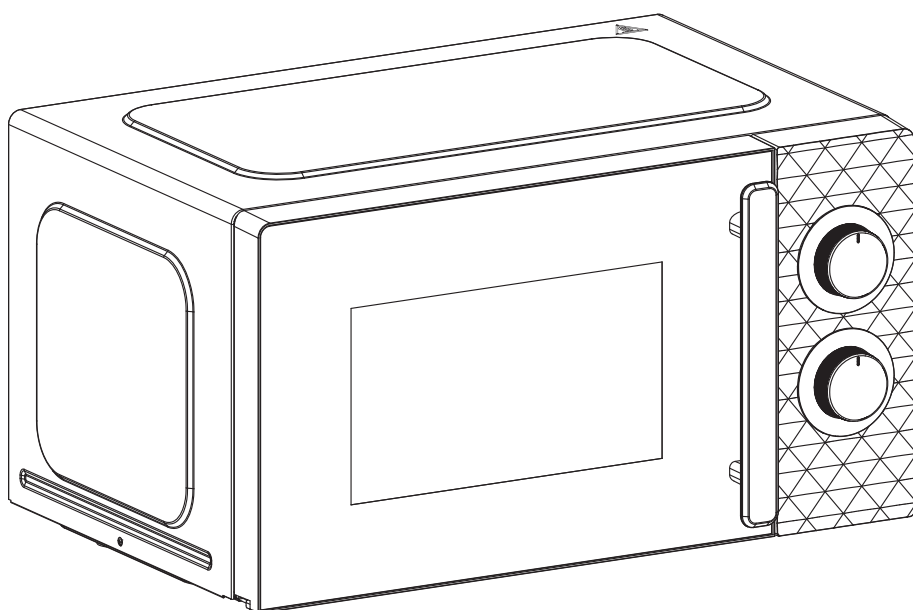


George.
home



**GMMD101W/GMMD101B/GMMD101G/GMMD101Y/
GHMOD071G5W/GHMOD071C5W**

17L Manual Microwave Oven

User Guide

220-240V~50Hz, 1100W

IMPORTANT: RETAIN FOR FUTURE REFERENCE

About this guide

We're here to help you get the most from your 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 appliance shall not be cleaned with a steam cleaner.
19. The microwave oven is only to be used freestanding; the microwave oven shall not be placed in a cabinet.
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. Do not use attachments not recommended by the manufacturer.
29. Always place on a firm, level surface, out of reach of children.
30. Never put any objects into the outer case openings or remove parts of the microwave (e.g. the feet and screws).
31. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
32. 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.
33. Do not use plastic containers for food that has a high content of fat or sugar.
34. Do not use this microwave to deep fry foods.
35. Avoid cooking foods surrounded by membrane (e.g. egg yolks, potatoes, chicken livers and ready meals) without piercing them with a fork several times.
36. 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.
37. 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.
38. Certain foods may heat quicker than others (e.g. jam and puddings).
39. Use gloves if you remove any heated food.

- 40. Do not overheat food.
- 41. The outer-casing may become hot during use, so always place on a heat-resistant surface and use with caution.

