



Microwave & Grill Instruction Manual

CM130



Contact Cable on 0117 938 7420 for spare parts or www.cable.co.uk

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SAFETY INSTRUCTIONS

Read carefully all the instructions contained in this manual. It provides you with important information regarding the safe installation, use and maintenance of the appliance as well as useful advice for getting the best out of your microwave oven. Keep this booklet in a safe place for future reference. After removing the packing, check that the appliance is not damaged in any way.

Be careful not to leave the packing materials [plastic sheeting, expanded polystyrene etc.] where children can get at them, as they can be dangerous.

ATTENTION:

- 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 older than 8 and supervised. Children less than 8 years of age shall be kept away unless continuously supervised.
- Keep the appliance and its cord out of reach of children less than 8 years.
- 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.

IMPORTANT:

- Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
- 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.

WARNING:

- Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- Only use utensils that are suitable for use in microwave ovens.
- If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- 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.
- 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.
- 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.
- The microwave oven must be operated with the decorative door open. [for ovens with a decorative door.]
- This appliance is intended to be used in household and similar applications such as:
 - › 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.
- 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.
- Metallic containers for food and beverages are not allowed during microwave cooking.
- The appliance shall not be cleaned with a steam cleaner.
- Care should be taken not to displace the turntable when removing containers from the appliance. [For fixed appliances and built-in appliances being used equal or higher than 900mm above the floor and having detachable turntables. But this is not applicable for appliances with a horizontal bottom hinged door.]
- The microwave oven is intended to be used built-in.

- Steam cleaner is not to be used.
- Surface of a storage drawer can get hot.

WARNING :

- The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.
- During use, the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- Accessible parts may become hot during use. Young children should be kept away.
- The appliance must not be installed behind a decorative door in order to avoid overheating.
- When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the over door glass since they can scratch the surface, which may result in shattering of the glass.

WARNING :

Electric shock hazard: Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or appliance engineer if the grounding instructions are not completely understood or in doubt as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord.

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

If a long cord set or extension cord is used:
The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.

The extension cord must be a grounding-type 3-wire cord. The long cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.



ENVIRONMENTAL PROTECTION

Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice. This appliance is marked according to the European Directive on Waste Electrical and Electronic Equipment [WEEE].

By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. The symbol on the product indicates that this product may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. Disposal must be carried out in accordance with local environmental regulations for waste disposal.

For more detailed information about treatment, recovery and recycling of this product, please contact your local council, your household waste disposal service or the retailer where you purchased the product.

CE DECLARATIONS OF CONFORMITY



This appliance has been manufactured to the strictest standards and complies with all applicable legislation, Low Voltage Directive [LVD] and Electromagnetic Compatibility [EMC].

UKCA DECLARATIONS OF CONFORMITY



This appliance has been manufactured to the strictest standards and complies with all applicable legislation.

WARRANTY:

Your new appliance is covered by warranty. The warranty card is enclosed - if it is missing, you must provide the following information to your retailer in order to receive a replacement: date of purchase, model and serial number [placed on the inside of the appliance storage drawer]. Registration can also be completed online by visiting www.caple.co.uk.

Ensure you keep your warranty card safe, you may need to show it to Caple Service together with proof of purchase.

If you fail to show your warranty card you will incur all repair charges.

Spare parts are only available from Caple Service and spare parts authorised centres.

ATTENTION:

- › Before use, remove all plastic films protecting some parts of the appliance [fascia - panel, parts in stainless steel, etc.]
- › Do not use the appliance to heat a room.
- › When the appliance is not in use, we recommend you turn it off, isolate it from the electrical supply.

CLEANING

Be sure to unplug the appliance from the power supply before any cleaning.

1. Clean the cavity of the oven after using with a slightly damp cloth.
2. Clean the accessories in the usual way in soapy water.
3. The door frame and seal and neighbouring parts must be cleaned carefully with a damp cloth when they are dirty.
4. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

CLEANING TIP:

For easier cleaning of the cavity walls: Place half a lemon in a bowl, add 300ml [1/2 pint] water and heat on 100% microwave power for 10 minutes. Wipe the oven clean using a soft, dry cloth.

UTENSILS

WARNING:

Personal Injury Hazard: 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.

