

ABSTRACT OF THE DISCLOSURE

To present a heating cooker that is easy to use, not requiring cook book or instruction manual, and its operating method, relating to a heating cooker for displaying the cooking procedure, types of materials, amount of materials, heating method, heating time, etc. The constitution comprises cooking setting keys for selecting the cooking method for cooking the materials, cooking time setting keys for entering the cooking time, cooking selection keys for selecting the kind of cooking such as delicatessen as mentioned in the cook book, memory means for storing the materials necessary for cooking, amount, cooking tools, all cooking methods and required time, display means for displaying the cooking menu, cooking time, preparation method and cooking method, and operating method of heating cooker when cooking, and control means for controlling by identifying the necessary information for each cooking selected by the cooking selection key and showing in the display means.