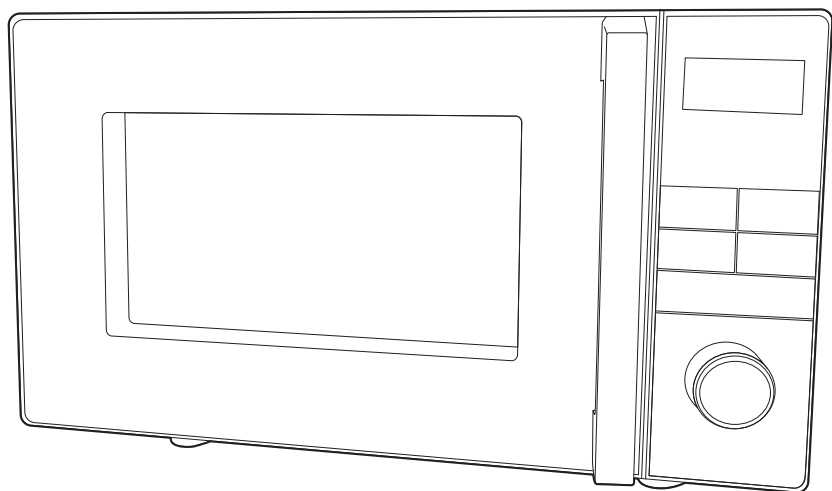




GHMOF101B5M

20L Digital microwave

User Guide

230-240V~50Hz, 1100-1150W

IMPORTANT: RETAIN FOR FUTURE REFERENCE

About this guide

We're here to help you get the most from your digital microwave, so please keep hold of this manual for future use.

WARNINGS:

THIS PRODUCT WAS DESIGNED AND MANUFACTURED TO MEET STRICT QUALITY AND SAFETY STANDARDS. THERE ARE, HOWEVER, SOME OPERATION PRECAUTIONS YOU SHOULD BE AWARE OF.

- 1. Read all warnings & instructions in this manual to ensure you get the best out of your product.**
- 2. For household use only. Only use this appliance for its intended purpose as described in this manual. This appliance is only suitable for domestic use and is not designed for commercial use.**
- 3. 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 without supervision.**
- 4. WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**
- 5. 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 which gives protection against exposure to microwave energy.**
- 6. WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.**

7. Leave a minimum of 30cm (12") above the microwave and never place items on top as this will block the vents.
8. Only use utensils that are suitable for use in microwave ovens.
9. Metallic containers for food and beverages are not allowed during microwave cooking.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. 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.
12. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
13. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container
14. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
15. 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.
16. The oven should be cleaned regularly and any food deposits removed.
17. 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.
18. The microwave oven is only used in freestanding; the microwave oven shall not be placed in a cabinet.
19. The appliance shall not be cleaned with a steam cleaner.
20. Do not operate this appliance if it has a damaged cord or plug. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