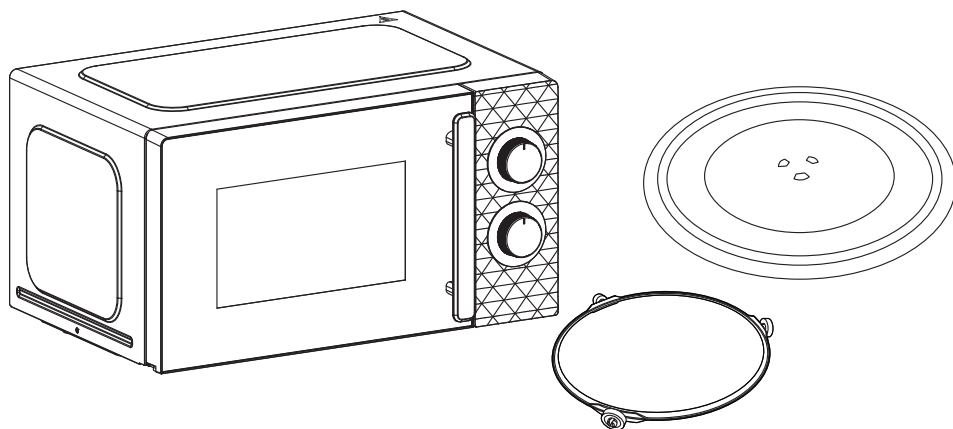


Caution, hot surface

- 42. Beware when opening lids as hot steam will escape.
- 43. The door or the outer surface may get hot when the appliance is operating.
- 44. Keep the waveguide cover clean at all times and wipe the interior with a damp cloth after each use. If you leave grease or fat it may overheat, smoke or catch fire.
- 45. Do not leave the microwave unattended when in use.
- 46. Unplug when not in use and before cleaning.
- 47. Please don't dismantle. If a fault occurs have the microwave inspected in a qualified repair shop or return to us at ASDA.
- 48. ASDA does not recommend allowing children to operate this appliance.
- 49. Environmental information: If at anytime in the future you should need to dispose of this product, please note that, in the UK, waste electrical products/batteries should not be disposed of with household waste.
- 50. This appliance is 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.
- 51. Power consumption of OFF mode: 0.1 W
Period after which the equipment reaches automatically OFF mode: 0 minutes

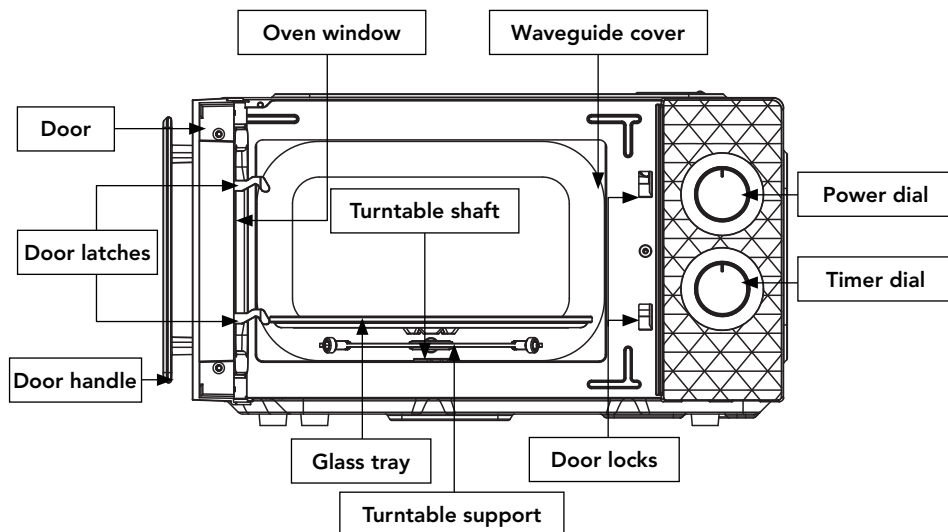
You should have

microwave oven, glass tray & turntable support



How to...

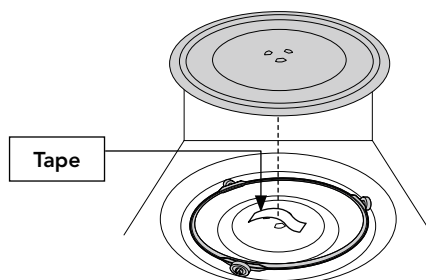
...recognise the parts of your manual microwave



How to...

