

# Swan

designed for life



20L Nordic Digital Microwave  
Model: SM22036

Helpline: 0333 220 6050



## IMPORTANT INFORMATION - RETAIN FOR FUTURE USE

The following basic precautions should always be followed when using an electrical appliance:

- Read all instructions before using.
- Make sure the voltage in your living area corresponding to the one shown on the rating label of the appliance and the wall socket is properly earthed.
- Incorrect operation and improper use can damage the appliance and cause injury to the user.
- This appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep the appliance and its cord out of reach of children aged less than 8 years.
- Do not use the appliance if it has been dropped or damaged in any way. In case of damage, take the unit in for examination and/or repair by an authorised service agent.
- Never immerse the unit in water or any other liquid for cleaning purposes.
- The use of accessory attachments that are not recommended or supplied by the manufacturer may result in injuries, fire or electric shock.
- Always operate the appliance on a smooth, even, stable surface.  
Do not place the unit on or near a hot surface.
- This appliance is intended to be used in household and similar applications, such as:
  1. Staff kitchen areas in shops, office, and other working environments;
  2. Farm houses;
  3. By clients in hotels, motels, and other residential environments;
  4. Bed and breakfast type environments.



## IMPORTANT INFORMATION - RETAIN FOR FUTURE USE

**The following basic precautions should always be followed when using an electrical appliance:**

- 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. Keep the appliance and its cord out of reach of children less than 8 years.
- The manufacturer does not accept responsibility for any damage or injury caused by improper or incorrect use, or for repairs carried out by unauthorised personnel.
- In case of technical problems, switch off the product and do not attempt to repair it yourself. Return the appliance to an authorised service facility for examination, adjustment or repair. Always insist on the use of original spare parts. Failure to comply with the above mentioned precautions and instructions, could affect the safe operation of this product.



## PRODUCT SPECIFIC SAFEGUARDS

- Check the power cord and plug regularly for any damage.
- If the cord or the plug is damaged, it must be replaced by the manufacturer or qualified person in order to avoid an electrical hazard.
- Do not let the cord hang over the edge of a table or counter. Ensure that the cord is not in a position where it can be pulled on inadvertently.
- Remove the plug from the socket by gripping the plug. Do not pull on the cord to disconnect the appliance from the mains.
- Always unplug the unit when not in use before cleaning or when adding or removing parts.
- Do not use the appliance on a gas or electric cooking top or over or near an open flame.
- Use of an extension cord with this appliance is not recommended. However, if it is necessary to use an extension lead, ensure that the lead is suited to the power consumption of the appliance to avoid overheating of extension cord, appliance or plug point. DO not place the extension cord in a position where it can be pulled on by children or animal or tripped over.
- Do not carry the appliance by the power cord.
- **To reduce the risk of fire in the oven cavity:**
  1. Do not overcook the food.
  2. Remove wire twist ties from paper or plastic bags before placing bags in the microwave.
  3. Do not heat oil or fat for deep frying as the temperature of oil cannot be controlled.
  4. After use, wipe the waveguide cover with a damp cloth, followed by a dry cloth to remove any food splashes and grease.
  5. Built-up grease may overheat and begin to cause smoke or catch fire.
  6. If materials inside the microwave should smoke or ignite, keep microwave door closed, turn microwave off and disconnect the power supply.
  7. When heating food in plastic or paper containers, keep an eye on the microwave due to the possibility of ignition.



## PRODUCT SPECIFIC SAFEGUARDS

- **WARNING: Liquids and other foods must not be heated in sealed container since they are liable to explode:**
  1. Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
  2. Use the wide-mouthed containers to cook liquid, and the cooked liquid should be allowed to stand for at least a minute before re moving.
  3. Potatoes, sausage and chestnut should be peeled or pierced before cooking. Eggs in their shell, whole hard -boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
  4. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a qualified technician in order to avoid a shock hazard.
- After cooking, the container is very hot. Use gloves to take out the food and avoid steam burns by directing steam away from the face and hands.
- Slowly lift the furthest edge of dish covers and microwave plastic wrap.
- **To prevent the turntable from breaking:**
  1. Let the turntable cool down before cleaning.
  2. Do not place hot foods or utensils on the cold turntable.
  3. Do not place frozen foods or utensils on the hot turntable.
- Make sure the utensils do not touch the interior walls during cooking.
- Only use utensils that are suitable for use in microwave.
- Do not store food or any other things inside the microwave.
- Do not operate without any liquid or food inside the microwave. This would do damage to the microwave.
- **WARNING: If the door or door seals are damaged or the microwave is malfunctioning, it must not be operated until it has been repaired by a competent person.**
- **WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involved the removal of a cover which gives protection against exposure to microwave energy.**



