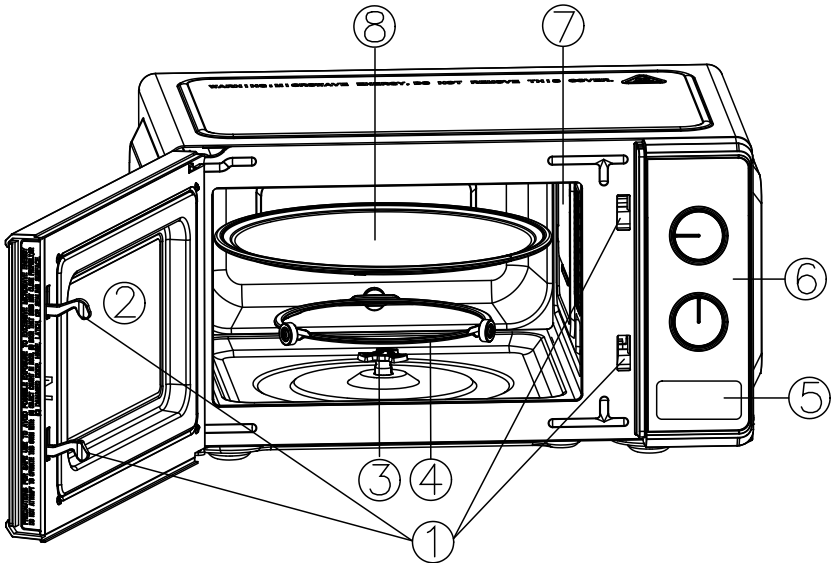
- Do not cook raw meat or raw shellfish in a microwave, due to the possibility for uneven heating.
- Do not use microwave for home canning or bottling. Improperly canned or bottled foods may spoil and be dangerous to eat.
- **Always check the temperature of food before serving.**
- Food cooking times will vary with microwave wattage (MAFF rating). When following recipes and on pack cooking instructions always check the MAFF rating / wattage of the appliance being used (marked on the front of the microwave) and follow the corresponding cooking advice.

Installation

- This microwave is designed to be free standing and is not intended to be used 'built in' or in a cabinet.
- Select a level surface away from televisions, cookers and other heat producing appliances.
- Ensure adequate ventilation and allow a clearance of
 - 20cm at each side of the oven
 - 30cm clearance above the oven
 - 10cm at the rear of the oven
 - The minimum installation height is 85cm
- Ensure that the cable is not close to any or sharp or hot surfaces and or where it is likely to cause a trip hazard.



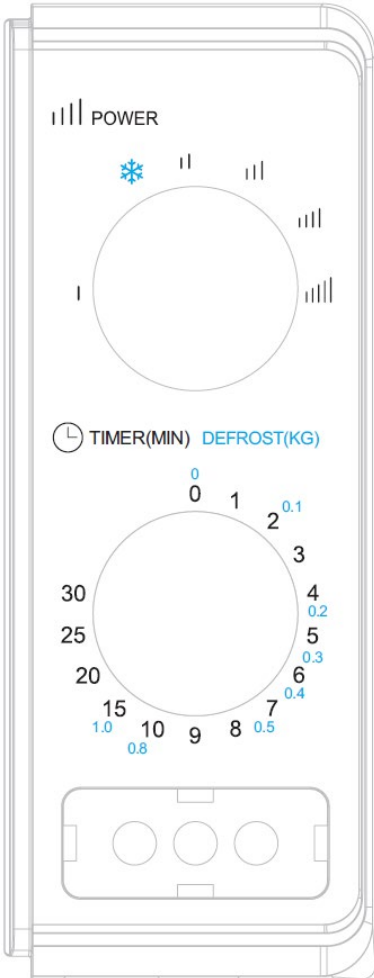
Parts & assembly



- | | | | |
|----|-------------------------|----|---------------------|
| 1. | Interlocking catches | 5. | Door release button |
| 2. | Door with viewing panel | 6. | Control panel |
| 3. | Turntable shaft | 7. | Waveguide cover |
| 4. | Turntable roller | 8. | Glass turntable |

- Ensure all packaging materials, protective film and adhesive tape are removed and check the oven and door for any damage. **Do not remove the wave guide cover.**
- Assemble as shown above and ensure that the glass turntable is correctly positioned on the shaft and roller.

