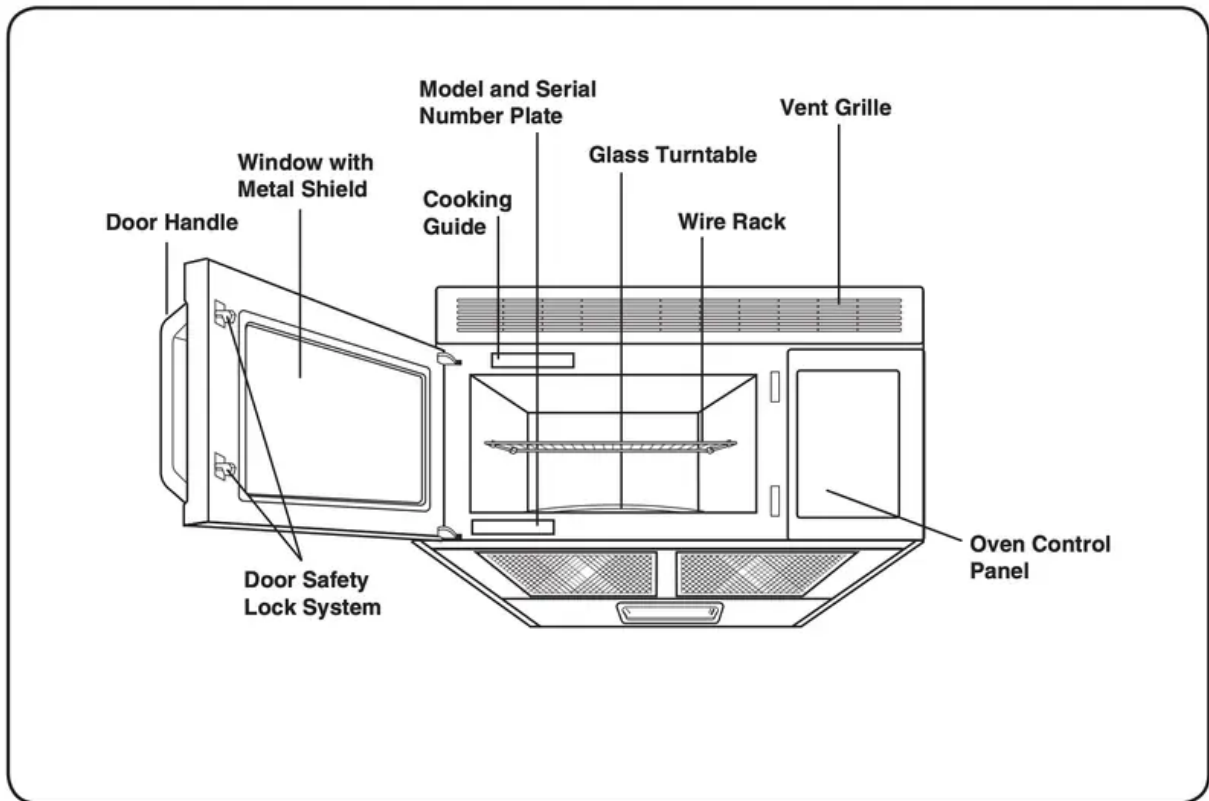
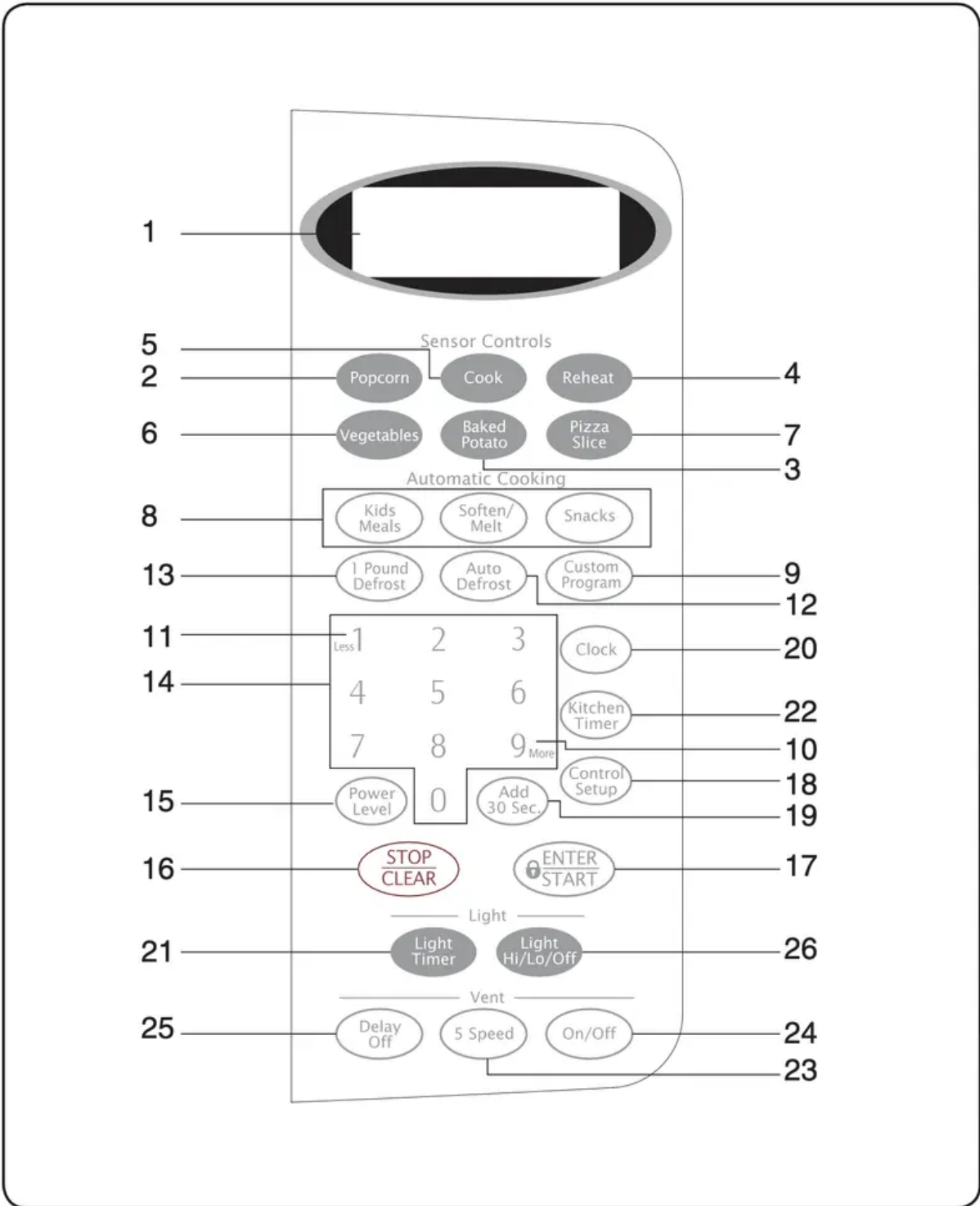