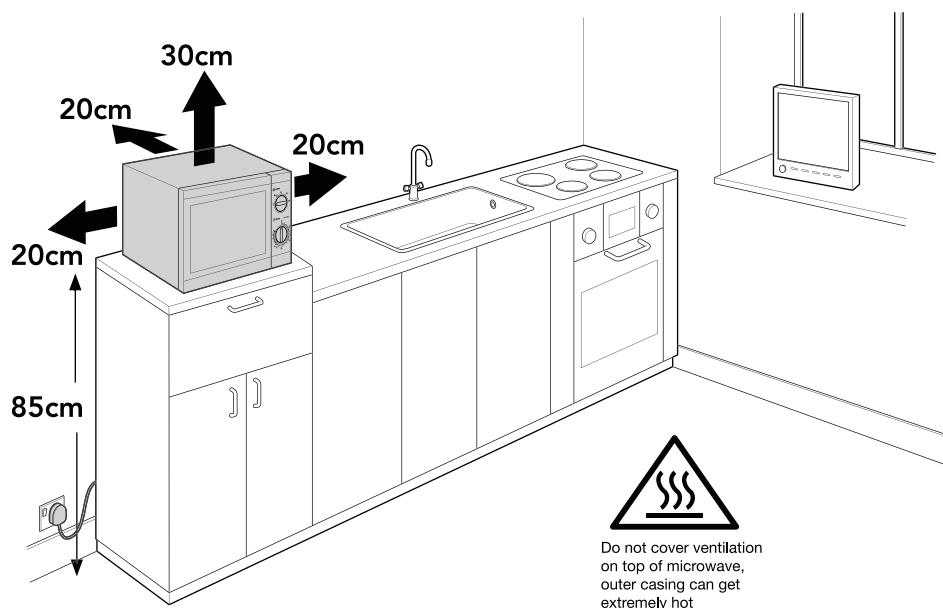
...assemble your microwave

1. Remove any tape and place the turntable support in the centre of the recess on the floor of the microwave.
2. Place the glass tray onto the turntable support, aligned with the turntable shaft.



How to...

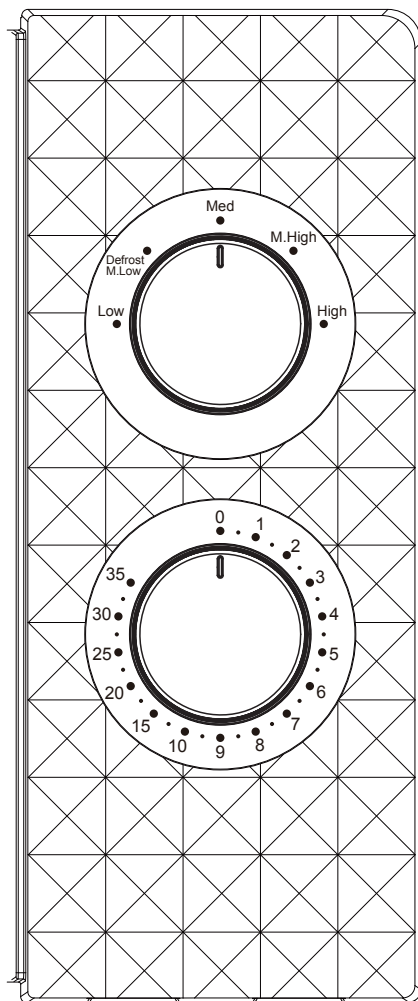
...best place your microwave



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



The control panel consists of two adjustable controls. One is a timer dial, and the other is a power dial.

Power Level

You use this dial to choose a cooking power level. This is the first step to start a cooking session.

TIMER (MIN)

Turn the dial clockwise to select a desired cooking time, up to 35 minutes per cooking session.

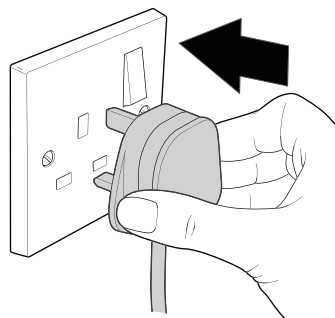
How to...

...use your microwave

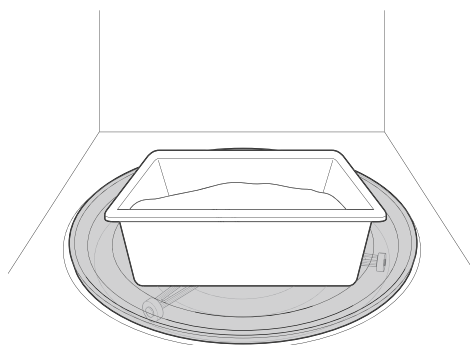
Please note

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.