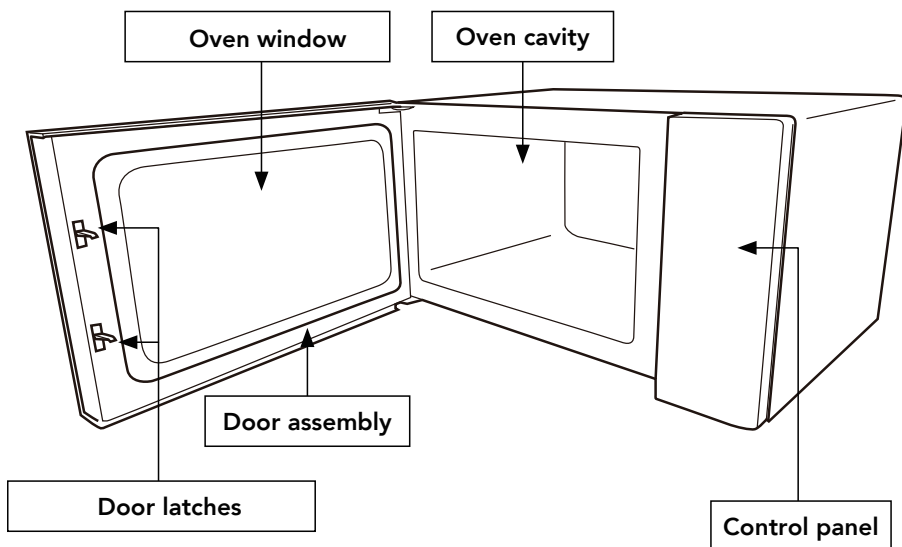
21. To avoid fire, electric shock, or injury, never immerse the microwave, cord, or plug in water or liquid.
22. Do not use attachments not recommended by the manufacturer. Only use thermometers approved for use in microwaves.
23. Keep away from harsh or abrasive cleaning agents or solvents.
24. Remove all protective wrapping prior to use.
25. Before connecting the microwave to the power, check the voltage shown on the appliance corresponds with the voltage in your home. If it doesn't, contact your local store.
26. The cord shouldn't hang over the edge of a table or counter, or touch a hot surface.
27. Do not use the microwave when it is empty as this could lead to damage.
28. Always place on a firm, level surface, out of reach of children.
29. Never put any objects into the outer case openings or remove parts of the microwave (e.g. the feet and screws).
30. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
31. The door seals are located around the window and on the inside of the door. The seals are not airtight, but although no microwaves are released it is normal for a small amount of air or steam to escape when the microwave is in use.
32. Do not use plastic containers for food that has a high content of fat or sugar.
33. Do not use this microwave to deep fry foods.
34. Avoid cooking foods surrounded by membrane (e.g. egg yolks, potatoes, chicken livers and ready meals) without piercing them with a fork several times.
35. Always stir microwaved foods to distribute the heat evenly, then leave to stand for a few minutes. Make sure to test the temperature of cooked food before eating.
36. Food containing a mix of fat and water (e.g. stock) should be left to stand for 30-60 seconds in the microwave after it is cooked. This allows the mixture to settle and prevents it

from bubbling.

37. Certain foods may heat quicker than others (e.g. jam and puddings).
38. Use gloves if you remove any heated food.
39. Do not overheat food.
40. The outer-casing may become hot during use, so always place on a heat-resistant surface and use with caution.
41. Beware when opening lids as hot steam will escape.
42. The door of the outer surface may get hot when the appliance is operating.
43. Wipe the interior with a damp cloth after each use. If you leave grease or fat it may overheat, smoke or catch fire.
44. Do not leave the microwave unattended when in use.
45. Unplug when not in use and before cleaning.
46. Please don't dismantle. If a fault occurs have the microwave inspected in a qualified repair shop or return to us at Asda.
47. ASDA does not recommend allowing children to operate this appliance.
48. This appliance is a Group 2 Class B equipment.
Group 2 equipment: group 2 contains all ISM RF equipment in which radio-frequency energy in the frequency range 9 kHz to 400 GHz is intentionally generated and used or only used locally, in the form of electromagnetic radiation, inductive and/or capacitive coupling, for the treatment of material, for inspection/analysis purposes, or for transfer of electromagnetic energy.
Class B equipment is equipment suitable for use in locations in residential environments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