## PRODUCT SPECIFIC SAFEGUARDS

- 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 lamp of microwave is not intended for other purposes.
- The microwave 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.
- The door or the outer surface may get hot when the appliance is operating.
- **WARNING:** Accessible parts may become hot during use. Young children should be kept away.



## IMPORTANT SAFEGUARDS

- **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involved the removal of a cover that gives protection against exposure to microwave energy.
- Do not use harsh abrasive cleaners or sharp metal scrapper to clean the microwave door glass since they can scratch, which may result in shattering of the glass.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.



## CAUTIONS AND WARNINGS



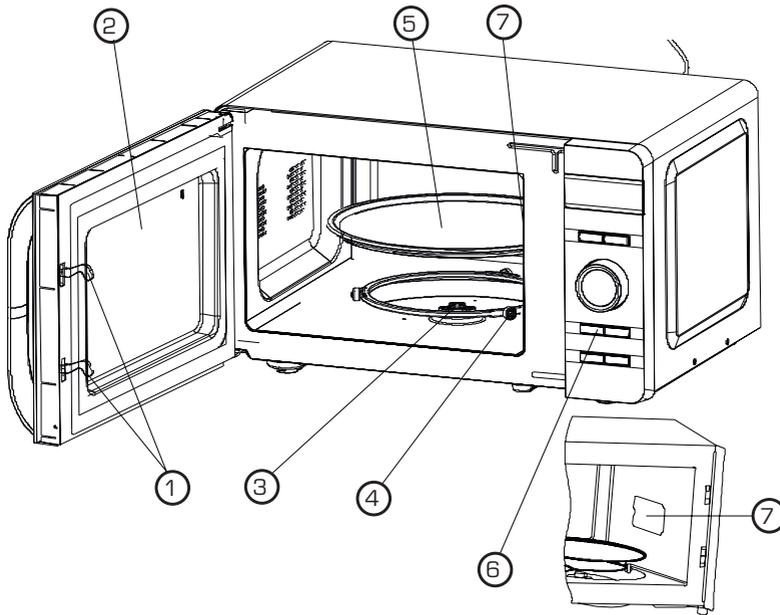


## WHAT'S IN THE BOX

Instruction Manual  
Microwave  
Roller Ring  
Glass Turntable



## GET TO KNOW YOUR MICROWAVE



1. Door Microwave door must be properly closed in order for it to operate
2. Viewing window Allow user to see the cooking status
3. Rotating axis The glass turntable sits on the axis; the motor underneath it drives the turntable to rotate
4. Rotating ring The glass turntable sits on its wheels; it supports the turntable and helps it to balance when rotating
5. Turntable The foot sits on the turntable, its rotation during operation helps cook food evenly. Place the rotating ring first. Fit the turntable onto the rotating axis and make sure that it is geared in properly
6. Control panel See below for more information
7. Wave guide cover Provides protection from dangerous electromagnetic waves

## WARNING

- Do not remove the waveguide cover during cleaning
- Make sure the waveguide cover is properly in place during cooking

## CONTROL PANEL

### BEFORE COOKING

The LCD flashes 3 times when plugged in the power supply. Then it flashes “:”, prompting you to input the cooking menu and time.

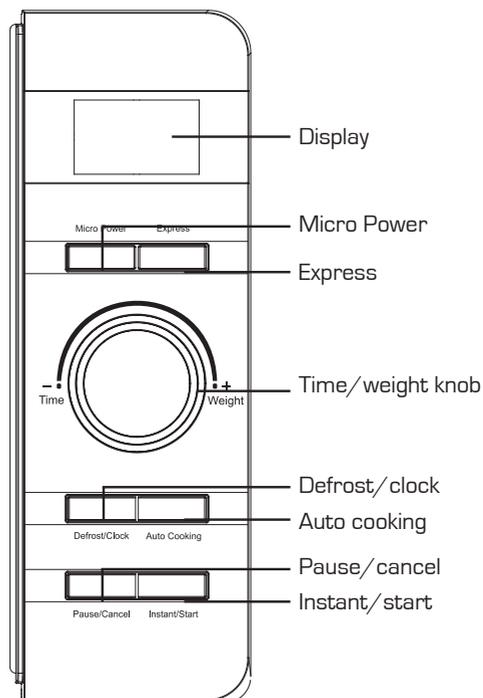
### TIME/WEIGHT DIAL

You can increase or decrease the cooking time, weight during operation by turning the dial. This dial is also used to increase/decrease input values e.g. when setting the clock.