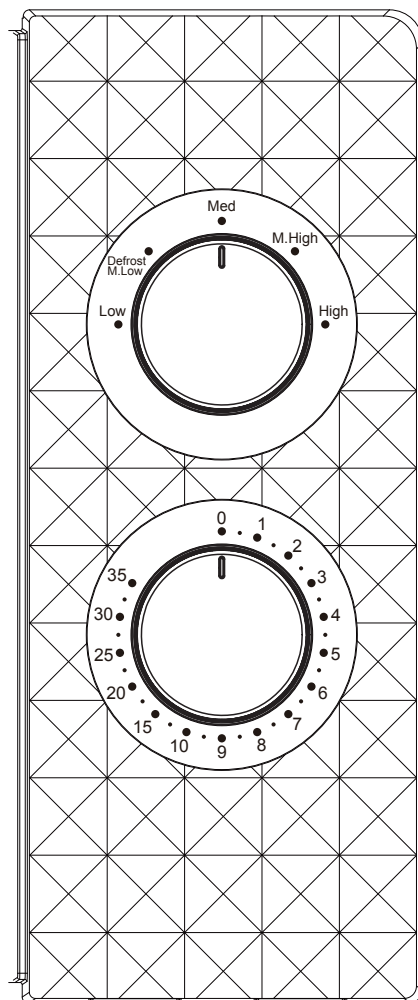
1. Slot the plug into the mains socket and switch the power on.



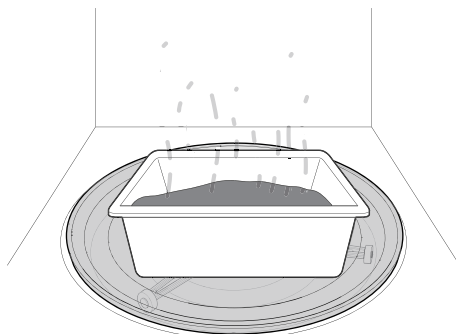
2. Place desired food to cook or defrost into a microwave-safe container and cover with a suitable cover (e.g. microwave-safe cling film). Always pierce coverings with a fork to allow the steam to escape.
3. Pull the door handle and place the food centrally on the glass plate in the microwave. Ensure multiple items are equally spaced.

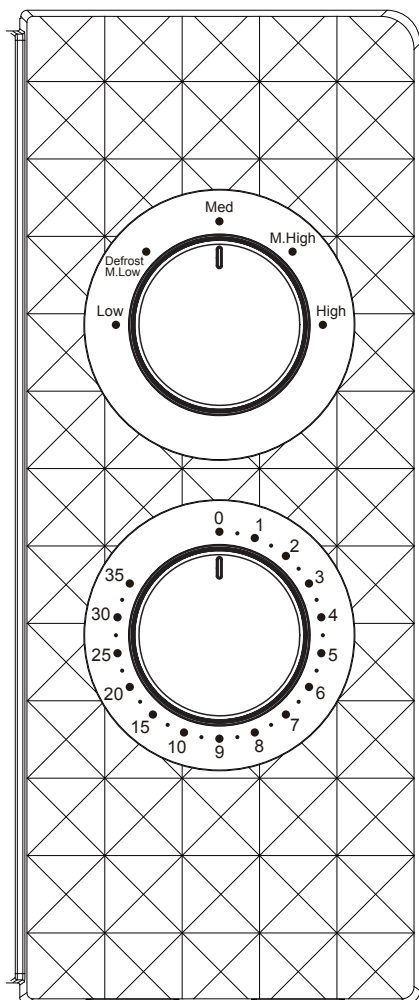


4. Set the power and time as instructed in the 'setting the power' and 'setting the time' sections of this manual.



5. After the food has finished cooking the microwave will ding and turn off.
Leave the microwave for 30 seconds – 1 minute before pulling the door handle and removing the food with a heat-proof cloth or gloves.