There may be certain non-metallic utensils that are not safe to use for microwaving. If in doubt, you can test the utensil in question following the procedure below.

UTENSIL TEST:

- › Fill a microwave-safe container with 1 cup of cold water [250ml] along with the utensil in question.
- › Cook on maximum power for 1 minute.
- › Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking.
- › Do not exceed 1 minute cooking time.

MATERIALS YOU CAN USE IN A MICROWAVE OVEN:

UTENSILS	REMARKS
BROWNING DISH	Follow manufacturer's instructions. The bottom of the browning dish must be at least 5mm above the turntable. Incorrect usage may cause the turntable to break.
DINNERWARE	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
GLASS JAR	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
GLASSWARE	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
OVEN COOKING BAGS	Follow manufacturer's instructions. Do not close with a metal tie. Make slits to allow steam to escape.
PAPER PLATES AND CUPS	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
PAPER TOWELS	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
PARCHMENT PAPER	Use as a cover to prevent splattering or a wrap for steaming.
PLASTIC	Microwave-safe only. Follow the manufacturer's instructions. Should be labelled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
PLASTIC WRAP	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
THERMOMETERS	Microwave-safe only [meat and candy thermometers].
WAX PAPER	Use as a cover to prevent splattering and retain moisture.

MATERIALS TO BE AVOIDED IN A MICROWAVE OVEN:

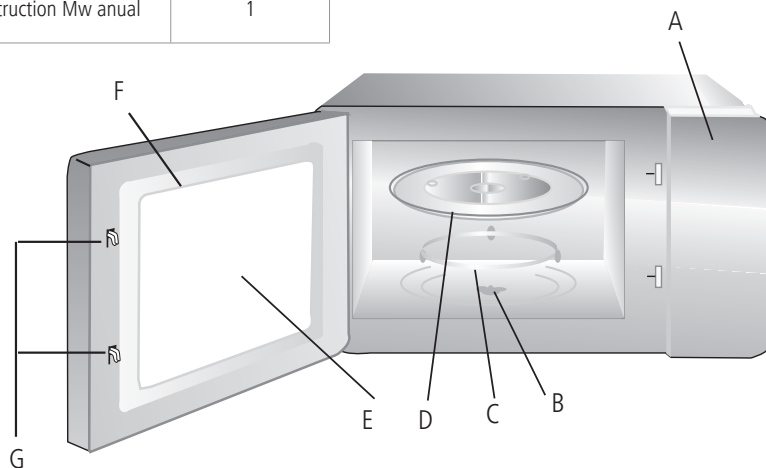
UTENSILS	REMARKS
ALUMINIUM TRAY	May cause arcing. Transfer food into microwave-safe dish.
FOOD CARTON WITH METAL HANDLE	May cause arcing. Transfer food into microwave-safe dish.
METAL OR METAL-TRIMMED UTENSILS	Metal shields the food from microwave energy. Metal trim may cause arcing.
METAL TWIST TIES	May cause arcing and could cause a fire in the oven.
PAPER BAGS	May cause a fire in the oven.
PLASTIC FOAM	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature..
WOOD	Wood will dry out when used in the microwave oven and may split or crack.

SETTING UP YOUR MICROWAVE

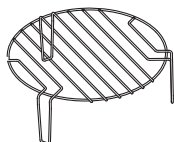
PARTS AND ACCESSORIES:

Remove the oven and all materials from the carton and oven cavity. Your oven comes supplied with the following accessories:

CONTENTS	QUANTITY
Glass Turntable	1
Turntable Ring Assembly	1
Instruction Mw anual	1



- A. Control panel
- B. Turntable shaft
- C. Turntable ring assembly
- D. Glass turntable
- E. Observation window
- F. Door assembly
- G. Safety interlock system



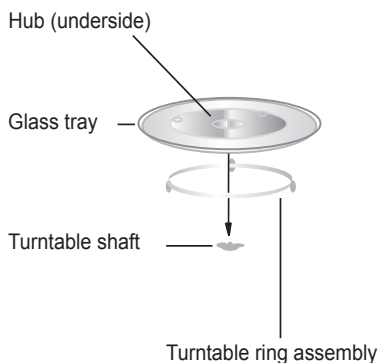
GRILL RACK

[Only to be used in the grill function and to be placed on the glass turntable]

INSTALLATION

TURNTABLE INSTALLATION

- › Never place the glass tray upside down. The glass tray should never be restricted.
- › Both the glass tray and turntable ring assembly must always be used during cooking.
- › All food and containers of food must always be placed on the glass turntable for cooking.
- › If glass tray or turntable ring assembly cracks or breaks, contact your nearest authorised Caple Service centre.