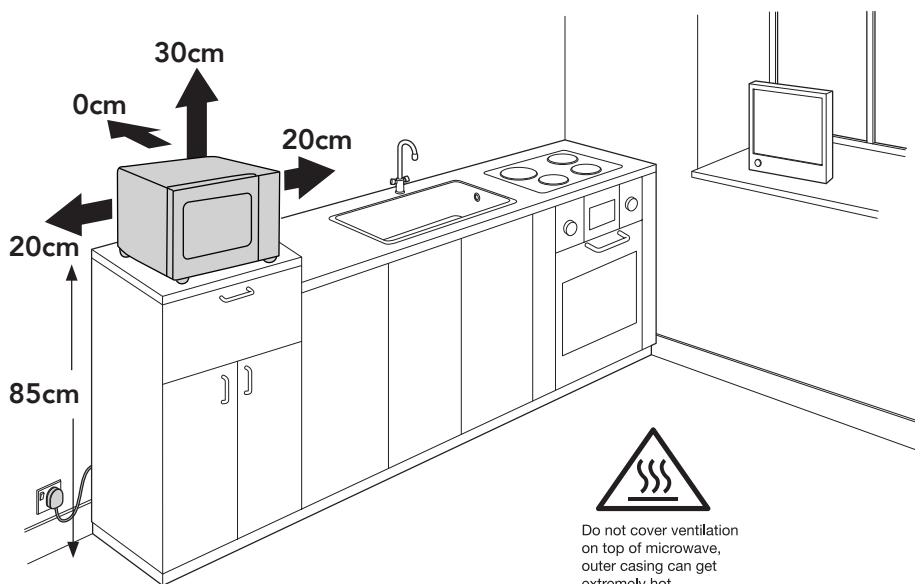
How to...

...recognise the parts of your manual microwave



How to...

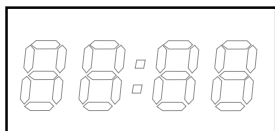
...best place your microwave grill



1. Do not place over a cooker or heat-producing appliance as this may cause damage.
2. Select a level surface that provides enough space for the outlet vents. Ensure the surface is strong enough to support the microwave (do not place inside cabinets).
3. A minimum clearance of 20cm (8") is required between the microwave and any adjacent wall or surface.
4. Leave a minimum of 30cm (12") above the microwave and **NEVER** place anything on top as this will block the vents.
5. The microwave should be as far away from TVs and radios as possible. Using the microwave may cause interference with reception.
6. The microwave must be positioned so the plug is accessible and the socket is within easy reach.
7. Plug the microwave into a suitable 13 amp mains socket and ensure the voltage is the same as that in your home (do not use extension cables or mains socket adaptors).

How to...

...recognise the microwave control panel



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

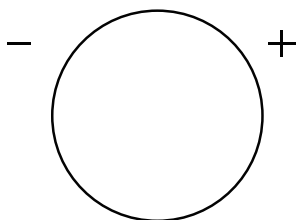
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



Display

All cooking times and power levels

Microwave

Set power level for microwave operation

Defrost

Quickly defrosts frozen foods based on the selected weight or time of the food

Clock/Timer

Set time of day / Countdown timer

STOP/Clear

Pause active cooking status / Cancels current operation / Lock function for children

START/+30Sec.

Start speedy cooking for 30 seconds / Confirm input / Start operation / Add 30 seconds



Enter speedy cooking time setting by first turning the knob left / Enter auto menu selection by first turning the knob right / Adjust parameters (e.g., time, power level, weight, automenue)

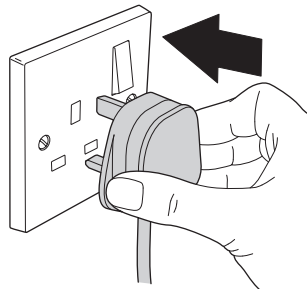
How to...