### PAUSE/CANCEL

At the initial or input stage: press once to cancel input programs or resume initial stage.

During cooking: press once to stop microwave operation, press twice to cancel cooking programs.



### AUTO REMINDER

When your preset cooking procedure has finished, the LCD display will show “End” and three beeps will be heard to prompt you to take out food. If you do not press Pause/Cancel button once or open the door, the beep will be sounded at an interval of 3 minutes.

### INSTANT COOKING

On the standby status, press Instant/Start button, the microwave will start cooking with high power; system default cooking time is 1 minutes. You can increase or decrease cooking time by turning the dial.

### CLOCK SETTING

Clock button allows you to input current or present time when “:” flashes on the LCD display after plugging in.



## HOW TO USE YOUR MICROWAVE

### Before first use:

Carefully remove your appliance from the packaging and remove all packing materials.

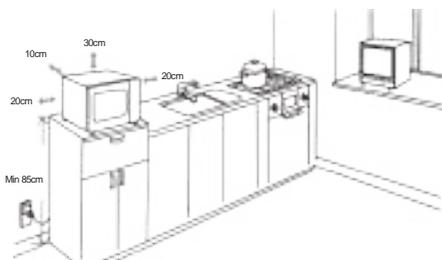
To avoid danger, always keep packaging materials (plastic bags, polystyrene, ect.) away from children.

Remove any protective film found on the microwave cabinet surface. DO NOT remove the light brown Mica cover that is attached to the microwave cavity to protect the magnetron.

Check that the main products, the accessories, the power cord and the plug are in good condition and show no signs of damage.

Dispose of the packaging in a responsible manner.

Microwaves must be placed under dry and non-corrosive environments and kept away from heat and humidity, such as a gas burner or water tank. To ensure sufficient ventilation, the following distances should be observed: At least 10cm from the back of the microwave to the wall, at least 5cm from the microwave to the side of the wall, and at least 30cm above the microwave. The minimum installation height for the microwave should be 85cm.



The microwave should be positioned away from TV's, radios or antennae, as the microwaves may cause disturbances to their picture or sound.

The microwave must be positioned so that the plug is accessible and has a good grounding in case of leakage. A ground loop can be formed to avoid electrical shock.

The microwave must be operated with the door closed, must not be placed in a cabinet and is intended to be used free-standing.

NOTE: During first use the microwave oven may emit an odour and slightly smoke. This is due to manufacturing residue or oil on the heat element or microwave cavity. This is normal and should not occur after several uses. Keep doors and windows open to ensure good ventilation. It is recommended to place a cup of water on the turntable with the microwave set on high and operate the microwave oven several times to clean the microwave of residue.

Your appliance is now ready for normal use.



## INSTRUCTIONS FOR USE

**CAUTION:** Place the rotating ring inside the microwave first, then fit the turntable onto the rotating axis, making sure it is properly installed.

NOTE: There will be a single sound prompt when the control dial is turned and also with a press of a control panel button.

NOTE: When the cooking/defrosting time finishes a sound prompt will be heard 5 times.

### Setting the Digital Clock:

To set the clock:

Plug in the appliance and switch on at the socket. The display will show “.” and there will be a sound prompt.

Press and hold the Defrost/Clock button for 3 seconds. The hour will flash.

Turn the Time/Weight dial to adjust the hour figure.

Press the Defrost/Clock button again. The minutes figure will flash.

Turn the Time/Weight dial to adjust the minutes figure.

Press the Defrost/Clock button once again or wait for 60 second for the clock to disappear.

NOTE: During clock setting, if no operation is performed within 1 minutes the appliance will revery back to standby mode.

### Child Lock:

Use this feature to lock the control panel when you are cleaning or so that children can not use the microwave unsupervised. All the buttons are rendered inoperable in this mode.