## Features





1. **DISPLAY:** The Display includes a clock and indicators to tell you time of day, cooking time settings and cooking functions selected.
2. **POPCORN:** Touch this pad when popping popcorn in your microwave oven. The oven's sensor will tell the oven how long to cook depending on the amount of humidity it detects from the popcorn. See page 13 for more information.

3. **BAKED POTATO:** Touch this pad to cook potatoes. The oven's sensor will tell the oven how long to cook depending on the amount of humidity it detects from the potato. See page 14 for more information.
4. **REHEAT:** Touch this pad to reheat dinner plate, casserole, and pasta. The oven's sensor will tell the oven how long to cook depending on the amount of humidity coming from the food. See page 14 for more information.
5. **COOK:** Touch this pad to cook beverage, frozen dinner, frozen breakfast, chicken breast. The oven's sensor will tell the oven how long to cook depending on the amount of humidity coming from the food. See page 14 for more information.
6. **VEGETABLES:** Touch this pad to cook fresh or frozen vegetables. The oven's sensor will tell the oven how long to cook depending on the amount of humidity it detects from the vegetables. See page 14 for more information.
7. **PIZZA SLICE:** Touch this pad to reheat pizza. The oven's sensor will tell the oven how long to cook depending on the amount of humidity it detects. See page 13 for more information.
8. **KIDS MEALS, SNACKS, SOFTEN/MELT:** Touch this pad to cook specific food. See page 16, 17 and 18 for more information.
9. **CUSTOM PROGRAM:** Touch this pad to recall one cooking instruction previously programmed into memory. See page 10 for more information.
10. **MORE(9):** Touch this pad to add more cooking time. See page 11 for more information.
11. **LESS(1):** Touch this pad to subtract the cooking time. See page 11 for more information.
12. **AUTO DEFROST:** Touch this pad to defrost food by weight. See page 19 for more information.
13. **1 POUND DEFROST:** This pad provides 1 pound defrost for 1.0 pound of frozen food. See page 19 for more information.
14. **NUMBER:** Touch number pads to enter cooking time, power level, quantities, or weights.
15. **POWER LEVEL:** Touch this pad to select a cooking power level.
16. **STOP/CLEAR:** Touch this pad to stop the oven or to clear all entries.
17. **ENTER/START:** Touch this pad to start a function. If you open the door after oven begins to cook, close the door and touch ENTER/START pad again.
18. **CONTROL SETUP:** Touch this pad to change the oven's default settings. See page 9 for more information.
19. **ADD 30 SEC:** Touch this pad to set and start quickly at 100% power level. See page 10 for more information.
20. **CLOCK:** Touch this pad to enter the time of day. See page 9 for more information.
21. **LIGHT TIMER:** Touch this pad to set the light timer. See page 10 for more information.



22. **KITCHEN TIMER:** Touch this pad to set the kitchen timer. See page 9 for more information.
23. **VENT 5 SPEED:** Touch this pad to choose one of 5 fan speeds.
24. **VENT ON/OFF:** Touch this pad to turn the fan on/off.
25. **VENT DELAY OFF:** Touch this pad when setting ventilation time. (1, 3, 5, 10, 30 minutes)
26. **LIGHT HI/LO/OFF:** Touch this pad to turn on the cooktop light. See page 10 for more information.

## Operation Instructions

### LEARN ABOUT YOUR MICROWAVE OVEN

This section introduces you to the basics you need to know to operate your microwave oven. Please read this information before use.

#### CAUTION

- To avoid risk of personal injury or property damage, do not run oven empty.
- To avoid risk of personal injury or property damage, do not use stoneware, aluminum foil, metal utensils, or metal trimmed utensils in the oven.

#### CLOCK

**Example:** To set 8:00 AM.

1. Touch CLOCK pad.

Clock

2. Enter the time by using the number pads.

8 0 0

3. Touch ENTER/START pad.



4. Touch 1 for AM.



5. Touch ENTER/START pad.



**NOTE:** Follow steps 1-3 above in the 24hour clock mode.

## KITCHEN TIMER

You can use your microwave oven as a timer. Use the Kitchen Timer for timing up to 99 minutes, 99 seconds.