INSTALLATION AND CONNECTION

- › This appliance is only intended for domestic use. The guarantee is void if used in any commercial application.
- › This oven is intended for built-in use only. It is not intended for counter-top use or for use inside a cupboard.
- › Please observe the detailed installation instructions.
- › The appliance can be installed in a 60cm wide wall-mounted cupboard [at least 55cm deep and 85cm off the floor].
- › The appliance is fitted with a plug and must only be connected to a properly installed earthed socket.
- › The mains voltage must correspond to the voltage specified on the rating plate.
- › The socket must be installed and the connecting cable must only be replaced by a qualified electrician. If the plug is no longer accessible following installation, an all-pole disconnecting device must be present on the installation side with a contact gap of at least 3mm.
- › Adapters, multi-way strips and extension leads must not be used. Overloading can result in a risk of fire.

WARNING:

The accessible surface may be hot during operation.



ELECTRICAL CONNECTION:





NOTE:

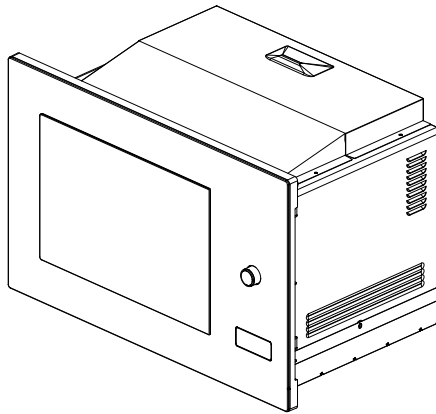
The microwave oven is fitted with a plug and must only be connected to a properly installed earthed socket. The socket must only be installed and the connecting cable must only be replaced by a qualified electrician, and in accordance with the appropriate regulations.

If the plug is not longer accessible following installation, an all-pole isolating switch must be present on the installation side with a contact gap of at least 3mm.

WARNING:

Do not trap or bend power cable.

-  Screw A
-  Screw B
-  Bracket
-  Trim-kit plastic cover



BUILT IN FURNITURE

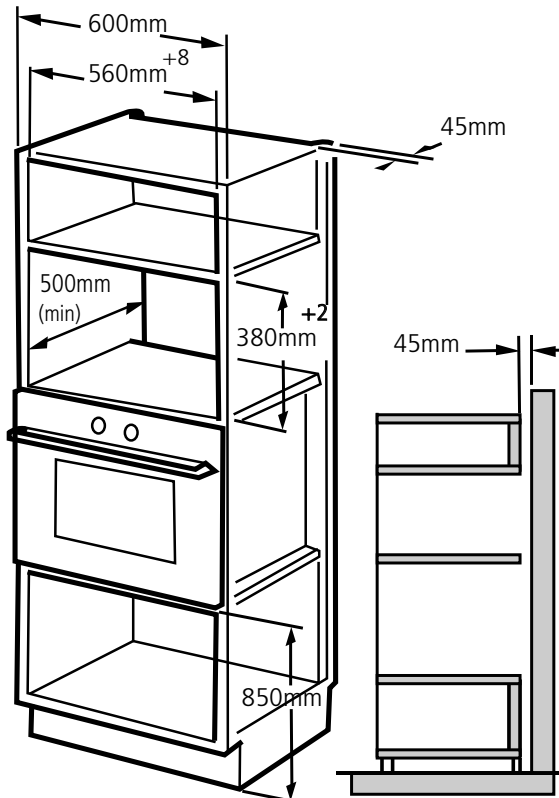
NOTE:

The fitted cabinet the appliance is being installed into must not have a back wall behind the appliance. A gap must be maintained between a wall and the base of the unit above. Specific gap size can be referenced by the diagrams.