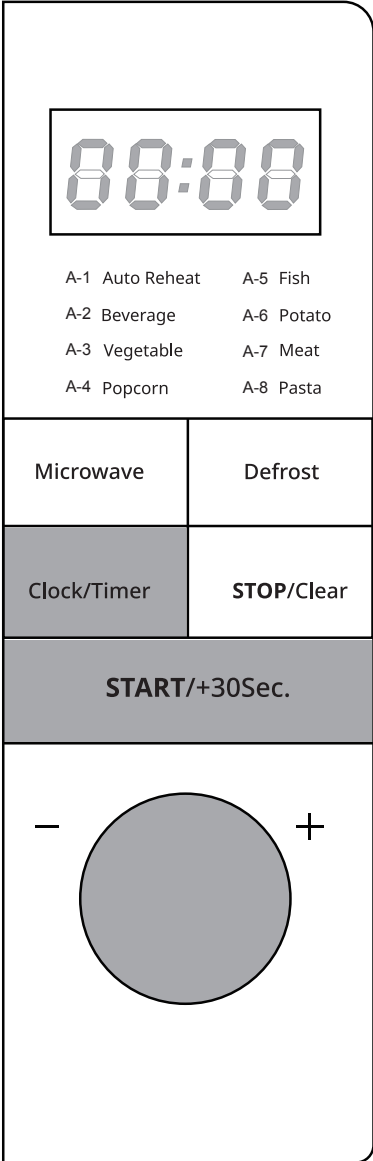
...use your microwave

Please note

Do not use metal pans or items with a metal handle or trim (including wire twist-ties) or melamine dishes (as they contain material that absorbs microwave energy and may cause dishes to crack or burn). All cookware should be suitable for microwave use and no containers with restricted openings (e.g. bottles) should be used. If baby bottles are heated, the teat should not be left on.

1. Slot the plug into the mains socket and switch the power on.
2. The microwave will 'BEEP' once and the display will show the clock symbol and 0:00.





Setting the Clock

1. Press "Clock/Timer " once and then "00:00" will display.
2. Turn the knob to set the hour figures.
3. Press "Clock/Timer " to confirm.
4. Turn the knob to set the minute figures.
5. Press "Clock/Timer " to confirm. The clock is set.

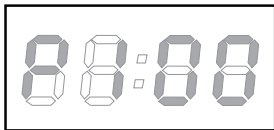
Notes:

1. The clock is a 24-hour display. If the clock is not set, it will not work when powered.
2. To reset the clock, please repeat step 1 to step 5.

Setting the Kitchen Timer

1. Press "Clock/Timer " twice and then "00:00" will display.
2. Turn the knob to set the desired time. The maximum time value is "95:00".
3. Press " START/+30Sec. " to confirm. The timer starts counting

Note: The kitchen timer is a timer.



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

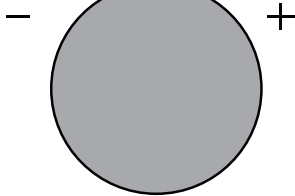
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



Microwave Cooking

The 5 power levels are available.

Power	Display
100%	P100
80%	P80
50%	P50
30%	P30
10%	P10

1. Press " Microwave " once and then "P100" will display.
2. Press " Microwave " repeatedly or turn the knob to set the power level.
The 5 power levels are available.
3. Press " **START/+30Sec.** " The 5 power levels are available.
4. Turn the knob to set the cooking time.
The maximum time value is "95:00".
5. Press " **START/+30Sec.** " to start cooking.



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

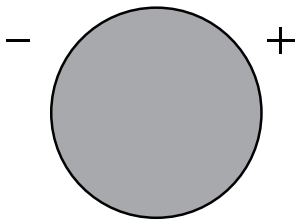
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



Defrost by Weight

1. Press " Defrost " once and then the screen will display "DEF1".
2. Turn the knob to set the weight of the food. The range of weight is 100 to 2000g.
3. Press " **START/+30Sec.** " to start defrosting.

Note: The buzzer will sound to remind you to turn the food over during defrosting. If no operation, the oven will continue working.



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

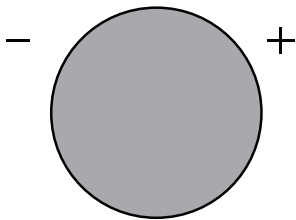
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



Defrost by Time

1. Press " Defrost " twice and then the screen will display "dEF2".
2. Turn the knob to set the desired defrosting time. The maximum time value is "95:00".
3. Press " START/+30Sec. " to start defrosting.

Notes:

1. The buzzer will sound to remind you to turn the food over during defrosting. If no operation, the oven will continue working.
2. The default power level is P30 and it cannot be changed.