Control panel



POWER/ ACTION SELECTOR

Use this knob to choose a cooking power level.

TIMER KNOB

Use this knob to choose a cooking time up to 30 minutes.

OUTPUT POWER LEVELS

Symbol	Power	Description
I	20%	LOW
❄️	42%	DEFROST
II	52%	M. LOW
III	73%	MED
IIII	88%	M. HIGH
IIIII	100%	HIGH

To use

1. Fully unwind the cable, plug in and switch on.
2. Place the food to be cooked or defrosted in a suitable microwave safe container and cover. Press the door button to open the microwave door and place the container in the centre of the glass turntable.
3. Securely close the microwave door and turn the power knob to select the power level of choice.
4. Select the cooking time (minutes) required for the food type or recipe. Follow the 'on pack' guidelines. If selecting a time below 2 minutes, turn the timer past 2 minutes and then back to the correct time.
5. If defrosting, select the “❄️” power level and then using the timer dial to select the defrost time.
6. The microwave will start automatically once the timer has been set.
7. Cooking / defrosting can be interrupted to stir the food or check progress by opening the door. Settings will be retained and cooking will restart when the door is closed.
8. After the cooking time has finished, a bell will sound and the microwave will turn off automatically.
9. Allow food to stand for 30 seconds to one minute before stirring or serving.
10. The microwave can be stopped at any time by turning the timer to '0' or by opening the door.

Notes:

- When not in use, always ensure that the timer is set to '0'.
- Never operate the oven when empty as this could result in overheating and damage to the magnetron.

Cleaning

Clean the oven and seals to remove food debris on a weekly basis and more often if required. Failure to maintain the oven and seals in a clean condition could lead to deterioration of the surface or seals, adversely affect the life of the oven and possibly result in a hazardous situation (possible release of microwave energy).

1. Switch off, unplug the oven and allow the oven to cool completely.
2. Wipe surfaces and seals with a soft damp cloth (not wet). Do not use abrasive cleaning products or metal scrapers to clean the glass door of the oven as this could damage the surface and cause breakage. Do not immerse in water. Do not use a steam cleaner.
3. The glass turntable and turntable roller can be washed in hot water with a little washing up liquid. **NOT SUITABLE FOR DISHWASHERS.**
4. Always allow surfaces to fully dry before using the oven again.

Guide for materials suitable for use in a microwave

Material	Use	Suitability
Plastics containers	Cooking vessel	Microwave safe plastic only. Do not use melamine dishes and avoid using with food with high fat or sugar contents
Plastic wrap	Covering food	Microwave safe plastic only.
Glass	Cooking vessel	Heat resistant glass only
Ceramic ware	Cooking vessel	Heat resistant cookware only with no metallic decoration
Paper	Covering food	Use for reheating only. Do not leave unattended
Browning dishes	Cooking vessel	Place upturned plate on the glass turntable (to prevent heat stress) before cooking.
Disposable containers	Cooking vessel	Paper plates and cups – use for reheating only Thin plastic – use for reheating only Roasting bags – Use in accordance with manufacturer’s instructions

DO NOT use metallic containers for food and beverages, aluminium foil, or any other metal trimmed packaging in the oven.

General microwave cooking advice

- Food cooking times will vary with microwave wattage (MAFF rating). When following recipes and on pack cooking instructions always check the MAFF rating / wattage of the appliance being used (marked on the front of the microwave) and follow the corresponding cooking advice.
- Beverages can result in delayed eruptive boiling; therefore care must be taken when handling the container.
- Remove lids from containers before placing in the microwave, pierce plastic films and do not use vessels with sealed or restricted openings since they are liable to explode.
- **Pierce the skin or membranes of food (e.g. potatoes, apples, fish, chicken, eggs) in several places before cooking. Never cook or heat eggs in their shell or whole hard boiled eggs, as they may explode even after cooking has been completed.**
- Ensure food is similar size and density. Large dense items take longer to cook than small ones e.g. potatoes take longer to cook than peas.
- Food quantity will affect the cooking time, e.g. two potatoes take longer than one.
- The shape of food will affect the cooking time; place the thickest part of food on the outside of the plate.
- Leave food to stand for a short period after cooking or defrosting to allow the temperature to become uniform.

