

# Panasonic

NU-HX100S

## COUNTERTOP INDUCTION OVEN (CIO) QUICK START GUIDE



### SET UP YOUR NEW COUNTERTOP INDUCTION OVEN IN 3 QUICK STEPS

1

Remove oven from box

Place on a countertop—allow 6" of space on the top of the oven, 4" on the left and the other side being open.

Remove all paper and packaging from interior of oven

2

Place Grill Pan in oven

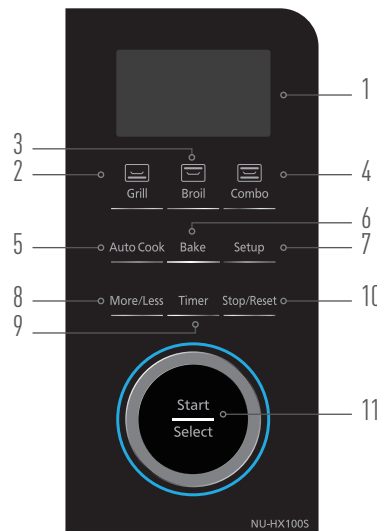
3

Plug oven into a grounded dedicated 15 AMP or 20 AMP, 120 VOLT, 60 Hz wall outlet

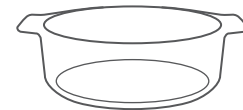
"WELCOME" should display on screen

### CONTROL PANEL PARTS AND FUNCTIONS

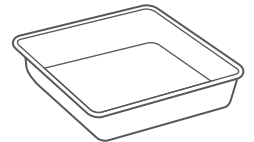
- 1 **Display Window** (See page 10 in Owner's Manual)
- 2 **Grill** (pages 15–16)
- 3 **Broil** (page 17)
- 4 **Combo** (pages 18–19)
- 5 **Auto Cook** (pages 22–25)
- 6 **Bake** (page 20)
- 7 **Setup** (pages 12–13)
- 8 **More/Less** (page 22)
- 9 **Timer** (page 21)
- 10 **Stop/Reset**
- 11 **Start/Select Dial**



### APPROVED COOKWARE

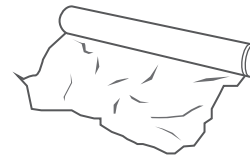


Heat resistant oven glassware/ceramic

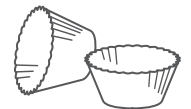


Aluminum and other metal containers

Use together with Grill Plate. Meal containers with resin handles cannot be used.



Household aluminum foil



High-heat silicone containers\*

\*Only use in Bake mode. Check heat-resistant temperature of silica gel container before baking.

### CLEANING TIPS

**BEFORE CLEANING:** Unplug oven at wall outlet.

**INTERIOR WALLS:** Always wipe down oven interior after use. Clean with a damp cloth or paper towel. Do not use harsh detergents or abrasives.

**GRILL PAN:** After using, remove Grill Pan and clean with a mild detergent or dishwasher. Do not use abrasive cleaners.

**DRIP TRAY:** Remove the plastic tray and wash in warm soapy water. Do not use a dishwasher to clean the drip tray.

When oven interior is soiled, add ½ cup (4 FL oz) water into Grill Pan and place in oven. Then preheat oven at 450 F. After preheating, let oven fully cool down. Wipe with a damp cloth.

Any fat and grease that builds up on the ceiling and walls of oven will begin to "SMOKE" if not cleaned properly. The smoke will disappear after a few minutes.

# EASY 3-STEP PROCESS—Get a fresh, delicious meal on the table in under 30 minutes!

Follow these simple steps to create a chicken dinner the whole family will enjoy.

To substitute another protein, refer to Cooking Chart (pages 26–30) in the Owner's Manual.

For videos, photos and nutritional information visit: [www.panasonic.com/CIO](http://www.panasonic.com/CIO)

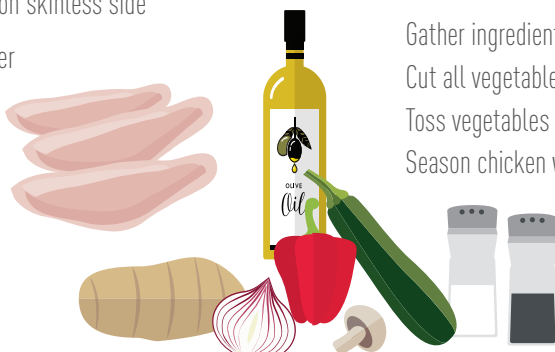
## 1 CUT & PREP

0.5 lb Chicken breast with skin (per person—The CIO can cook up to 4 pieces)

\*Make slashes on skinless side

- 1 Red bell pepper
- 8 Mushrooms
- ½ Zucchini
- ½ Potato
- ½ Onion

- 1 tsp Salt
- 1 tsp Pepper
- 1 tbsp Olive oil



Gather ingredients.

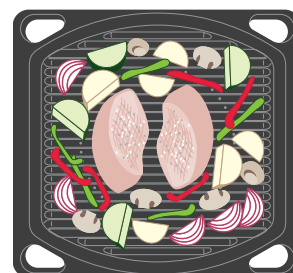
Cut all vegetables roughly ¾" – 1" pieces.

Toss vegetables with salt, pepper & olive oil

Season chicken with salt & pepper

## 2 PLACE

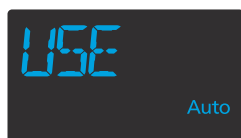
Arrange chicken on center of Grill Pan, skin side up with vegetables around the chicken.



Place Grill Pan into CIO.

## 3 COOK

Select "Auto Cook" on control panel keypad

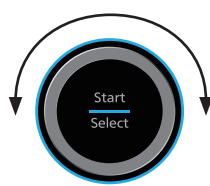


### AUTO COOK SETTINGS

(pages 23–25 in the Owner's Manual)

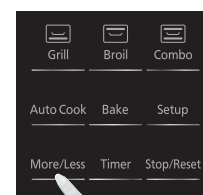
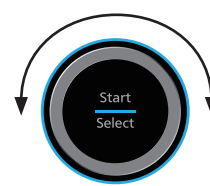
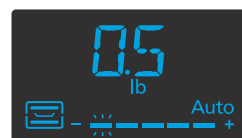
- » 1. Poultry with vegetables
- » 2. Fish with vegetables
- » 3. Fish
- » 4. Frozen Pizza
- » 5. Toast
- » 6. Bagel

Choose Poultry setting, by turning dial



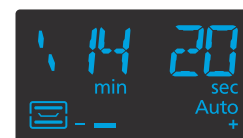
Press Start/Select on the dial to confirm

Adjust weight by turning dial



More/Less allows to adjust cooking volume or thickness of the food.  
Press once, then turn dial to select

Press Start/Select on the dial to begin cooking



Cooking time will range from 14–29 minutes

After cooking, verify food is done to your liking. Adjust time using "Add Time" feature