

## Panasonic NN-ST67LSRUK

# Panasonic 34L Stainless Steel Microwave Oven

Model: NN-ST67LSRUK

Brand: Panasonic

### INTRODUCTION

This manual provides essential information for the safe and efficient operation of your Panasonic 34L Stainless Steel Microwave Oven, model NN-ST67LSRUK. Designed for modern kitchens, this microwave offers advanced features such as an antibacterial interior, dual meal heating, and easy-grab technology. Please read these instructions thoroughly before use and retain them for future reference.

Key features include:

- **Antibacterial Ag+ Interior:** Inhibits 99.9% of bacterial proliferation for a cleaner cooking environment.
- **Dual Meal Function:** Heat two dishes simultaneously using the removable rack.
- **Easy Grab Technology:** The turntable rotates to its original position after heating for convenient removal of items.
- **Energy Efficiency Class A:** Designed for reduced energy consumption.
- **Pre-programmed Recipes:** Six convenient pre-set cooking options for common dishes.
- **Deodorizer Function:** Helps eliminate lingering food odors.
- **3 Memory Positions:** Store your favorite cooking settings.

### IMPORTANT SAFETY INFORMATION

**WARNING: To reduce the risk of fire, electric shock, injury to persons, or exposure to excessive microwave energy, observe the following basic precautions:**

- Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- Always ensure proper ventilation around the appliance.
- Do not heat liquids or other foods in sealed containers since they are liable to explode.
- Never use metal utensils or foil in the microwave, as this can cause arcing and damage the oven.
- Supervise children closely when the microwave is in use.

## COMPONENTS INCLUDED

Your Panasonic Microwave Oven package includes the following items:

- 1 Microwave Oven Unit
- 1 Glass Turntable Plate
- 1 Turntable Ring
- 1 Instruction Manual
- 1 Support Rack (for Dual Meal Function)

## SETUP AND INSTALLATION

1. **Unpacking:** Carefully remove the microwave oven and all packing materials from the carton. Check for any damage.
2. **Placement:** Place the oven on a flat, stable surface that can support its weight. Ensure there is adequate ventilation space: at least 10 cm (4 inches) at the back, 20 cm (8 inches) on top, and 5 cm (2 inches) on the sides. Do not block any ventilation openings.
3. **Power Connection:** Plug the microwave into a dedicated 220 Volt, 60 Hz grounded electrical outlet. Do not use extension cords or adapters.
4. **Turntable Assembly:** Place the turntable ring in the center of the oven cavity. Then, place the glass turntable plate securely on top of the ring. Ensure it rotates freely.
5. **Initial Cleaning:** Before first use, wipe the interior and exterior of the oven with a damp cloth.



Figure 1: Front view of the Panasonic 34L Stainless Steel Microwave.



Figure 2: Interior view of the microwave with the door open.



Figure 3: Interior of the microwave showing the glass turntable and the removable rack.

## OPERATING INSTRUCTIONS

### Basic Operation

1. **Setting Time:** Press the 'Time Cook' button, then use the number pad to enter the desired cooking time.
2. **Setting Power Level:** After setting the time, press the 'Power Level' button repeatedly to select the desired power level (e.g., P10 for 100% power, P7 for 70% power).
3. **Start Cooking:** Press the 'Start' button to begin cooking.

### Special Features

#### Dual Meal Function

The Dual Meal function allows you to heat two different dishes simultaneously. Place one dish on the glass turntable and the second dish on the removable support rack above it. This function is ideal for heating portions of 300g, 500g, or 700g (total weight of both portions).



Figure 4: Dual Meal function in use, heating two dishes.



Figure 5: Detailed view of the Dual Meal function.

### Easy Grab Technology

With the Easy Grab feature, the turntable automatically rotates back to its starting position after the heating cycle is complete. This ensures that the handle of your cup or dish is always facing you, making it convenient and safe to remove hot items from the oven. This function works for cooking times up to 5 minutes.



Figure 6: Easy Grab feature, showing a mug on the turntable.



Figure 7: Illustrating the convenience of the Easy Grab feature.

### Antibacterial Ag+ Interior

The interior of your microwave features a new coating with an antimicrobial system that inhibits 99.9% of bacterial growth. This helps maintain a hygienic cooking environment and makes cleaning easier.



Figure 8: Antibacterial Ag+ interior for enhanced hygiene.

