

Instructions for use



JT 356





INSTALLATION



PRIOR TO CONNECTING

Check that the voltage on the rating plate corresponds to the voltage **in your home**.

Place the oven on a stable, even surface that is strong enough to hold the oven and the food utensils you put in it. The right side of the unit is the heavy side. Use care when handling.



Position the oven at a distance from other heating sources. The cooling air, which is taken in by the oven, must not exceed 35°C temperature. For sufficient ventilation there must be a space of at least 15-cm above the oven. Ensure the microwave oven feet are in place and ensure the space underneath the oven is empty to allow for proper airflow. The oven can operate in an ambient temperature ranging from +5°C to +35°C.

This oven is not intended to be placed or used on a working surface **lower than 850 mm above the floor**.

For best visibility of the display, place the oven such that the display is below or equal in height to your eyes when standing in front of it.

Do not remove the microwave inlet protection plates located on the side of the oven cavity wall. They prevent grease & food particles from entering the microwave inlet channels.

Ensure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean the interior with a soft, damp cloth.

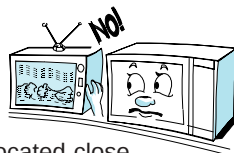
Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces. Electrical shock, fire or other hazards may result.

AFTER CONNECTING

When the appliance is first plugged in or after a power failure, the display is blank. If required, the oven can display a 24-hour digital Clock. When the Clock function is not programmed the display will remain blank until the cooking time or the Timer is set.

The oven can be operated only if the oven door is firmly closed.

Poor television reception and radio interference may result if the oven is located close to a TV, radio or aerial.



The earthing of this appliance is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.

The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.



IMPORTANT SAFETY INSTRUCTIONS



READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

The ventilation openings on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results.

Do not heat, or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.

If material inside / outside the oven should smoke or ignite, keep oven door closed and turn the oven off. Disconnect the power cord or shut off power at the fuse or circuit breaker panel.

Do not over-cook food. Fire could result.

Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating food.

Do not store or use this appliance outdoors. Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

Never lean on the door when it is open, or allow children to play with it. Injury could result.



WARNING!

Only allow children to use the oven with adult supervision after 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.

The appliance is not intended for use by young children or infirm persons without supervision. Young children should be supervised to ensure that they do not play with the appliance.

If your oven have other heatsources that can be combined with microwaves, children should only use the oven under adult supervision due to the temperatures generated.

WARNING!

Do not use your microwave oven for heating anything in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.



WARNING!

The door seals and the door seal areas must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a trained service technician.

EGGS

Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode even after microwave heating has ended.



If the Grill function is not used regularly, there is a risk of fire, due to the possible buildup of food particles and fat, beneath the grill element. To reduce this risk, the Grill only function should be run for 10 minutes once a month to clean the elements.



PRECAUTIONS



GENERAL

This appliance is designed for domestic use only!

The appliance should not be operated without food in the oven when using microwaves. Operation in this manner is likely to damage the appliance.

If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.

Do not use the cavity for any storage purposes.

Remove wire twist-ties from paper or plastic bags before placing bag in the oven.



DEEP-FRYING

Do not use your microwave oven for deep-frying, because the oil temperature cannot be controlled.



LIQUIDS

When heating beverages or water in your microwave oven, overheating of the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.



To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow standing for a short time, stirring again before carefully removing the container from the oven.

CAREFUL

During use of the oven, utensils and oven parts, may become hot. Use hot pads or oven mitts to prevent burns, when touching containers, oven parts, and pan after cooking.

Always refer to a microwave cookbook for details, especially, if cooking or reheating food that contains alcohol.

After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided. Ensure the Lid and the Teat is removed before heating!



ACCESSORIES

GENERAL

There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.

Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking.

When you put food and accessories in the microwave oven, ensure that they do not come in contact with the interior of the oven. **This is especially important with accessories made of metal or metal parts.**

If accessories containing metal comes in contact with the oven interior, while the oven is in operation, sparking can occur and the oven could be damaged.

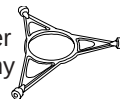
Always ensure that the turntable is able to turn freely before starting the oven.

Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking.

TURNTABLE SUPPORT

Use the turntable support under the Glass turntable. Never put any other utensils on the turntable support.

* Fit the turntable support in the oven.



GLASS TURNTABLE

Use the Glass turntable with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.

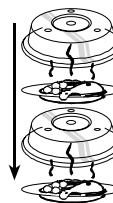
* Place the Glass turntable on the turntable support.