**Example:** To set for 8 minutes.

1. Touch KITCHENTIMER pad.

# Kitchen Timer

2. Enter the time by using the number pads.



3. Touch ENTER/START pad.



When the time is over, you will hear beeps and END will display.

### **CONTROL SETUP**

You can change the default values.

See following chart for more information.

No.	Function	No.	Result
1	Weight mode selected	1 2	Lbs. Kg.
2	Sound ON/OFF control	1 2	Sound ON Sound OFF
3	Clock display control	1 2	12HR 24HR
4	Display	1 2 3	Slow speed Normal speed Fast speed
5	Remind end Signal	1 2	ON OFF
6	Demo Mode	1 2	ON OFF
7	Daylight Saving Time	1 2	ON OFF

**Example:** To change weight mode(from Lbs. to Kg).

1. Touch CONTROL SETUP pad.

# Control Setup

2. Touch number 1 pad.

Less  
1

3. Touch number 2 pad.

2

## VENT FAN

The VENT moves steam and other vapors from the cooking surface.

**Example:** To set Level 4.

1. Touch ON/OFF pad. This shows the last level until you select the fan speed level.

On/Off

2. Touch 5 SPEED pad until Level 4 appears in the display.

5 Speed

Touch ON/OFF pad to turn off fan when desired.

**NOTE:** If the temperature gets too hot around the microwave oven, the fan in the vent hood will automatically turn on at the LEVEL 2 setting to cool the oven. The fan will automatically turn off when the internal parts are cool. When this occurs, the vent cannot be turned off.

## DELAY OFF

**Example:** To turn off fan after 30 minutes for Level 4.

1. Touch ON/OFF pad.

On/Off

2. Touch 5 SPEED pad until Level 4 appears in the display.

5 Speed

3. Touch DELAY OFF pad five times.

Delay  
Off

## CHILD LOCK

You may lock the control panel to prevent the microwave from being accidentally started or used by children.

The Child Lock feature is also useful when cleaning the control panel. Child Lock prevents accidental programming when wiping the control panel.

**Example:** To set the child lock.

Touch and hold ENTER/START pad more than 3 seconds. CHILD LOCK ON will appear in the display window with two beeps.



**Example:** To cancel the child lock.

Touch and hold ENTER/START pad more than 3 seconds. LOCKED will disappear and you hear two beeps.

LIGHT HI/LO/OFF



### **LIGHT HI/LO/OFF**

Touch LIGHT HI/LO/OFF pad once for bright light, twice for night light, or three times to turn the light off.

ADD 30 SEC.

# Light Hi/Lo/Off

## **ADD 30 SEC.**

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch the ENTER/START pad.

**Example:** To set ADD 30 SEC. for 2 minutes.

Touch ADD 30 SEC. pad 4 times. The oven begins cooking and display shows time counting down.

# Add 30 Sec.

## **LIGHT TIMER**

You can set the LIGHT to turn on and off automatically at any time. The light comes on at the same time every day until reset.

**Example:** Turn on 2:00 AM, turn off 7:00 PM.

**12 hour clock mode.**

1. Touch LIGHTTIMER pad.

# Light Timer

2. Enter the time you want the LIGHT to turn on.

2 0 0

3. Touch ENTER/START pad.

 ENTER  
START

4. Touch 1 for AM.

Less  
↑

5. Touch ENTER/START pad.

ENTER  
START

6. Enter the time you want the LIGHT to turn off.

7 0 0

7. Touch ENTER/START pad.



8. Touch 2 for PM.



9. Touch ENTER/START pad.



**24 hour clock mode.**

1. Touch LIGHT TIMER pad.

# Light Timer

2. Enter the time you want the LIGHT to turn on.

2 0 0

3. Touch ENTER/START pad.

 ENTER  
START

4. Enter the time you want the LIGHT to turn off.

Less 9  
1 More 0 0

5. Touch ENTER/START pad.

ENTER  
START

**Example:** To cancel the LIGHT TIMER.

1. Touch LIGHT TIMER pad.

Light  
Timer

2. Touch 0 pad.



**NOTE:** If you want to cancel the LIGHT TIMER in operation, touch the 0 pad.

### **CUSTOM PROGRAM**

CUSTOM PROGRAM lets you recall one cooking instruction previously placed in memory and begin cooking quickly.

**Example:** To cook for 2 minutes at 70% power.

1. Touch CUSTOM PROGRAM pad.

# Custom Program

2. Enter the cook time.



3. Touch POWER LEVEL pad.

# Power Level

4. Enter the power level.



5. Touch ENTER/START pad.



**Example:** To recall the custom program.

1. Touch CUSTOM PROGRAM pad.

# Custom Program

2. Touch ENTER/START pad.



When the cook time is over, you will hear four beeps and END will display.

## **MORE/LESS**

The More (9)/Less (1) pads allow you to adjust pre-set cooking times. They only work in the Sensor Reheat Sensor Cooking (except Beverage), Add 30 sec, Custom Cook or Time Cook

modes. Use the More (9)/Less (1) pads only after you have already begun cooking with one of these procedures.

1. To ADD more time to an automatic cooking procedure: Touch the More (9) pad.



More



2. To REDUCE the time of an automatic cooking procedure: Touch the Less (1) pad.

Less  
1

### COOKING AT HIGH POWER LEVELS

**Example:** To cook food for 8 minutes 30 seconds at 100% power.

1. Enter the cook time.

8 3 0

2. Touch ENTER/START pad.



When the cook time is over, you will hear four beeps and END will display.