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

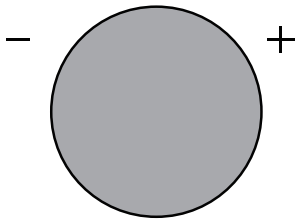
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



Speedy Cooking

1. In standby mode, press " **START/+30Sec.** " to cook food at 100% power level for 30 seconds. Each press on the same key can increase 30 seconds and the maximum time value is "95:00".
2. In standby mode, first turn the knob left to set a cooking time at 100% power. Continue to turn the knob to adjust the cooking time. Then press " **START/+30Sec.** " to start cooking. The maximum time value is "95:00".

Note:In the microwave and defrost by time cooking state, each more press on " **START/+30Sec.** " or turn the knob can change the cooking time. (Except the defrost by weight and auto menu.)



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

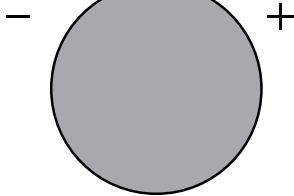
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



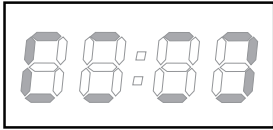
Multi-Stage Cooking

Notes:

1. Two cooking stages can be set in multi-stage cooking.
2. If you set the defrost function, it will work automatically in the first stage.
3. The kitchen timer and the auto menu cannot be set as one of the multi-stage.

Example: Defrost food for 500g and then cook with 80% microwave power for 7 minutes.

1. Press " Defrost " once and then the screen will display "dEF1".
2. Turn the knob to set the weight of the food to 500g.
3. Press " Microwave " once and then "P100" will display.
4. Press " Microwave " repeatedly or turn the knob to set the power level to P80.
5. Press " **START/+30Sec.** " to confirm the microwave power.
6. Turn the knob to set the cooking time to 7 minutes.
7. Press " **START/+30Sec.** " to start cooking.



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

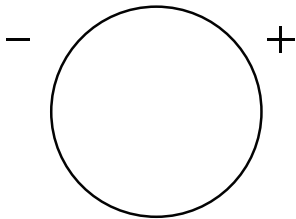
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



Lock Function for Children

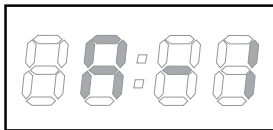
You can use this function to disable the screen buttons and prevent your child from accidentally turning the oven on.

To activate the lock:

In standby mode, press and hold "**STOP/Clear**" for three seconds. A beep sounds and " " will display.

To deactivate the lock:

In the locked state, press and hold "**STOP/Clear**" for three seconds. A beep sounds.



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

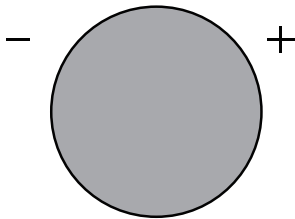
Microwave

Defrost

Clock/Timer

STOP/Clear

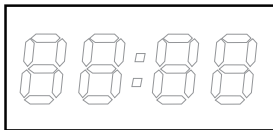
START/+30Sec.



Auto Menu

1. First turn the knob right and then the screen will display "A-1".
2. Turn the knob to choose the menu you need.
The 8 auto menus are available.
3. Press " **START/+30Sec.** " to confirm.
4. Turn the knob to set the weight of the food.
5. Press " **START/+30Sec.** " to start cooking.