COVER

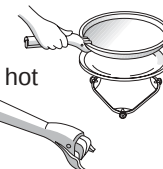
The Cover is used to cover food during cooking and reheating with microwaves only and helps to reduce spattering, retain food moisture as well as reducing the time needed.

Use the cover for two level reheating



CRISP HANDLE

Use the supplied special Crisp handle to remove the hot Crisp plate from the oven.

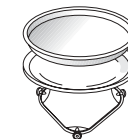


CRISP-PLATE

Place the food directly on the Crisp-plate. Always use the Glass turntable as support when using the Crisp-plate.



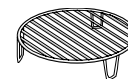
Do not place any utensils on the Crisp-plate since it will quickly become very hot and is likely to cause damage to the utensil.



The Crisp-plate may be preheated before use (max. 3 min). Always use the Crisp function when preheating the crisp-plate.

WIRE RACK

Use the Wire rack when cooking with Grill or Grill Combi function.



STEAMER

Use the steamer with the strainer in place for such foods as fish, vegetables and potatoes.

Use the steamer without the strainer in place for such foods as rice, pasta and white beans.

Always place the steamer on the Glass Turntable.



START PROTECTION / CHILD LOCK

This automatic safety function is activated one minute after the oven has returned to “stand by mode”. (The oven is in “stand by” when the 24-hour Clock is displayed, or if the Clock has not been set, when the display is blank).

The door must be opened and closed e.g. putting food into it, before the safety lock is released. Else the display will show “door”.

PAUSE OR STOP COOKING

To pause cooking:

The cooking can be paused to check, turn or stir the food by opening the door. The setting will be maintained for 10 minutes.



If you don't want to continue cooking:

Remove the food, close the door and press the STOP button



To continue cooking:

Close the door and press the Start button ONCE. The cooking is resumed from where it was paused. Pressing the Start button TWICE will increase the time by 30 seconds.



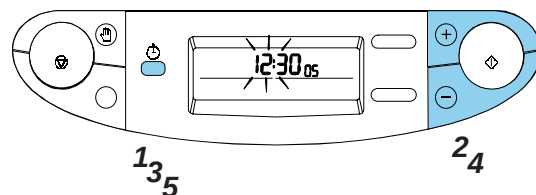
A beep will signal once a minute for 10 minutes when the cooking is finished. Press the STOP button or open the door to cancel the signal.



Note: The oven will only hold the settings for 60 seconds if the door is opened and then closed after the cooking is finished.



CLOCK



Clock timeout: each step must be accomplished within 60 seconds. Else, the display will return to stand by mode automatically.

1. Press the Clock button (3 seconds) until the left-hand digit (hour's) flicker.
2. Press the +/- buttons to set the hours.
3. Press the Clock button again. (The two right hand digits (minutes) flicker).
4. Press the +/- buttons to set the minutes.
5. Press the Clock button again. The Clock is set and in operation.

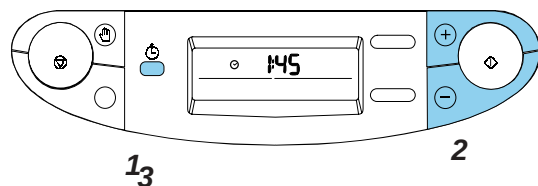
Note: When the appliance is first plugged in or after a power failure, the display is blank. If the clock is not set, the display will remain blank until the cooking time is set.

If you wish to remove the clock from the display once it has been set. Simply press the Clock button (3 seconds) until the left-hand digit (hour's) flicker. Then press the Stop button.

To reinstate the clock, follow the above procedure.



KITCHEN TIMER



1. Press the Clock button once.
2. Press the +/- buttons to set the desired measurement of time.
3. Press the Clock button again to start the Kitchen Timer.

An acoustic signal will be heard when the Kitchen Timer has finished to count down.

One press on the Clock button displays how much is left on the Timer. It's displayed for 3 seconds and then returns to displaying the cooking time (If you are currently cooking).

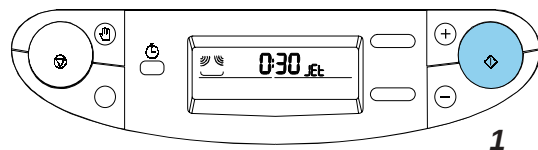
The Kitchen Timer is completely independent of all other functions and can be used at any time regardless of whether the oven is currently cooking or not.

Use this function when you need a Kitchen Timer to measure exact time for various purposes such as cooking eggs, pasta or letting the dough rise before baking etc.