### COOKING AT LOWER POWER LEVELS

HIGH power cooking does not always give you the best results with foods that need slower cooking, such as roasts, baked goods, or custards. Your oven has 9 power settings in addition to HIGH.

**Example:** To cook food for 7 minutes 30 seconds at 70% power.

1. Enter the cook time.



2. Touch POWERLEVEL pad.

# Power Level

3. Enter the power level.



4. Touch ENTER/START pad.



When the cook time is over, you will hear four beeps and END will display.

See cooking guide for Power levels, page 12.

**IMPORTANT:**

- DO NOT store or use the wire rack in this oven unless more than one item is being cooked or a recipe calls for it.
- Damage to the oven could occur.

**COOKING WITH MORE THAN ONE COOK CYCLE**

For best results, some recipes call for one Power Level for a certain length of time, and another Power Level for another length of time. Your oven can be set to change from one to another automatically, for up to three cycles if the first cycle is defrost.

**Example:** To cook food for 3 minutes at 90% power and then 70% power for 7 minutes 30 seconds.

1. Enter the first cook time.

3 0 0

2. Touch POWER LEVEL pad.

Power  
Level

3. Enter the power level.

9  
More

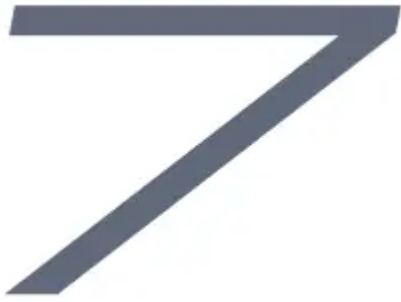
4. Enter the second cook time.

7 3 0

5. Touch POWERLEVEL pad.

Power  
Level

6. Enter the power level.



7. Touch ENTER/START pad.



When the cook time is over, you will hear four beeps and END will display.

### **COOKING GUIDE FOR POWER LEVELS**

The power levels allow you to choose the best power level for the food you are cooking. Below are listed all the power levels, examples of foods best cooked at each level, and the amount of microwave power you are using.

POWER LEVEL	MICROWAVE OUTPUT	USE
10 High	100%	<ul style="list-style-type: none"> <li>• Boil water.</li> <li>• Cook ground beef.</li> <li>• Make candy.</li> <li>• Cook fresh fruits and vegetables.</li> <li>• Cook fish and poultry.</li> <li>• Preheat browning dish.</li> <li>• Reheat beverages.</li> <li>• Bacon slices.</li> </ul>
9	90%	<ul style="list-style-type: none"> <li>• Reheat meat slices quickly.</li> <li>• Saute onions, celery, and green pepper.</li> </ul>
8	80%	<ul style="list-style-type: none"> <li>• All reheating.</li> <li>• Cook scrambled eggs.</li> </ul>
7	70%	<ul style="list-style-type: none"> <li>• Cook breads and cereal products.</li> <li>• Cook cheese dishes, veal.</li> <li>• Cook cakes, muffins, brownies, cupcakes.</li> </ul>
6	60%	<ul style="list-style-type: none"> <li>• Cook pasta.</li> </ul>
5	50%	<ul style="list-style-type: none"> <li>• Cook meats, whole poultry.</li> <li>• Cook custard.</li> <li>• Cook whole chicken, turkey, spare ribs, rib roast, sirloin roast.</li> </ul>
4	40%	<ul style="list-style-type: none"> <li>• Cook less tender cuts of meat.</li> <li>• Reheat frozen convenience foods.</li> </ul>
3	30%	<ul style="list-style-type: none"> <li>• Thaw meat, poultry, and seafood.</li> <li>• Cook small quantities of food.</li> <li>• Finish cooking casserole, stew, and some sauces.</li> </ul>
2	20%	<ul style="list-style-type: none"> <li>• Soften butter and cream cheese.</li> <li>• Heat small amounts of food.</li> </ul>
1	10%	<ul style="list-style-type: none"> <li>• Soften ice cream.</li> <li>• Raise yeast dough.</li> </ul>

## SENSOR OPERATING INSTRUCTIONS

Sensor Cook allows you to cook most of your favorite foods without selecting cooking times and power levels. The display will indicate the sensing period by scrolling the name of the food. The oven automatically determines required cooking time for each food item. When the internal sensor detects a certain amount of humidity coming from the food, it will tell the oven how much longer to cook. The display will show the remaining heating time. For best results when cooking by Sensor, follow these recommendations:

1. Food cooked with the sensor system should be at normal storage temperature.
2. Glass turntable and outside of container should be dry to assure best cooking results.
3. Most foods should always be covered loosely with microwavable plastic wrap, waxed paper, or a lid.
4. Do not open the door or touch the STOP/CLEAR pad during the sensing time. When sensing time is over, the oven beeps and the remaining cooking time will appear in the display window. At this time you can open the door to stir, turn, or rearrange the food.

**IMPORTANT:** When using sensor cook, the oven must cool for 5 minutes between uses or food will not cook properly.

## SENSOR COOKING GUIDE

Appropriate containers and coverings help assure good Sensor cooking results.

1. Always use microwavable containers and cover them with lids or vented plastic wrap.
2. Never use tight-sealing plastic covers. They can prevent steam from escaping and cause food to over cook.
3. Match the amount to the size of the container. Fill containers at least half full for best results.
4. Be sure the outside of the cooking container and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

**NOTE:** If food is not thoroughly cooked or reheated when using the sensor feature, complete using a power level and cooking time. DO NOT continue using the sensor pad.