Minimum installation height: 85cm

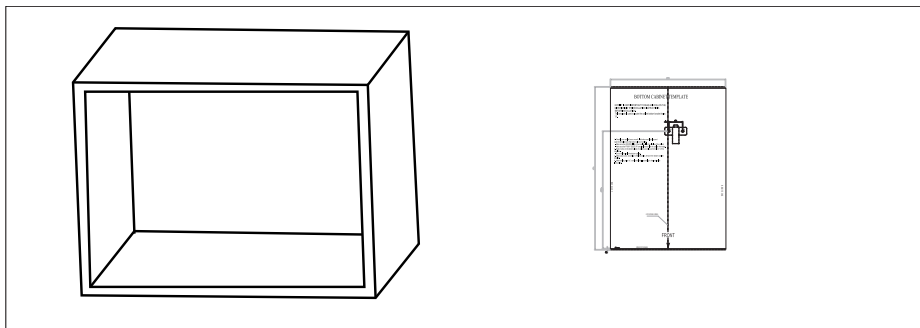
WARNING:

Do not cover ventilation slot or air intake points.

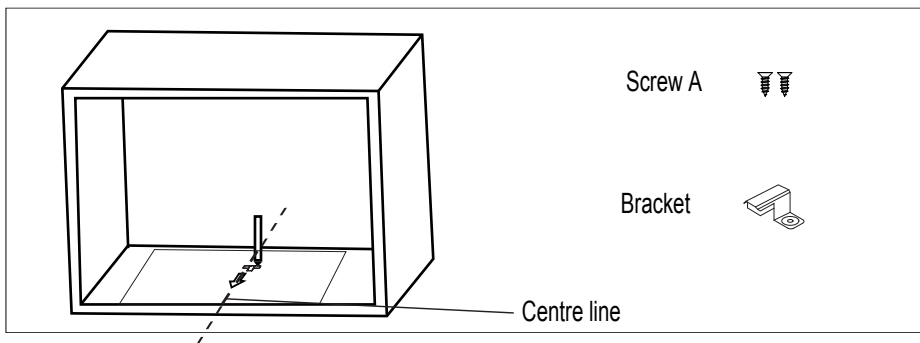


PREPARE THE CABINET:

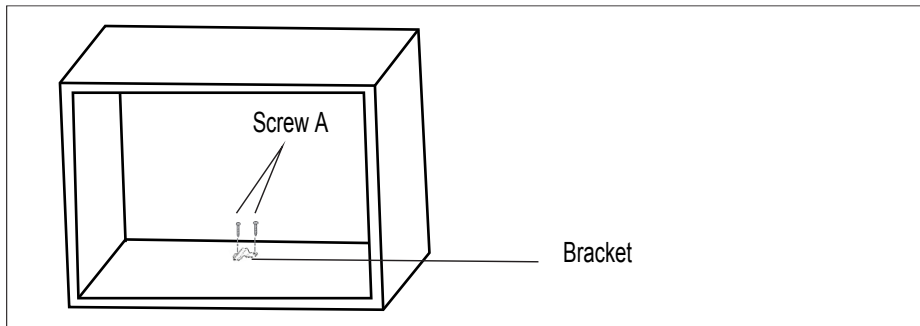
Read the instruction on the bottom of cabinet template, put the template on the bottom plane of cabinet.



Make the marks on the bottom plane of cabinet according to marks "a" of the template.



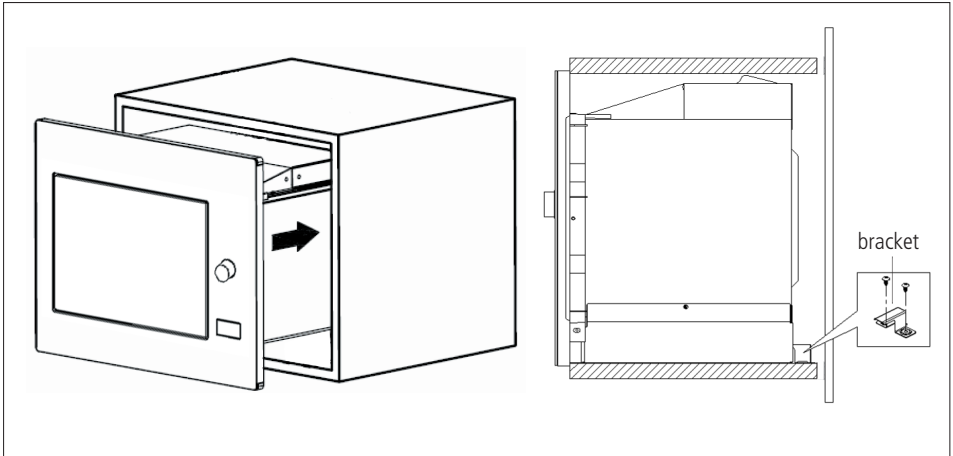
Remove the bottom cabinet template and fix the bracket with screw A.