To stop the Kitchen Timer when it is operating in the background of another function, you must first recall it to the foreground by pressing the Clock button and then stop it by pressing the Clock button once more.



JET START



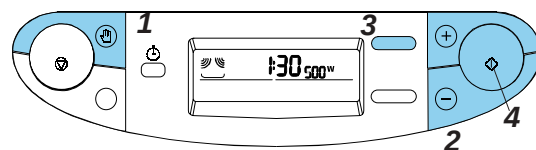
1. Press the Start button.

This function automatically starts with full microwave power level and the cooking time set to 30 seconds. Each additional press increases the time with 30 seconds. You may also alter the time by pressing the +/- buttons to increase or decrease the time after the function has started.

This function is used for quick reheating of food with a high water content such as; clear soups, coffee or tea.



Do not use with this function.



1. Press the MANUAL button to select desired function.
2. Press the +/- buttons to set the cooking time.
3. Press the WATT button repeatedly to set the preferred power level.
4. Press the Start button.

Once the cooking process has been started:

The time can easily be increased in 30-second steps by pressing the Start button.

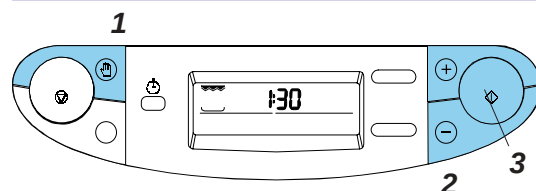
Each press increases the time with 30 seconds. You may also alter the cooking time by pressing the +/- buttons to increase or decrease the time.

The power level may also be altered during cooking by pressing the WATT button.

Use this function for normal cooking and reheating, such as vegetables, fish, potatoes and meat.



Do not use with this function.



1. Press the MANUAL button to select desired function.
2. Press the +/- buttons to set the cooking time.
3. Press the Start button.

Do not leave the oven door open for long periods when the Grill is in operation, as this will cause a drop in temperature.

For food like cheese, toast, steaks and sausages, place food on the high wire grid.

Use this function to quickly give a pleasant brown surface to the food.

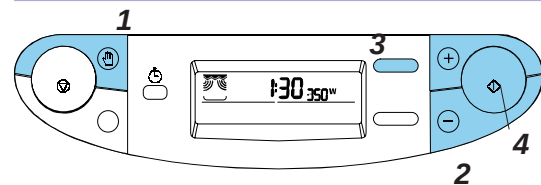


Do not use with this function.

⚠ IMPORTANT!

Ensure that the utensils used are heat resistant and ovenproof before grilling with them.

Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.



1. Press the MANUAL button to select desired function.
2. Press the +/- buttons to set the cooking time.
3. Press the WATT button repeatedly to set the preferred power level.
4. Press the Start button.

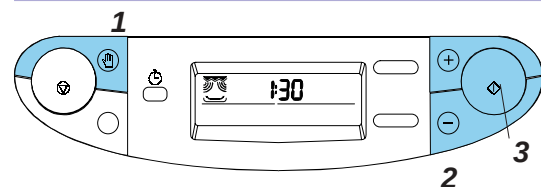
Use this function to cook such food as Gratin's, Lasagne, Poultry and Baked potatoes.



Do not use with this function.

The Max. possible microwave power level when using the Grill Combi, is limited to a factory-preset level.

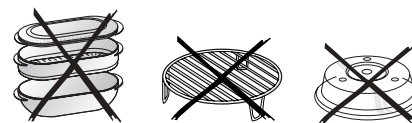
Place food on the high wire rack or on the glass turntable when cooking with this function.



1. Press the MANUAL button to select desired function.
2. Press the +/- buttons to set the cooking time.
3. Press the Start button.

The oven automatically works with Microwaves and Grill in order to heat the Crisp-plate. This way the Crisp-plate will rapidly reach its working temperature and begin to brown and crisp the food.

Use this function to reheat and cook pizzas and other dough based food. It is also good for frying bacon and eggs, sausages, hamburgers etc.



Do not use with this function.

IMPORTANT!

Ensure that the Crisp-plate is correctly placed in the middle of the Glass turntable. **The oven and the crisp-plate** become very hot when using this function.

Do not place the hot crisp-plate on any surface susceptible to heat.

Be careful, not to touch the ceiling beneath the Grill element.