- To set the lock, while the microwave is not operating press and hold the Pause/Cancel button for 3 second.
- To unlock, press the Pause/Cancel button for 3 second.

### Microwave Cooking – Power Setting

This function is used for controlling the power of the microwave to fit different cooking and heating food requirements. There are five selections for microwave cooking. To select the power, press the micro power button, the LCD will cycle with each press to display “100P”, “80P”, “60P”, “40P” and “20P”.

Power	Setting	Suggested Use Cases
100%	High	Reheating, milk, boiling water, steaming vegetables and drinks
80%	Medium High	Rice, fish, chicken and minced meat
60%	Medium	Stews and fish
40%	Medium	Low and Defrosting Soups, stews, softening butter and defrosting
20%	Low	Keeping warm and softening ice cream



## INSTRUCTIONS FOR USE

NOTE: At the maximum microwave power, the microwave will automatically lower the power after a certain time of cooking to lengthen the service life of the microwave.

If you wish to turn the food during operation, press the Instant/Start button once and the preset cooking procedure will continue.

If you intend to remove the food before the preset time, you must press the Pause/Cancel button once to clear the preset procedure to avoid unintended operation on the next use.

### Microwave Cooking – Cooking Timer

Once the desired microwave power is selected, the cooking timer can be set by turning the Time/Weight dial. NOTE: The maximum timer length is 60 minutes.

With a timer set, press the Instant/Start button to begin microwave operation with the LCD display counting down the cooking timer set.

### Express Start

Press the Express button to instantly add 30 seconds to the timer as shown on the LCD display. Repeated presses of the Express button will increase the timer in increments of 30 seconds. This function will allow you to conveniently heat a cup of water or beverage, omitting the previous steps needed to set a timer. Once the timer is set, press the Instant/Start button to begin microwave operation.

### Defrost

This function use for defrost food. Press the Defrost/Clock button and the LED display will cycle to show d.1, d.2, d.3

Setting	Weight Range	Suggested Use Cases
d.1	0.1 to 2.0 kg	Defrosting meat
d.2	0.2 to 3.0 kg	Defrosting poultry
d.3	0.1 to 0.9 kg	Defrosting seafood

Once the defrost function is set, turn the Time/Weight dial to set the defrost weight.

Start defrosting by pressing the Instant/Start button.

While defrosting, the microwave will beep tow times to prompt you to turn the food over.

Open the door and turn over the food. Then close the door before pressing the Instant/Start button again to continue defrosting. Repeat as needed to turn food over partway through defrosting to uniformly defrost food.

To uniformly defrost food it is necessary to turn the food over during operation.

Usually defrosting will require a longer time than would be needed to cook the food.

If the food can be cut by a knife normally, the defrosting process can be considered complete.

Microwave energy penetrates around 4cm into most food so ensure food is uniformly thick.

Defrosted food should be consumed as soon as possible, it is not advised to put back to the fridge or freeze again.



## INSTRUCTIONS FOR USE

### Auto Cooking

The microwave has a default cooking menu for simple operations. While the microwave is on standby, press the Auto Cooking button and the LCD will cycle to show A.1, A.2 through A.8. Choose the appropriate menu according to the food type and weight described in the table below and follow the instructions accordingly.

Power	Setting	Suggested Use Cases
A.1	Popcorn	Suitable for popping 100g of popping corn kernels. Use a microwave-safe bowl with a loose lid.
A.2	Reheat	Reheat food weighted between 0.2 to 1.0 kg.
A.3	Beverage	Suitable for heating 1-3 cups of liquid.
A.4	Pizza	Warm 1-2 pieces of chilled pizza.
A.5	Potato	Cooking the potato strips, cut into 5mm width, height and length with a total weight of 0.45-0.65 kg. Place the strips on a large dish and cover the disk with a thin film to prevent water loss.
A.6	Vegetable	All together there are five choices (0.1, 0.2, 0.3, 0.4 and 0.5 kg)
A.7	Meat	All together there are five choices (0.1, 0.2, 0.3, 0.4 and 0.5 kg)
A.8	Fish	All together there are five choices (0.1, 0.2, 0.3, 0.4 and 0.5 kg)

If A.6, A.7 or A.8 is selected, use the Time/Weight dial to select the needed weight from the available options outlined.

Once an Auto Cooking Setting has been set, press the Instant/Start button to begin the microwave cooking process.