### Pre-programmed Recipes

The microwave comes with 6 pre-programmed recipes for quick and easy cooking:

- Kibe
- Coconut Candy (Cocada)
- Vegetables
- Popcorn
- Pudding
- Brigadeiro

### Deodorizer Function

To eliminate lingering food odors from the oven cavity, activate the deodorizer function. Refer to the control panel for specific button or sequence to activate this feature.

### Memory Positions

The microwave allows you to save up to 3 frequently used cooking settings for quick access. Consult the control panel section of the full manual for instructions on how to program and recall these memory settings.

Your browser does not support the video tag.

Video 1: Demonstration of the Panasonic 34L Stainless Steel Microwave's features and operation.

## MAINTENANCE AND CLEANING

Regular cleaning of your microwave oven will ensure its longevity and optimal performance.

- **Interior Cleaning:** Wipe the interior cavity, including the glass turntable and turntable ring, with a damp cloth after each use. For stubborn food spills, use a mild detergent and warm water. The antibacterial and non-stick coating makes cleaning easier.
- **Exterior Cleaning:** Clean the exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or scouring pads that could scratch the stainless steel finish.
- **Door Seals:** Regularly clean the door seals and adjacent parts to ensure proper closure and prevent microwave energy leakage.
- **Odor Removal:** Use the deodorizer function or place a bowl of water with lemon slices inside and microwave

for a few minutes to neutralize odors.



Figure 9: The non-stick interior coating simplifies cleaning.

## TROUBLESHOOTING

If you encounter issues with your microwave oven, refer to the following common problems and solutions before contacting service.

Problem	Possible Cause	Solution
Oven does not start	Power cord not plugged in; Door not closed properly; Fuse blown or circuit breaker tripped.	Ensure power cord is securely plugged in; Close door firmly; Check household fuse/circuit breaker.
Food not heating	Door not closed properly; Cooking time/power level not set correctly; Metal objects inside.	Close door firmly; Verify time and power settings; Remove any metal utensils or foil.
Turntable not rotating	Turntable not placed correctly on ring; Debris under turntable.	Re-position turntable; Clean under the turntable and ring.
Unusual noises	Food container touching oven walls; Turntable not seated properly.	Adjust food container position; Re-seat turntable.

## SPECIFICATIONS


Feature	Detail
Brand Name	Panasonic
Model Information	NN-ST67LSRUK
Certification	Inmetro Registration: 007487/2020
Product Dimensions (D x W x H)	43 x 52 x 32.5 cm (17 x 20.5 x 12.8 inches)

<b>Feature</b>	<b>Detail</b>
Efficiency	A
Capacity	34 Liters
Installation Type	Countertop
Special Features	Antibacterial Ag+ Interior, Dual Meal Function, Easy Grab Technology, Sophisticated Design
Oven Mode Options	Radiant
Color	Stainless Steel
Voltage	220 Volts
Power (Watts)	900 watts
Material Type	Plastic, Glass, Steel
Lining Material	Stainless Steel
Item Weight	14.2 Kilograms

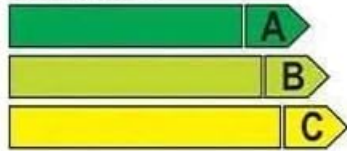
# Energia (Elétrica) FORNOS DE MICRO-ONDAS

Fabricante Panasonic do Brasil Limitada

Marca **Panasonic**

Modelo/Tensão  **NN-ST67LSRUN / 127 V**

Mais eficiente



**A**

Menos eficiente

**EFICIÊNCIA ENERGÉTICA (%) 54,3**

**MODO ESPERA (Standby) (kWh/dia) 0,01**

Volume Total (litros) 34

Volume Útil (litros) 23

Requisitos de Avaliação da Conformidade para Fornos de Micro-ondas

Instruções de instalação e recomendações de uso, leia o manual do aparelho



Registro Inmetro nº 007487/2020

**Panasonic**

Figure 10: Energy Efficiency Label.

**Dupla refeição**  
Aquece dois pratos ao mesmo tempo.



Figure 11: Product Dimensions.

## WARRANTY AND SUPPORT

Your Panasonic Microwave Oven is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included with your product for specific terms, conditions, and duration.

For technical assistance, troubleshooting beyond this manual, or warranty claims, please contact Panasonic Customer Service. Contact information can typically be found on the Panasonic official website or in the warranty documentation.