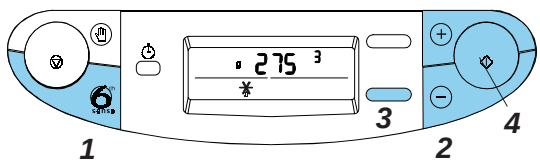
Use oven mittens or the special Crisp handle supplied when removing the hot Crisp-plate.

Only use the supplied Crisp plate with this function. Other available Crisp plates on the market will not give the correct result when using this function.



6th

JET DEFROST



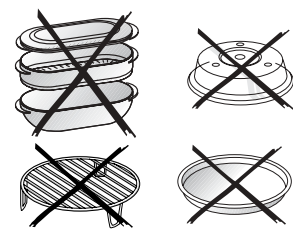
1. Press the **6th** button to select desired function.
2. Press the +/- buttons to set the net weight of the food to be defrosted.
3. Press the FOOD button repeatedly to set the food class.
4. Press the Start button.

Midway through the defrosting process the oven stops and prompts you to “TURN” food.

- Open the door.
- Turn the food.
- Close the door and restart by pressing the Start button.

Note: the oven continues automatically after 2min if the food hasn't been turned. The defrosting time will be longer in this case.

Use this function for defrosting Meat, Poultry, Fish, vegetables and bread.

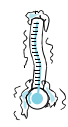


Do not use with this function.

Always place the food on the glass turntable.

This function needs to know the net weight of the food. The oven will then automatically calculate the needed time to finish the defrost / cooking procedure.

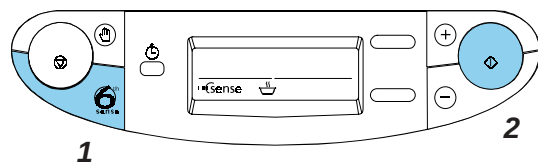
Frozen foods:
If the food is warmer than deep-freeze temperature (-18°C), choose lower weight of the food.
If the food is colder than deep-freeze temperature (-18°C), choose higher weight of the food.



RECOMMENDED WEIGHTS		
For food not listed in this table and if the weight is lesser or greater than recommended weight, you should follow the procedure for "Cook and reheat with microwaves" and choose 160 W when defrosting.		
1	MEAT (100g - 2Kg)	Minced meat, cutlets, steaks or roasts.
2	POULTRY (100g - 3Kg)	Chicken whole, pieces or fillets.
3	FISH (100g - 2Kg)	Whole steaks or fillets.
4	VEGETABLES (100g - 2Kg)	Mixed vegetables, peas, broccoli etc.
5	BREAD (100g - 2Kg)	Loaf, buns or rolls.



6th SENSE REHEAT



Use this function when reheating readymade food either frozen, chilled or room tempered.

Place food onto a microwave-safe heatproof dinner plate or dish.

1. Press the **6th SENSE** button to select desired function.
2. Press the Start button.

Adjusting doneness

When using this function, you also have the possibility to personally control the end result through the Adjust **doneness** feature. This feature enables you to achieve higher or lower end temperature or longer and shorter time. The standard setting normally gives you the best result.

In case the food you heated became too warm to eat at once. You can easily adjust this before you use this function the next time.

This is done by selecting a higher or lower level with the WATT button.

+ Increases the end temperature.

- Decreases the end temperature.

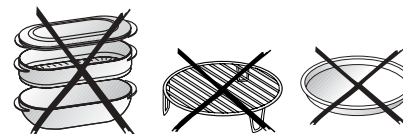
Note:

The doneness can only be set or altered before operation or during the first 20 seconds of operation including when “ [_ _ _] ” is displayed.

The program should not be interrupted as long as “ [_ _ _] ” is displayed.

The Program can be interrupted when the time is displayed.

When you are saving a meal in the refrigerator or “plating” a meal for reheating, arrange the thicker, denser food to the outside of the plate and the thinner or less dense food in the middle.



Do not use with this function.

Place thin slices of meat on top of each other or interlace them.

Thicker slices such as meat loaf and sausages have to be placed close to each other.



Standing time

1-2 minutes standing time always improves the result, especially for frozen food.

Always use the supplied cover

with this function except when reheating chilled soups in which case the cover is not needed! If the food is packaged in such way that it isn't possible to use the cover, the package should be cut with 2-3 score to allow for excess pressure to escape during reheating.