## ADDING OR SUBTRACTING COOK TIME

By using the More (9) or Less (1) pad all of the sensor cook and time cook settings can be adjusted to cook food for a longer or shorter time.

## PIZZA SLICE

Reheating pizza with PIZZA SLICE pad lets you reheat one or several slices of pizza without selecting cooking times and power levels.

**Example:** To reheat 2 slices of pizza.

Touch PIZZA SLICE pad.

# Pizza Slice

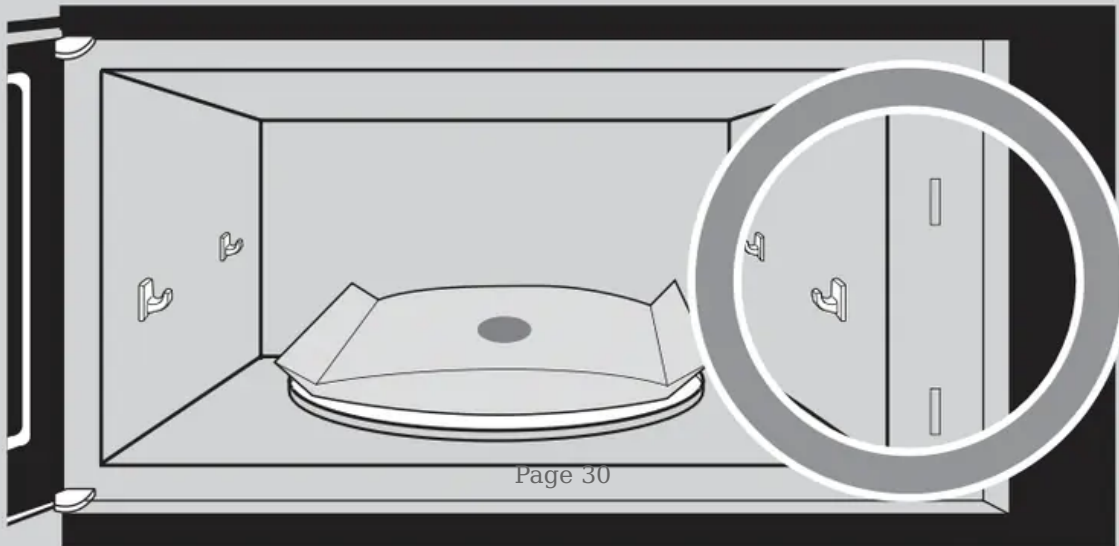
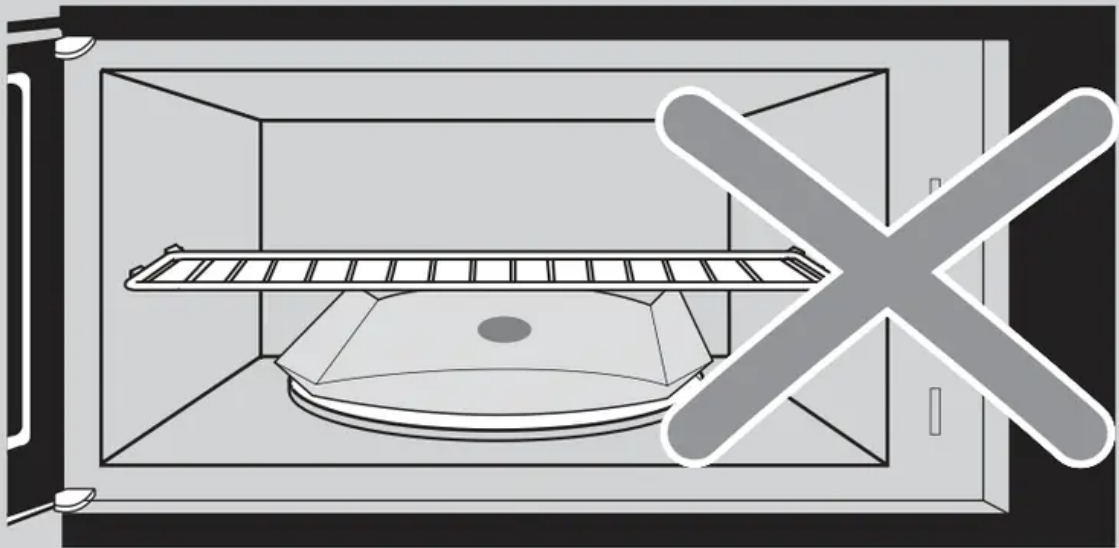
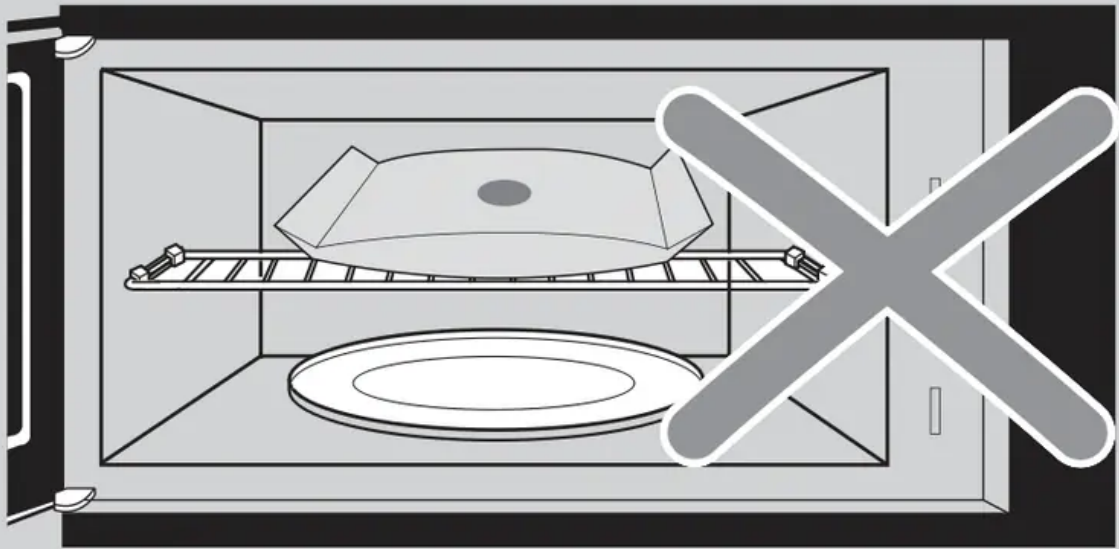
When the cook time is over, you will hear four beeps and END will display.