## INSTRUCTIONS FOR USE

### **Delayed Cooking Time**

The microwave allows for microwave operations to be set to begin based on the set clock of the microwave.

To do this, press and hold the Defrost/Clock button for 3 seconds.

Turn the Time/Weight dial to set the hour you wish for the microwave to begin operating.

Press the Defrost/Clock button to confirm the set hour.

Turn the Time/Weight dial to set the minutes you wish for the microwave to begin operating.

Press the Defrost/Clock button once again or wait for 60 second for the clock to disappear. Set the cooking menu and time by using the previously described instructions.

Press and hold the Defrost/Clock button for 3 seconds to return to the current set clock.

Now the microwave has been programmed to begin the set microwave operation at the clock timer.

You may check the programmed starting time by pressing the Defrost/Clock button

### **Multi -Sequence Cooking:**

A maximum of two stages can be set. If once stage is defrosting, it should be input firm. There will be a single sound prompt after each stage and the next stage will automatically start.

To set up a multi-sequence cooking session, begin by setting a first cooking stage as previously described and then instead of pressing the Instant/Start button press the Micro Power button to select another power setting and then set a cooking time.

Once both cooking sequences are set up, press the Instant/Start button to start the multi-sequence cooking cycle.



## INSTRUCTIONS FOR USE

### Microwave Safe Guidelines:

It is strongly recommended to only use containers which are suitable and safe for microwave cooking. Never use metal containers for microwave cooking and combination cooking as sparks are likely to occur and there is a risk of fire or injury. Generally speaking, containers made of heat-resistant ceramic, glass or hard plastic are suitable for microwave cooking.

Always check microwave meal packaging for guidance on which parts are microwave safe.

Material	Microwave Safe	Notes
Heat-resistant ceramic	Yes	Never use ceramics that are decorated with a metal rim or are glazed.
Heat-resistant plastic	Yes	Cannot be used for extended periods of time when microwave cooking.
Heat-resistant glass	Yes	
Plastic Film	Yes	Not to be used when cooking meat as the high temperature may damage the film.
Grill rack	No	
Metal containers	No	Never to be used in the microwave. Microwaves cannot penetrate through metal. Microwaving with a metal container can result in fire.
Lacquer	No	Poor heat resistance. Can not be used for high temperature cooking.
Bamboo wood and paper	No	Poor heat resistance. Can not be used for high temperature cooking.
Cling film	Yes	Cling film can be used as long as it is pierced to let steam escape, as is not touching the food.



## COOKING TIPS

### **Cooking Time Length**

Start cooking with a short time setting, evaluate the food after it comes out and adjust

according to the result. Over cooking may result in smoke and burnt food.

### **Cooking Food Evenly**

Food such as chicken, hamburgers or steak should be turned once during cooking.

Depending on the type of food, if applicable, stir from the outside to the centre of the dish once or twice during cooking.

### **Allow Standing Time**

After cooking time ends, leave the food in the oven for a few minutes. This allows the food to complete its cooking cycle and to cool down naturally in a gradual manner.

### **Whether the Food is Done**

The colour and firmness of food helps to determine whether it is done,

The following signs show that the food is cooked and ready:

- Steam coming out from all parts of the food, not just the edge
- Joints of poultry can be moved easily
- Pork or poultry shows no signs of blood
- Fish is opaque and can be sliced easily with a fork

### **Browning Dish**

When using a browning dish or self-heating containers, always place a heat-resistant

insulator such as a porcelain plate under it. This will help prevent damage to the turntable and rotating ring.

### **Microwave Safe Plastic Wrap**

When cooking food with high fat content, do not allow the plastic wrap to come into contact with food as it may melt.



## SPECIFICATIONS

Production Specification	Details
Description	20L Nordic Digital Microwave
Model	SM22036 (all colours)
Voltage	220-240V~ 50Hz
Helpline	03332206050
Power Input	1150-1280 Watts
Power Output	700-800W
Microwave Frequency	2450MHz
Safety Precautions	Read instructions before use, ensure voltage corresponds to rating label

### Declaration

We declare that this product conforms to the following product legislation in accordance with the following directive(s):

2014/30/EU Electromagnetic Compatibility Directive.

2014/35/EU Low Voltage Directive.

2011/65/EU Restriction of Hazardous Substances Directive.