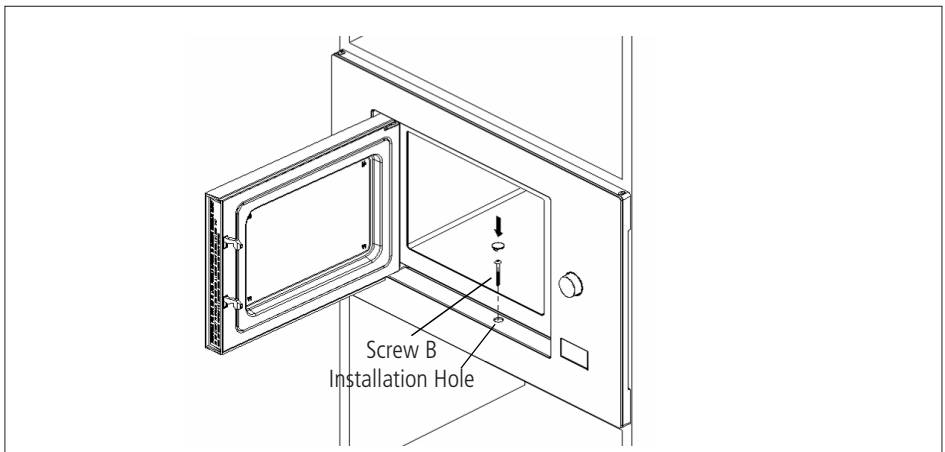
INSTALL THE MICROWAVE OVEN

Install the microwave oven to the cabinet:

- › Make sure the back of the microwave oven is locked by mounting plate.
- › Do not trap or kink the power cord.





Open the door, fix the microwave oven to the cabinet with Screw B at the installation hole. Then fix the Trim-kit plastic cover to the installation hole.



OPERATION INSTRUCTIONS

SETTING THE CLOCK:

When the microwave is first turned on, the screen will display "0:00", a buzzer will ring once.



- › Press "Kitchen Timer/Clock" twice to select clock function, the hour figures will flash.
- › Turn " " to adjust the hour figures, the input item should be within 0-23hr.
- › Press "Kitchen Timer/Clock" the minute figures will flash.
- › Turn " " to adjust the minute figures, the input time should be within 0-59.
- › Press "Kitchen Timer/Clock" to finish setting the clock. ":" will flash, and the time will illuminate.

NOTE:

If the clock is not set, the oven will not function when powered.



During the process of setting the clock, if you press "Stop/Clear" the oven will go back to the previous status automatically.

MICROWAVE COOKING:

Press "Micro/Grill/Combi" the LED will display "P100". Press "Micro/Grill/Combi" repeatedly or turn " " to choose the power you want, and "P100", "P80", "P50", "P30" or "P10" will display for each added press. Then press "Start/+30Sec/Confirm" to confirm, and turn " " to set the cooking time from 0:05 to 95:00. Press "Start/+30Sec/Confirm" again to start cooking.

EXAMPLE:

If you want to use 80% microwave power to cook for 20 minutes, you can operate the oven using the following steps.

- › Press "Micro/Grill/Combi" once, the screen display "P100".
- › Press "Micro/Grill/Combi" once again or turn " " to choose 80% microwave power.
- › Press "Start/+30Sec/Confirm" to confirm, and the screen displays "P80".
- › Turn " " to adjust the cooking time until the oven displays "20:00".
- › Press "Start/+30Sec/Confirm" to start cooking.