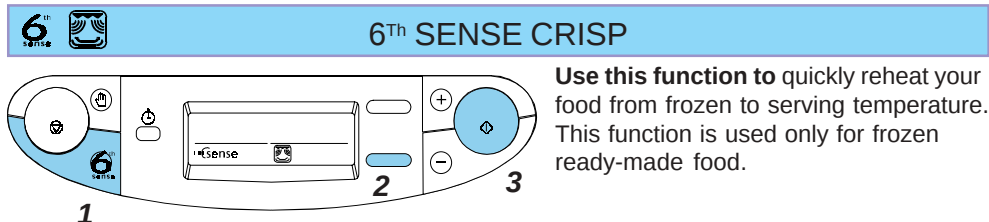


Releasing pressure

Plastic foil should be scored or pricked with a fork, to relieve the pressure and to prevent bursting, as steam builds-up during cooking.

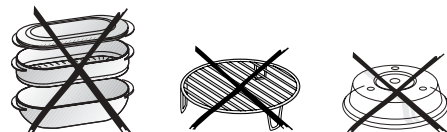
The net weight shall be kept within **250 - 600 g** when using this function. If not you should consider using the manual function to obtain the best result.

Ensure the oven is at room temperature before using this function in order to obtain the best result.



Use this function to quickly reheat your food from frozen to serving temperature. This function is used only for frozen ready-made food.

1. Press the **6th SENSE** button to select desired function.
2. Press the **FOOD** button repeatedly to set the food class.
3. Press the **Start** button.



Do not use with this function.

Adjusting doneness

When using this function, you also have the possibility to personally control the end result through the **Adjust doneness** feature. This feature enables you to achieve higher or lower end temperature or longer and shorter time. The standard setting normally gives you the best result.

In case the food you heated became too warm to eat at once. You can easily adjust this before you use this function the next time.

This is done by selecting a higher or lower level with the **WATT** button.

H **+** Increases the end temperature.

L **-** Decreases the end temperature.

Note:

The doneness can only be set or altered before operation or during the first 20 seconds of operation including when “ ” is displayed.

The program should not be interrupted as long as “ ” is displayed.

The Program can be interrupted when the time is displayed.

Only use the supplied Crisp plate with this function. Other available Crisp plates on the market will not give the correct result when using this function.



IMPORTANT!

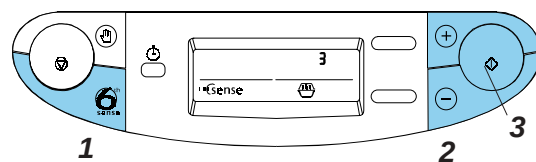
Do not place any containers or wrappings on the Crisp plate!

Only the food is to be placed on the Crisp plate.

RECOMMENDED WEIGHTS		
For food not listed in this table and if the weight is lesser or greater than recommended weight, you should follow the procedure for the manual Crisp function.		
1	FRENCH FRIES (250g - 600g)	Spread out the fries in an even layer on the crisp plate. Sprinkle with salt if crispier fries are desired. The fries can be stirred when the time is displayed.
2	PIZZA, thin crust (250g - 500g)	For pizzas with thin crust.
3	PAN PIZZA (300g - 800g)	For pizzas with thick crust.
4	QUICHE (400g - 800g)	Place the quiche directly on the crisp plate.
5	CHICKEN WINGS (250g - 600g)	Spread out the chicken wings in an even layer on the crisp plate.



6th SENSE STEAM



1. Press the **6th SENSE** button to select desired function.
2. Press the +/- buttons to set the cooking time. (If time is not set, the program will only run to boiling point before switching off).
3. Press the Start button.

Always cover the food with a lid. Ensure that the vessel and lid are microwave proof before using them. If you don't have a lid available to your chosen vessel, you may use a plate instead. It should be placed with the underside facing the inside of the vessel.

Do not use plastic or aluminum wrappings when covering the food.

Vessels used should not be more than half filled. If you intend to boil large amounts, you should choose a larger vessel in order to ensure that it's not filled to more than half of its size. This is to avoid over boiling.

Cooking vegetables

Place the vegetables into the strainer. pour 50-100 ml water into the bottom part. Cover with the lid and set the time.

Soft vegetables such as broccoli and leek require 2-3 minutes cooking time.

Harder vegetables such as carrots and potatoes require 4-5 minutes cooking time.

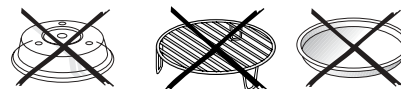
Cooking rice

Use the recommendations on the package regarding the cooking time, the amount of water & rice. Place the ingredients in the bottom part, cover with the lid and set the time.

Use this function for such food as vegetables, fish, rice and pasta.