- Recommended amounts: 1-4 slices.

## CAUTION

- DO NOT leave microwave oven unattended while popping corn.

- When popping commercially packaged popcorn, remove the rack from the oven;  
Do not place the bag of microwave popcorn on the rack or under the rack.



## POPCORN

POPCORN pad lets you pop commercially packaged microwave popcorn. Pop only one package at a time. For best results, use fresh bags of popcorn.

**Example:** To pop popcorn

Touch POPCORN pad.

# Popcorn

When the cook time is over, you will hear four beeps and END will display.

- Recommended amounts: 3.0-3.5 ozs.

## BAKED POTATO

The BAKED POTATO pad lets you bake one to six potatoes without selecting cooking times and power levels.

### NOTES:

- Cooking time is based on a 8-10 oz. potato.
- Use the More (9)/Less (1) pads if cooking larger or smaller potatoes.
- Before baking, pierce potato with fork several times.
- If potatoes are not completely cooked, continue cooking using cooking time.
- DO NOT use the BAKED POTATO pad to complete cooking.

After baking, let stand for 5 minutes.

**Example:** To cook 2 potatoes.

Touch BAKED POTATO pad.

# Baked Potato

When the cook time is over, you will hear four beeps and END will display.

- Recommended amounts: 1-6potatoes.

## VEGETABLE

VEGETABLES pad has preset cook powers for 2 food categories: Fresh, Frozen.

**Example:** To cook Frozen Vegetables.

1. Touch VEGETABLES pad.

# Vegetables

2. Choose food category.

# 2

When the cook time is over, you will hear four beeps and END will display.

Category	Touch Pad Number
Fresh	1
Frozen	2

## COOK

Using COOK pad lets you heat common microwave-prepared foods without needing to program cooking times and power levels. COOK has 4 preset food categories: Beverage, Frozen Dinner, Frozen Breakfast and Chicken Breast.

**Example:** To cook FrozenBreakfast.

1. Touch COOK pad.

# Cook

2. Choose food category.

# 3

When the cook time is over, you will hear four beeps and END will display.

<b>Category</b>	<b>Touch Pad Number</b>
Beverage	1
Frozen Dinner	2
Frozen Breakfast	3
Chicken Breast	4

**Recommended amounts:**

Beverage	8 ozs.
Frozen Dinner	8-14 ozs.
Frozen Breakfast	4-8 ozs.
Chicken Breast	8-24 ozs.

See Sensor Cook Guide on page 15.

## REHEAT

REHEAT pad lets you heat foods without needing to program cooking times and power levels. REHEAT has 3 preset categories: Dinner Plate, Casserole and Pasta.

**Example:** To reheat Casserole.

1. Touch REHEAT pad.

# Reheat

2. Choose food category.

# 2

When the cook time is over, you will hear four beeps and END will display.

Category	Touch Pad Number
Dinner Plate	1
Casserole	2
Pasta	3

Recommended amounts:

Dinner Plate	1 serving
Casserole	1-4 servings
Pasta	1-4 servings

See Sensor Reheat Guide on page 15.

**SENSOR COOK GUIDE**

CATEGORY		DIRECTIONS	AMOUNT
Popcorn		Use only one microwave-only bag of popcorn at a time. Use caution when removing and opening the hot bag from oven. Let oven cool for at least 5 minutes before using again.	3.0 to 3.5 oz. 1 package
Potato		Prick each potato several times with fork. Place on turntable in spoke-like fashion. Let stand 3-5 minutes. Let oven cool for at least 5 minutes before using again. Use <b>More(9)</b> pad when cooking larger potatoes.	1 to 6 potatoes
VEGETABLES	Fresh Vegetables	Place fresh vegetables in microwave-safe ceramic, glass or plastic dish and add 2-4 Tbs. water. Cover with lid or vented plastic wrap during cooking and stir before standing. Let oven cool for at least 5 minutes before using again. Use the <b>More(9)</b> pad when cooking dense vegetables such as carrots or broccoli spears.	1 to 4 servings
	Frozen Vegetables	Place frozen vegetables in microwave-safe ceramic, glass or plastic dish and add 2-4 Tbs. water. Cover with lid or vented plastic wrap during cooking and stir before standing. Let oven cool for at least 5 minutes before using again. Use the <b>More(9)</b> pad when cooking dense vegetables such as carrots or broccoli spears.	1 to 4 servings
Pizza Slice		Put 1-4 slices of pizza on a Microwave-safe plate with wide end of slice toward the outside edge of the plate. Do not let slices overlap. Do not cover. Let oven cool for at least 5 minutes before using again. Use <b>More(9)</b> pad to increase reheat time for thick crust pizza.	1 to 4 Slices
COOK	Beverage	Use measuring cup or mug; do not cover. Place the beverage in the oven. After heating, stir well. Let oven cool for at least 5 minutes before using again. Note: • Reheat times based on an 8 ounce cup. • Beverage heated with the beverage feature may be very hot. • Remove container with care.	8 oz.
	Frozen Dinner	Remove food from outer wrapping and follow box instructions for covering and standing. Let oven cool for at least 5 minutes before using again.	8 to 14 oz.
	Frozen Breakfast	Follow package instructions for covering and standing. Use this pad for frozen sandwich, breakfast entree, etc. Let oven cool for at least 5 minutes before using again.	4 to 8 oz.
	Chicken Breast	Place chicken breasts on a microwave-safe plate and cover with plastic wrap. Cook to an internal temperature of 170 degrees F. Turn over during countdown time. Let stand 5 minutes. Use the <b>More(9)</b> pad to increase cooking time for larger or thicker chicken breasts. Let oven cool for at least 5 minutes before using again.	8 to 16 oz.