NOTE:

When selecting a cooking duration, the timer will increase in the following quantities:



0 - 1 minute	5 seconds
1 - 5 minutes	10 seconds
5 - 10 minutes	30 seconds
10 - 30 minutes	1 minute
30 - 95 minutes	5 minutes

For example:

When selecting a cooking duration between 1- 5 minutes the timer will go up in 10 second increments.

"MICRO/GRILL/COMBI" ORDER	PAD INSTRUCTIONS DISPLAY	MICROWAVE POWER	GRILL POWER
1	P100	100%	
2	P80	80%	
3	P50	50%	
4	P30	30%	
5	P10	10%	
6	G	0%	100%
7	C - 1	55%	45%
8	C - 2	36%	64%



COMBINATION COOKING:

Press "Micro/Grill/Combi" the LED will display "P100" and press "Micro/Grill/Combi" a few times or turn the  to choose the power you want, and "P100", "P80" "P50" "P30", "P10" "G", "C-1" or "C-2" will display for each added press. Press "Start/+30Sec/Confirm" to confirm and turn  to set cooking time from 0:05 to 95:00.

Press "Start/+30Sec/Confirm" again to start cooking.

EXAMPLE:

If you want to use 55% microwave power and 45% grill power[C-1] to cook for 10 minutes, you can operate the oven as the following steps.


- › Press "Micro/Grill/Combi" once, the screen display "P100".
- › Press "Micro/Grill/Combi" a few times or turn  to choose combi 1 mode.
- › Press "Start/+30Sec/Confirm" to confirm, and the screen displays "C-1".
- › Turn  to adjust the cooking time until the oven displays "10:00".
- › Press "Start/+30Sec/Confirm" to start cooking .

NOTE:


If half the grilling time passes and the oven sounds twice, this is normal. In order to have a better effect when grilling food, you should turn the food over, close the door, and then press "Start/ +30Sec./ Confirm" to continue cooking.

If there is no operation, the oven will continue cooking.


QUICK START:

- › In standby mode, press "Start/+30Sec/Confirm" to start cooking with 100% power, each added press will increase 30 seconds cooking time up to 95 minutes.
- › In microwave, grill cooking or time defrost state, each press of "Start/+30Sec/Confirm" can increase 30 seconds of cooking time.
- › In standby mode, turn  left to set cooking time with 100% microwave power, then press "Start/+30Sec/Confirm" to start cooking.


DEFROST BY WEIGHT:

- › Press "Weight/Time Defrost" once, and the oven will display "dEF1".
- › Turn " " to select the weight of food from 100 to 2000g.
- › Press "Start/+30Sec/Confirm" to start defrosting.

DEFROST BY TIME:

- › Press "Weight/Time Defrost" twice, and the oven will display "dEF2".
- › Turn " " to select the defrost time. The MAX time is 95 minutes.
- › Press "Start/+30Sec/Confirm" to start defrosting. The defrost power is P30, this cannot be changed.



KITCHEN TIMER:

- › Press "Kitchen/Timer/Clock" once, LED will display 00:00.
- › Turn " " to enter the correct timer. [The maximum cooking time is 95 minutes].
- › Press "Start/+30Sec/Confirm" to confirm setting.
- › When the kitchen time is reached, the clock indicator will go out and the buzzer will ring 5 times.
If the clock is set [24-hour system], the LED will display the current time.

NOTE:



The kitchen timer is different from the 24-hour system, the kitchen timer is a timer only.

AUTO MENU:

- › Turn “” right to choose the menu, and “A-1” to “A-8” will display, which means pizza, meat, vegetable, pasta, potato, fish, beverage and popcorn.
- › Press “Start/+30Sec/Confirm” to confirm.
- › Turn “” to choose the default weight as the menu chart.
- › Press “Start/+30Sec/Confirm” to start cooking.

EXAMPLE:

If you want to use “Auto Menu” to cook 350g of fish.

- › Turn “” clockwise till “A-6” display.
- › Press “Start/+30Sec/Confirm” to confirm.
- › Turn “” to select the weight of fish till “350” display.
- › Press “Start/+30Sec/Confirm” to start cooking.