This function works in 2 steps.

- * The first step quickly brings the food to boiling temperature.
- * The second step automatically adjusts to simmering temperature in order to avoid over boiling.



Do not use with this function.

⚠ WARNING!

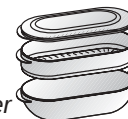
The Steamer is designed to be used with microwaves *only*!

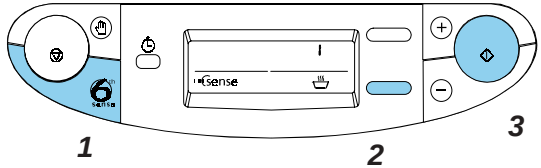
Never use it with any other function at all.

Using the steamer in any other function may cause damage.

Always ensure that the turntable is able to turn freely before starting the oven.

Always place the steamer on the Glass Turntable.

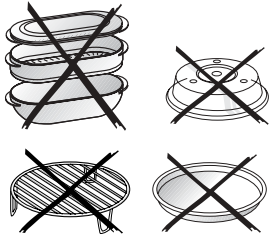




Use this function for cooking ONLY.
 This function can only be used for food belonging to the categories listed here.
 Use "Cook & Reheat with microwaves" for other food or weights not listed.

1. Press the 6th button to select desired function.
2. Press the FOOD button repeatedly to set the food class.
3. Press the Start button.

Plastic foils or lids should be pricked with a fork or cocktail stick to relieve the pressure and to prevent bursting, as steam builds-up within them during cooking.



Do not use with this function.

RECOMMENDED WEIGHTS		
1	BAKED POTATOES (2 - 4 pcs approx 250g a piece)	Prick the potatoes and place them in a microwave safe and oven proof dish. Please be aware that the oven, dish and food are hot.
2	BOILED POTATOES (250g - 1kg)	Choose even sized potatoes. Cut larger ones in half. Place the potatoes in the bottom part of the steamer. Add 100 ml water and cover with the lid. Add a little salt to the water if desired.
3	FROZEN VEGETABLES (250g - 750g)	Place the vegetables in the bottom part of the steamer. Add 100 ml water and cover with the lid. Add a little salt to the water if desired.

MAINTENANCE & CLEANING

Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.

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.

Do not use metal scouring pads on the inside of the oven cavity. They will scratch the surface.



At regular intervals, especially if spillovers have occurred, remove the turntable, the turntable support and wipe the base of the oven clean.

This oven is designed to operate with the turntable in place.

Do not operate the microwave oven when the turntable has been removed for cleaning.

Use a mild detergent, water and a soft cloth to clean the interior surfaces, front and rear of the door and the door opening.

Do not allow grease or food particles to build up around the door.

For stubborn stains, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the marks.

Adding some lemon juice to a cup of water, placing this on the turntable and boiling for a few minutes can eliminate odors inside the oven.

Abrasive cleansers, steel-wool pads, gritty wash cloths, etc. can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.

Do not spray directly on the oven.

DISHWASHER SAFE:

Turntable support.



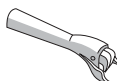
Glass turntable.



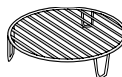
Cover



Crisp handle.



Wire rack.



Steamer



CAREFUL CLEANING:

The Crisp-plate should be cleaned in mild, detergent water. Heavily soiled areas can be cleaned with a scouring sponge and a mild cleanser.

Always let the crisp-plate cool off before cleaning.

Do not immerse or rinse with water while the crisp-plate is hot. Quick cooling may damage it.

Do not use steel-wool pads. This will scratch the surface.



TROUBLE SHOOTING GUIDE

If the oven does not work, do not make a service call until you have made the following checks:

- * The Turntable and turntable support is in place.
- * The Plug is properly inserted in the wall socket.
- * The Door is properly closed.
- * Check your Fuses and ensure that there is power available.
- * Check that the oven has ample ventilation.
- * Wait for ten minutes and then try to operate the oven once more.
- * Open and then close the door before you try again.
- * During the operation of some functions, a symbol “ ” may be displayed. This is normal and indicates that the oven performs some calculations in order to reach a good end result.

This is to avoid unnecessary calls for which you will be charged.
When calling for Service, please give the serial number and type number of the oven (see Service label). Consult your warranty booklet for further advice.

Important:

If the mains cord needs replacing it should be replaced by the original mains cord, which is available via our service organization. The mains cord may only be replaced by a trained service technician.

WARNING!

Service only to be carried out by a trained service technician. 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. Do not remove any cover.