1935/2004/EC Materials & Articles in Contact with Food (LFGB section 30 & 31).

2009/125/EC Eco-Design of Energy Related Products

RK Wholesale LTD Quality Assurance, United Kingdom



## CLEANING AND MAINTANANCE

The microwave should be cleaned regularly, and any food deposits removed.

### CAUTION

1. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involved the removal of a cover which give protection against exposure to microwave energy.
2. Remove the power cord from the wall outlet before cleaning. Do not immerse the appliance in water or other fluids when cleaning.
3. Failure to maintain the microwave 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.
4. Never use hard detergent, gasoline, abrasive powder or a metal brush to clean any part of the appliance.
5. Do not remove the waveguide cover.
6. When the microwave has been used for a long time, there may be some strange odours emitted from the microwave. To remove unpleasant smells follow one of the following steps:
  - a. Place several lemon slices in a cup in the microwave, then heat on high power for 2-3 minutes
  - b. Place some orange peel into the microwave, and then heat with high power for 1 minutes.

Wipe exterior parts with a dampened soft cloth.

Wipe the interior surfaces clean with a dampened soft cloth.

Wipe clean the waveguide cover to remove any food splashed on it.

Wipe the door and door seal with a dampened soft cloth to remove any food which may prevent the door from properly closing.

To clean the glass turntable, rotating ring and rotating axis, remove from the appliance and wash with mild soap water. Rinse with clean water and allow to dry thoroughly before reinstalling into the appliance.

## **SERVICING**

Please check the following before calling for service:

- a. Place one cup of water (approx.150ml)in a glass measure in the microwave and close the door securely. Microwave lamp should go off if the door is closed properly. Let the microwave work for 1 min.
- b. Does the microwave lamp light?
- c. Does the cooling fan work? (Put your hand over the rear ventilation openings.)
- d. Does the turntable rotate? (The turntable can rotate Clockwise or counter Clockwise. This is quite normal.)
- e. Is the water inside the microwave hot? If “NO” is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, **CONTACT SERVICE** on 01733 404703

## **WARNING**

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person; It is hazardous for anyone, other than a qualified service technician, to carry out any service for repairing operation which involves removal of any cover which gives protection against exposure to microwave energy. Liquids or other foods must not be heated in sealed containers since they are liable to explode.

## **SERVICING SAFEGUARDS**

### **WARNING**

**MICROWAVE RADIATION!** It is hazardous for anyone, other than a qualified service technician, to carry out any service for repairing operation which involves removal of any cover which gives protection against exposure to microwave energy. The temperature of accessible surfaces may be high when the appliance is operating. The high voltage capacitor remains charge after disconnection; short the negative terminal of H. V capacitor to the microwave chassis (use a screwdriver) to discharge before touching. During servicing below listed parts are liable to be removed and give access to potentials above 250V to earth.

1. Magnetron
2. High voltage transformer
3. High voltage capacitor
4. High voltage diode
5. High voltage fuse

The following conditions may cause undue microwave exposure during servicing. Improper fitting of magnetron; Improper matching of door interlock, door hinge and door; Improper fitting of switch support; Door, door seal or enclosure has been damaged.



## BS PLUG

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

<b>BLUE</b>	<b>NEUTRAL</b>
<b>BROWN</b>	<b>LIVE</b>
<b>GREEN/YELLOW</b>	<b>EARTH</b>

As the colours of the wire in the mains lead of this appliance may not correspond with the colour markings identifying the terminals on your plug, proceed as follows:

The wire which is coloured BLUE must be connected to the terminal which is marked with the letter N or coloured black. The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or coloured red. The wire which is coloured GREEN/YELLOW must be connected to the terminal which is marked with the letter E or [earth symbol] and is coloured GREEN or GREEN/ YELLOW.

**WARNING: THIS APPLIANCE MUST BE EARTHED**



## SPARES

The following spares are available via our website:

T2403401 - Wave Guide Cover

T2403402 - Microwave Roller Ring

T2403403 - Glass Turntable



## WEEE DIRECTIVE

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately. Please visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk) or [www.recyclenow.co.uk](http://www.recyclenow.co.uk) for access to information about the recycling of electrical items. Please visit [www.weeeireland.ie](http://www.weeeireland.ie) for access to information about the recycling of electrical items purchased in Ireland. The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill. Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.





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