## SENSOR REHEAT GUIDE

CATEGORY	DIRECTIONS	AMOUNT
Dinner Plate	Use only pre-cooked, refrigerated foods. Cover plate with vented plastic wrap or waxed paper, tucked under plate. If food is not as hot as you prefer after heating with REHEAT, continue heating using cooking time and power level. <b>Do not</b> continue cooking using the <b>Reheat</b> pad. Contents: - 3-4 oz. meat, poultry or fish (up to 6 oz. with bone) - 1/2 cup starch (potatoes, pasta, rice, etc.) - 1/2 cup vegetables (about 3-4 oz.)	1 serving (1 plate)
Casserole	Cover plate with lid or vented plastic wrap. If food is not as hot as you prefer after heating with REHEAT, continue heating using time and power level. <b>Do not</b> continue cooking using the <b>Reheat</b> pad.	1 to 4 servings
Pasta	Stir foods once before serving. Contents: - Casserole-refrigerated foods. (Examples: Lasagna and beef stew.) - Pasta-Canned spaghetti and ravioli, refrigerated foods.	

**NOTE:** Desired food temperature varies from person to person. Use the More (9)/Less (1) pads to fit your temperature preference.

## KIDS MEALS

KIDS MEALS lets you heat 4 categories of food: Chicken Nuggets, Hot dogs, French Fries and Frozen Sandwiches.

**Example:** To cook frozen sandwiches.

1. Touch KIDS MEALS pad.

# Kids Meals

2. Choose food category (1-4).

# 4

3. Touch ENTER/START pad.



Category	Touch Pad Number
Chicken Nuggets	1
Hot Dogs	2
French Fries	3
Frozen Sandwiches	4

#### KIDS MEALS CHART

Item	Amount or servings	Remarks
Frozen Chicken Nuggets	1 serving (4-5 oz.) 2 servings (6-7 oz.)	<ul style="list-style-type: none"> <li>Put a paper towel on top of plate and arrange nuggets in spoke fashion on paper towel.</li> <li>Do not cover. Let stand 1 minute.</li> </ul>
Hot Dogs	2 EA 4 EA	<ul style="list-style-type: none"> <li>Prick hot dogs, place on plate. When the oven beeps, add buns and re-start the oven.</li> </ul>
French Fries	1 serving (4-5 oz.) 2 servings (6-7 oz.)	<ul style="list-style-type: none"> <li>Place 2 paper towels on plate and arrange french fries on towels, do not overlap.</li> <li>Blot with additional paper towel after removal from oven.</li> </ul>
Frozen Sandwiches	1 EA 2 EA	<ul style="list-style-type: none"> <li>Place frozen sandwich in susceptor "sleeve" (which is in package) and put on plate.</li> </ul>

#### SNACKS

SNACKS lets you heat 4 categories of food: Nachos, Chicken Wings, Potato Skins, and Cheese Sticks.

**Example:** To cook chicken wings.

1. Touch SNACKS pad.

# Snacks

2. Choose food category (1-4).

2

3. Touch ENTER/START pad.

 ENTER  
START

Category	Touch Pad Number
Nachos	1
Chicken Wings	2
Potato Skins	3
Cheese Sticks	4

SNACKS CHART

Item	Amount or servings	Remarks
Nachos	1 serving	<ul style="list-style-type: none"> <li>Place tortilla chips on plate without overlapping.</li> <li>Sprinkle evenly with cheese.</li> <li>Contents: <ul style="list-style-type: none"> <li>- 2 cups tortilla chips</li> <li>- 1/3 cup grated cheese</li> </ul> </li> </ul>
Chicken Wings	5-6 oz. 7-8 oz.	<ul style="list-style-type: none"> <li>Use pre-cooked, refrigerated chicken wings.</li> <li>Place chicken wings around plate in spoke fashion and cover with wax paper.</li> </ul>
Potato Skins	1 cooked potato 2 cooked potatoes	<ul style="list-style-type: none"> <li>Cut cooked potato into 4 even wedges. Scoop or cut out potato flesh, leaving about 1/4" of skin.</li> <li>Place skins in spoke fashion around plate.</li> <li>Sprinkle with bacon, onions and cheese. Do not cover.</li> </ul>
Cheese Sticks	5-6 pcs. 7-10 pcs.	<ul style="list-style-type: none"> <li>Place cheese sticks on plate in spoke fashion.</li> <li>Do not cover.</li> </ul>

## SOFTEN/MELT

SOFTEN/MELT lets you soften or melt 3 categories of food: Melt Chocolate, Soften Cream Cheese and Melt Butter.