Troubleshooting

Observation	Potential cause / solution
Oven will not start	Plug not fully inserted into the mains socket or not switched on
	Door is open
	Incorrect operation
	Do you have a power cut?
Arcing or sparking	Unsuitable materials used when using microwave.
	Oven is operated when empty
	Spilled food remains in oven cavity
Unevenly cooked food	Unsuitable materials used when using microwave.
	Food not fully defrosted before cooking
	Power setting for cooking time is incorrect
	Food was not turned or stirred during cooking
	Uneven sized food
Overcooked food	Power setting for cooking time is incorrect
	Cooking period set too long
Undercooked food	Food not fully defrosted before cooking
	Unsuitable materials used when using microwave
	Ventilation ports restricted
	Power setting for cooking time is incorrect
Incomplete defrosting	Unsuitable materials used when defrosting
	Defrost time too short
	Food was not turned or stirred during defrosting
	Uneven sized food
Oven light does not illuminate	Bulb has burnt out
	Timer knob not been set
Noisy turntable	Food residue between turntable roller and base of cavity
	Glass turntable not correctly positioned on roller

Technical specification

Cookworks 17 Litres Microwave Oven (MM7)		
Model	P70J17P-VB	
Rated Voltage & Frequency	230 - 240V AC 50Hz	
Rated Power Input	1100W	
Rated Microwave Output	700W	
MAFF rating	C	
Rated Microwave Frequency	2450MHz	
Capacity	Overall	17 litres
	Usable	10 litres
Class rating	I (earthed)	
BS 1362 fuse	13A	
Diameter of glass turntable	245mm	
Product dimensions (external)	446 x 323 x 243 mm	
Product weight (net)	9.9 kg approx.	

This appliance complies with European regulation no. 1935/2004 of 27/10/2004 on food contact materials. The product is classified as a Group 2, Class B, ISM appliance. Group 2 includes all ISM (Industrial, Scientific or Medical) appliances in which radio frequencies are generated intentionally and/or used in the form of electromagnetic radiation to treat materials, together with electroerosion equipment. Class B includes equipment for domestic use or on premises directly connected to low voltage electricity supply for supplying buildings for residential use.



Recycling electrical products

You should now recycle your waste electrical goods and in doing so help the environment.

This symbol means an electrical product should not be disposed of with normal household waste. Please ensure it is taken to a suitable facility for disposal when finished with. Visit www.recycle-more.co.uk, click on “bank locator” and enter your postcode to find your nearest recycling site.



Plug / Wiring advice

The wires in this mains lead are coloured in accordance with the following UK electrical code:

BLUE = NEUTRAL

BROWN = LIVE

GREEN + YELLOW = EARTH

Non-rewireable plug


This appliance may be fitted with a “non-rewireable” plug. If you need to change the fuse in a “non-rewireable” plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the appliance must not be used.

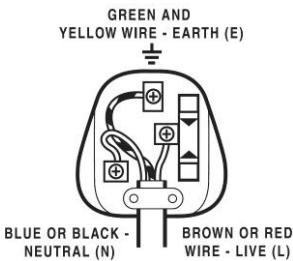
Rewireable plug

The colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in a rewireable plug. **Rewireable plugs should only be replaced by a suitably competent person. If in doubt, consult a qualified electrician.**

The BLUE wire must be connected to the terminal marked with the letter N

The BROWN wire must be connected to the terminal marked with the letter L

The GREEN & YELLOW wire must be connecting to the terminal marked with the letter E or the earth symbol .



Produced in China for and imported by

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PRODUCT GUARANTEE

This product is guaranteed against manufacturing defects for a period of



Year

This product is guaranteed for twelve months from the date of original purchase.

Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual. A replacement copy of this instruction manual can be obtained from www.argos-support.co.uk
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.

Guarantor: Argos Ltd

London
EC1N 2HT, UK

www.argos-support.co.uk