THE AUTOMATIC MENU CHART:

MENU	WEIGHT	DISPLAY
A-1 PIZZA	200g	200
	400g	400
A-2 MEAT	250g	250
	350g	350
	450g	450
A-3 VEGETABLES	200g	200
	300g	300
	400g	400
A-4 PASTA	50g [with 450ml cold water]	50
	100g [with 800ml cold water]	100
A-5 POTATO	200g	200
	400g	400
	600g	600

MENU	WEIGHT	DISPLAY
A-6 FISH	250g	250
	350g	350
	450g	450
A-7 BEVERAGE	1 cup [120ml]	1
	2 cups [240ml]	2
	3 cups [360ml]	3
A-8 POPCORN	50g	50
	100g	100

MULTI STAGE COOKING:




Two cooking stages can be set. If one stage is defrosting, it should be put in the first stage. The buzzer will ring once after each stage and the next stage will begin.

NOTE:

Auto menu and preheating cannot be set as one of the multi stage options.

EXAMPLE:

If you want to defrost food for 5 minutes and then cook with 80% microwave power for 7 minutes, operate it as the following:



- › Press "Weight/Time Defrost" twice, and the oven will display "dEF2".
- › Turn " " to select the defrost time till "5:00" display.
- › Press "Micro/Grill/Combi" once, the screen display "P100".
- › Press "Micro/Grill/Combi" once again or turn " " to choose 80% microwave power.
- › Press "Start/+30Sec/Confirm" to confirm, and the screen displays "P 80".
- › Turn " " to adjust the cooking time till the oven displays "7:00".
- › Press "Start/+30Sec/Confirm" to start cooking, the buzzer will sound once for the first section and the defrosting time starts to count down. The buzzer will sound once again entering the second section of cooking. When cooking finishes the buzzer sounds five times.

INQUIRING FUNCTION:

- › In microwave, grill and combination cooking state, press "Micro /Grill/Combi" the current power will be displayed for 3 seconds. After 3 seconds, the oven will revert back to the former state.
- › In cooking state, press "Kitchen/Timer/Clock" to inquire the time and the time will display for 3 seconds.

CHILD SAFETY LOCK:

LOCK:

In standby state, press "Stop/Clear" for 3 seconds, there will be a "beep" denoting entering the child lock state.  Will light and current time will display if the time has been set. Otherwise the screen will display .

UNLOCK:

In locked state, press "Stop/Clear" for 3 seconds, there will be a "beep" denoting that the lock is released.

TROUBLESHOOTING

NORMAL	
Microwave oven interfering with TV reception.	Radio and TV reception may be interfered when microwave oven operating. It is similar to the interference of small electrical appliances like, mixer, vacuum, cleaner and electric fan. It is normal.
Dim oven light.	In low power microwave cooking, oven light may become dim. It is normal .
Steam accumulating on door, hot air out of vents.	In cooking, steam may come out of food, most will get out form vents but some may accumulate on a cool place such as the oven door. It is normal.
Oven started accidentally with no food in.	You must not run the unit without any food inside. It is very dangerous.

TROUBLE	POSSIBLE CAUSE	REMEDY
Oven can not be started.	Power cord not plugged in tightly.	Unplug. Then plug again after 10 seconds.
	Fuse blowing or circuit breaker works.	Replace fuse or reset circuit breaker [repaired by professional personnel of our company].
	Trouble with outlet.	Test outlet with other electrical appliances.
Oven does not heat.	Door not closed well.	Close door well.
Glass turntable makes a noise when microwave oven operates.	Dirty roller rest oven bottom.	Refer to "Maintenance of Microwave" to clean dirty parts.

TECHNICAL DATA

MODEL	CM130
Rated Voltage:	230V ~ 50Hz
Rated Input Power [Microwave]	1450W
Rated Output power [Microwave]	900W
Rated Input Power [Grill]	1000W
Oven Capacity	25L
Turntable Diameter	315mm
External Dimensions	595 x 400 x 388mm
Net Weight	18Kg

ENERGY CONSUMPTION

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

Standby mode	0.8W
The maximum time needed for the microwave oven to automatically reach the applicable low power mode or condition.	20 minutes

NOTES:



NOTES:

NOTES:



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www.caple.co.uk