Menu	Weight	Display	Power
A-1 Auto Reheat	200g	200	P100
	400g	400	
	600g	600	
A-2 Beverage	1 cup(120ml)	1	
	2 cups(240ml)	2	
	3 cups(360ml)	3	
A-3 vegetable	200g	200	
	300g	300	
	400g	400	
A-4 Popcorn	50g	50	
	100g	100	
A-5 Fish	250g	250	P80
	350g	350	
	450g	450	
A-6 Potato	200g	200	P100
	400g	400	
	600g	600	
A-7 Meat	250g	250	P100
	350g	350	
	450g	450	
A-8 Pasta	50g	50	P80
	100g	100	



- | | |
|-----------------|------------|
| A-1 Auto Reheat | A-5 Fish |
| A-2 Beverage | A-6 Potato |
| A-3 Vegetable | A-7 Meat |
| A-4 Popcorn | A-8 Pasta |

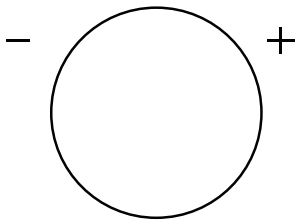
Microwave

Defrost

Clock/Timer

STOP/Clear

START/+30Sec.



Inquiring Function

1. If the clock has been set, the current time will display for three seconds by pressing "Clock/Timer" in the cooking state.
2. In the microwave cooking state, press "Microwave" to inquire about the power level. It will display for three seconds.

How to...

...clean your microwave

Make sure the microwave is disconnected from the power and is completely cool before cleaning. Failure to keep the microwave clean can lead to deterioration in the interior that could affect the life of the appliance and result in a hazardous condition.

1. When food or liquids stick to the microwave walls, wipe clean with a damp cloth (do not use harsh detergents or abrasives).
2. You can clean the outside of the oven with a damp cloth and dry with a soft dry cloth. Don't allow water to seep into the ventilation openings.
3. Wipe the door and window on both sides regularly along with the door seals and adjacent parts with a damp cloth to remove spills or splatters. Do not use abrasive cleaners.
4. Do not allow the control panel to become wet. Clean with a damp cloth and dry thoroughly.
5. If steam builds inside or around the microwave door, wipe away with a damp cloth.
6. If the inside of the microwave smells, mix the juice and skin of a lemon with some water in a microwavable bowl. Place in the microwave and heat for 3 minutes on full power, then wipe the inside of the microwave thoroughly with a dry cloth.
7. Regularly clean the turntable support and oven floor by wiping the bottom of the oven with a mild detergent and water, then drying with a cloth. The turntable can be washed in warm soapy water, then dried thoroughly before placing back inside the microwave. Always make sure it is fitted back in correctly.

How to...

...solve common problems

Problem

If the microwave doesn't work.

What to do

1. Ensure it is plugged in securely.
2. Check the mains fuse has not been tripped (if it has, reset the fuse).
3. See if another appliance works when plugged into the same socket (if it doesn't, the socket may be faulty).
4. If the socket works, replace the fuse.

Problem

If the microwave will not heat food:

What to do

1. Check the timer has not been set.
2. Ensure the door is securely closed (as a safety feature, if the door is not fully shut the microwave will not operate).
3. See if the child lock is in operation.

Specifications

Rated voltage:	230-240V ~ 50Hz
Operating frequency:	2450 MHz
Power output:	650-700W
Outside dimensions:	274mm (H) x 440mm (W) x 358 (D)
Oven capacity:	20 Litres
Weight (Approx):	10.6kg

Energy Consumption

Product information for power consumption and maximum time to reach applicable low power mode.