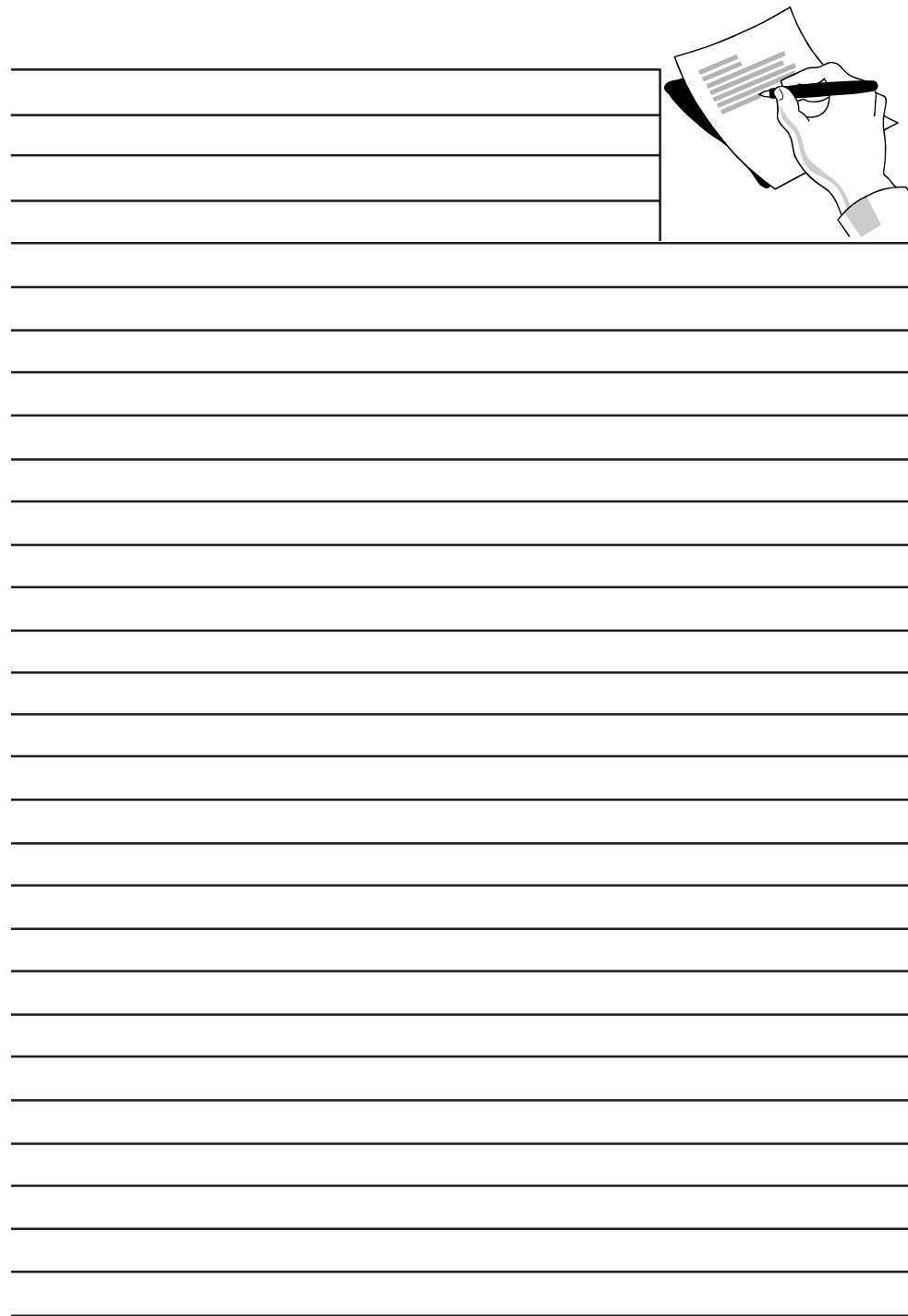
ENVIRONMENTAL HINTS

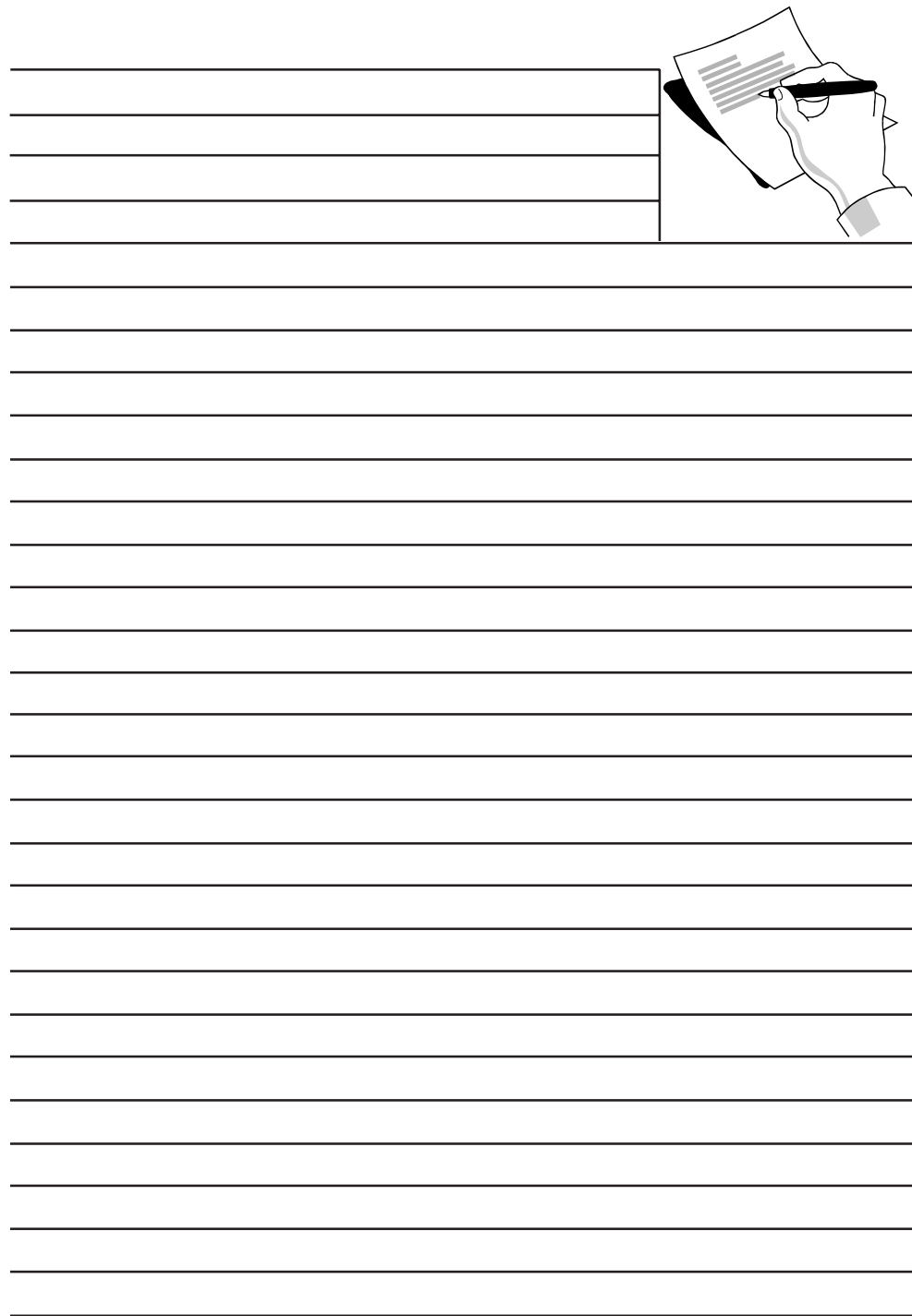
Packing

 **The packing box** may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene etc.) out of the reach of children.

Appliance

The appliance is built from reusable materials. If you decide to scrap the appliance, it must be disposed of in compliance with local waste disposal regulations. Before scrapping, cut off the mains cord so that the appliance cannot be connected to the mains.





SPECIAL NOTE

To protect the oven and display from overheating, the temperature in the handle is monitored. Therefore the oven may carry out a cooling procedure if overheating is at risk. COOL is displayed during this time. The fan, turntable and light operate. This is normal. After this procedure the oven switches off automatically. The cooling procedure can be interrupted without any harm to the oven by opening the door.

DATA FOR TEST AND HEATING PERFORMANCE

In accordance with IEC 60705.

The International Electrotechnical Commission has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

Test	Amount	Approx. time	Power level	Container
12.3.1	1000 g	11 min	750 W	Pyrex 3.227
12.3.2	475 g	5 min	750 W	Pyrex 3.827
12.3.3	900 g	15 min	750 W	Pyrex 3.838
13.3	500 g	2 min 12 sec	Jet defrost	



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