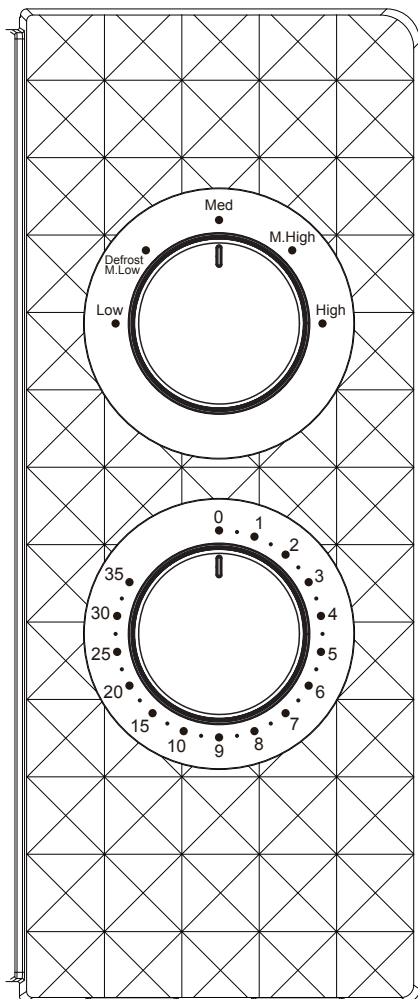


Setting the power

1. Turn the **POWER** dial clockwise until you reach the desired power.

Power level	Power output	Type of application
Low	17%	Softening ice cream
M.Low (defrost)	30%	Softening butter or defrosting
Med	55%	Fish, stews
M.High	80%	Rice, fish, chicken
High	100%	Reheating food, milk, beverages, vegetables

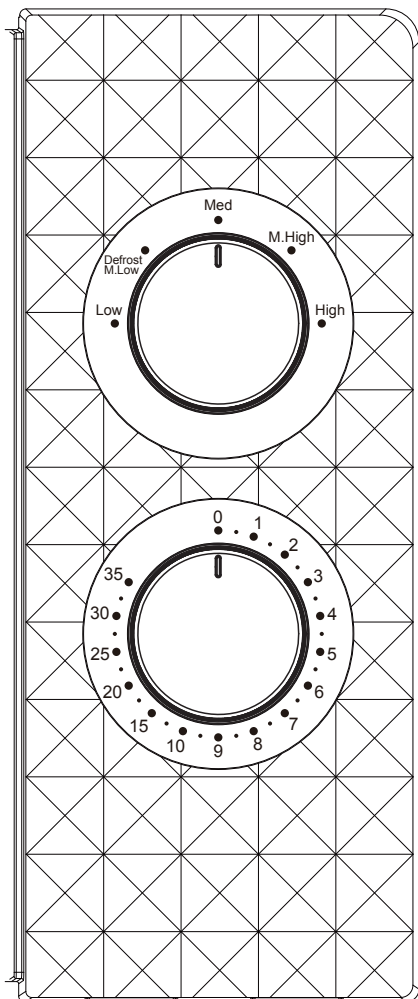
NOTE: After use, it is good practise to always turn the power dial back to 'Low'.



Setting the time

1. Turn the **TIMER(MIN)** dial clockwise until you reach the desired cooking time. Maximum time is 35 minutes.
2. When the **POWER** level and **TIMER(MIN)** are set the microwave will start. When the time is up the microwave will 'PING'.

NOTE: Do not operate the microwave without any food in the cavity.



Defrosting

1. Turn the **POWER** dial clockwise until you reach **M.Low**. This is the defrost power setting.
2. Open the microwave door. Place the food you want to cook into the microwave on the centre of the glass tray and close the door.
3. Set the desired heating time using the Timer dial. When the time is up the microwave will 'PING'.

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. The waveguide cover is on the right side of the oven – this is where microwave pass through to cook the food. **NEVER** use the microwave without the waveguide cover. If it is damaged please contact the technical helpline for a replacement. It must be kept clean at all times by wiping with a mild detergent and water, then allowing to dry.
5. Do not allow the control panel to become wet. Clean with a damp cloth and dry thoroughly.
6. If steam builds inside or around the microwave door, wipe away with a damp cloth.
7. 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.
8. 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. Ensure the door is securely closed (as a safety feature, if the door is not fully shut the microwave will not operate).

Specifications

Rated voltage:	220-240V ~ 50Hz
Operating frequency:	2450 MHz
Power output microwave:	700W
Input power:	1100W
Outer dimensions:	262mm (H) x 456mm (W) x 349mm (D)
Oven capacity:	17 Litres
Weight (approx):	10.5kg

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: **GMMD101W/GMMD101B/GMMD101G/
GMMD101Y/GHMOD071G5W/GHMOD071C5W
17L Manual Microwave Oven**

Product site code: **15A.09.22.254A/15A.09.22.255A/
15A.09.22.256A/15A.09.22.257A/
15A.06.25.068/15A.06.25.069**



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.

Copyright

© 2025 ASDA Stores Limited.
All other trademarks appearing herein are the property of their representative owners.
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.