Standby mode

0.6 W

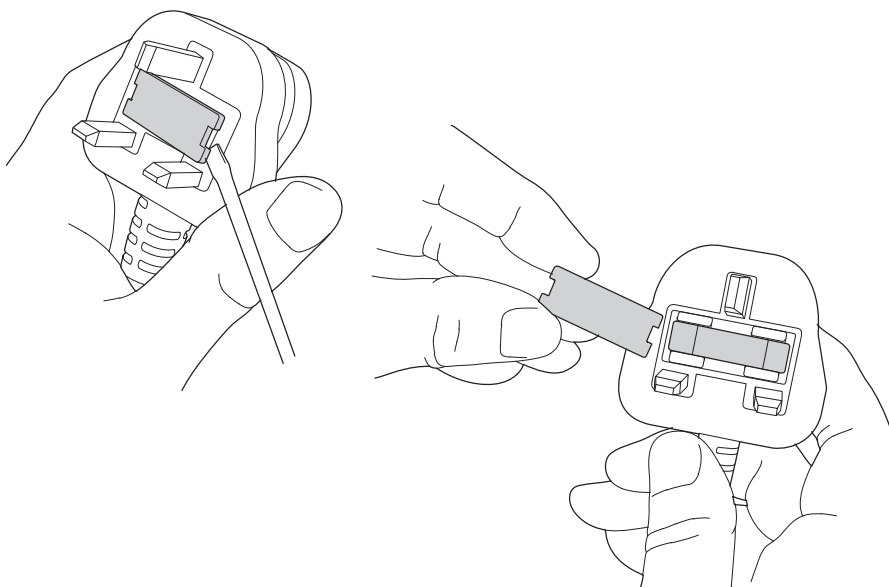
The maximum time needed for the microwave oven to automatically reach the applicable low power mode or condition.

20 minutes

How to...

...change the fuse

1. Only use a 13 amp fuse.
2. To change the fuse, place a screwdriver into the recess of the plug cover and pull the fuse holder upward until it's free.
3. Slide the fuse out and pop in the replacement.
4. Slot the fuse holder back into the recess and push down until it locks into place.



Notes...



If for any reason you're not completely satisfied with our product, return it within 100 days with your proof of purchase, and we'll give you an exchange or a refund.

UK Mainland stores only.

Excludes franchises.

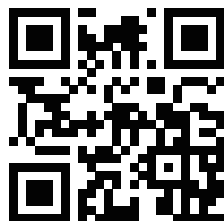
The guarantee excludes flat pack furniture, which can't be returned if it has been partly or fully assembled unless faulty or mis-described.

Also excludes mattresses, which can't be returned for hygiene reasons once used, unless faulty or mis-described.

**Need
something
else?**

www.GEORGE.com

We have a wide range of accessories and other products that can be ordered direct to your door.



**For PDF copy of this manual
please scan QR code and search
for model number**

ASDA
technical support
0333 600 7700

Customer services information

If you have any problems, need more information or spare parts, or even just some advice on your product, then don't hesitate to contact customer services at the telephone number or address shown opposite. N.B. When calling or writing please have your product site code handy.

Call

0800 952 0101

Write

ASDA, Leeds LS11 5AD

Product name: **GH 20L FLATBED MICROWAVE**

Product site code: **15A.06.25.064**



To qualify for the 2 year warranty the appliance must have been used according to the manufacturer's instructions. For example kettles should have been regularly de-scaled.

If your appliance stops working or develops a fault then return it to your nearest store and we will happily replace or refund the item, with exception of the below exclusions:

EXCLUSIONS

ASDA shall not be liable to replace goods under the terms of the warranty where:

1. The fault has been caused or is attributable to accidental use, misuse, negligent use or use contrary to the user manual's recommendations or where the fault has been caused by power surges or damage caused in transit.
2. The appliance has been used on a voltage supply other than that described on the product rating label.
3. Repairs have been attempted by persons other than our service staff (or authorised dealer).
4. Where the appliance has been used for hire purposes or non-domestic use.
5. ASDA are not liable to carry out any type of servicing work, under the warranty.

This warranty does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This warranty is offered as an additional benefit and does not affect your statutory rights as a consumer.

If for any reason this item is replaced during the 2 year warranty period, the warranty on the new item will be calculated from original purchase date. It is vital to retain your original proof of purchase to indicate the date of initial purchase.

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Specifications are subject to change without notice.

Manufactured for:
ASDA, Leeds LS11 5AD/ASDA, Antrim BT41 4GY.

Disposal

This symbol on the product or in the instructions means that your electrical and electronic equipment should be disposed at the end of its life separately from your household waste. There are separate collection systems for recycling in the UK.

For more information, please contact the local authority or your retailer where you purchased the product.