**Example:** To melt chocolate.

1. Touch SOFTEN/MELT pad.

Soften/  
Melt

2. Choose food category (1-3).

Less  
1

3. Touch ENTER/START pad.



Category	Touch Pad Number
Melt Chocolate	1
Soften Cream Cheese	2
Melt Butter	3

#### SOFTEN/MELT CHART

Item	Amount or servings	Remarks
Melt Chocolate	2 squares or 1 cup chips	<ul style="list-style-type: none"> <li>Place chocolate chips or square in a microwave-safe dish.</li> <li>Stir well at half time when the oven beeps, and re-start the oven.</li> <li>Unless stirred, the chocolate keeps its shape even when heating time is over.</li> </ul>
Soften Cream Cheese	1 package (8 oz.)	<ul style="list-style-type: none"> <li>Unwrap cream cheese and place on microwave-safe dish.</li> <li>Let stand 1-2 minutes.</li> </ul>
Melt Butter	1 stick (1/4 lb.)	<ul style="list-style-type: none"> <li>Remove wrapping and cut butter in half vertically.</li> </ul>
	2 sticks (1/2 lb.)	<ul style="list-style-type: none"> <li>Place butter in dish, cover with wax paper.</li> <li>Stir well after finishing and let stand 1-2 minutes.</li> </ul>

#### AUTO DEFROST

Defrost choices are preset in the oven.

The defrost feature provides you with the best defrosting method for frozen foods, because the oven automatically sets the defrosting times according to the weight you enter. For added convenience, the AUTO DEFROST beeps to remind you to check or turn over the food during the defrost cycle.

After touching the AUTO DEFROST pad once, select the food weight. Available weight ranges are 0.1 to 6.0 lbs.

**Example:** To defrost 1.2 lbs of meat.

1. Touch AUTO DEFROST pad.

# Auto Defrost

2. Enter the weight.

Less  
1 2

3. Touch ENTER/ START pad.

 ENTER  
START

**NOTES:**

- After you touch ENTER/START pad, the display counts down the defrost time. The oven will beep twice during the Defrost cycle. At this time, open the door and turn the food as needed. Remove any portions that have thawed then return frozen portions to the oven and touch ENTER/START pad to resume the defrost cycle.
- The oven will not stop during the BEEP unless the door is opened.

## DEFROSTING GUIDE

- Follow the instructions below when defrosting different types of food.

<b>Food</b>	<b>Standard Amount</b>	<b>Procedure</b>
<b>Roast Beef, Pork</b>	2.5-6.0 lbs.	Start with the food placed fat side down. After each stage, turn the food over and shield any warm portions with narrow strips of aluminum foil. Let stand, covered, for 15 to 30 minutes.
<b>Steaks, Chops, Fish</b>	0.5-3.0 lbs.	After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow flat pieces of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered, for 5-10 minutes.

<b>Ground Meat</b>	0.5-3.0 lbs.	After each stage, remove any pieces of food that are nearly defrosted. Let stand, covered with foil, for 5-10 minutes.
<b>Whole Chicken</b>	2.5-6.0 lbs.	Remove giblets before freezing poultry. Start defrosting with the breast side down. After the first stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the second stage, again shield any warm portions with narrow strips of aluminum foil. Let stand, covered for 30-60 minutes in the refrigerator.
<b>Chicken Pieces</b>	0.5-3.0 lbs.	After each stage, rearrange or remove any pieces of food that are nearly defrosted. Let stand for 10-20 minutes.

## DEFROST TIPS

- When using AUTO DEFROST, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- Use AUTO DEFROST only for raw food. AUTO DEFROST gives best results when food to be thawed is a minimum of 0°F (taken directly from a true freezer). If food has been stored in a refrigerator-freezer that does not maintain a temperature of 5°F or below, always program a lower food weight (for a shorter defrosting time) to prevent cooking the food.
- If the food is stored outside the freezer for up to 20 minutes, enter a lower food weight.
- The shape of the package alters the defrosting time. Shallow rectangular packets defrost more quickly than a deep block.
- Separate pieces as they begin to defrost. Separated pieces defrost more easily.
- Shield areas of food with small pieces of foil if they start to become warm.
- You can use small pieces of aluminum foil to shield foods like chicken wings, leg tips, and fish tails, but the foil must not touch the side of the oven. Foil causes arcing, which can damage the oven lining.

## 1POUND DEFROST

The 1POUND DEFROST feature provides a rapid defrost for 1.0 pound frozen food. The oven automatically sets the defrosting time.

**Example:** To defrost 1lb. ground beef.

1. Touch 1POUND DEFROST pad.

# 1 Pound Defrost

2. Touch ENTER/START pad.



## WIRE RACK

**CAUTION:** To avoid risk of property damage:

- Do not use rack to pop popcorn.
- Rack must be on the four plastic supports when used.
- Use the rack only when cooking food on rack position.
- Do not cook with rack on floor of the oven.

The wire rack gives you extra space when cooking in more than one container at the same time.

**To use rack:**

1. Place rack securely in the four plastic supports.  
Rack **MUST NOT** touch metal walls or back of microwave oven.
2. Place equal amounts of food both **ABOVE AND BELOW** rack.  
Amount of food must be approximately the same to balance out cooking energy.

**IMPORTANT:**

- **DO NOT** store or use the wire rack in this oven unless more than one item is being cooked or a recipe calls for it.
- Damage to the oven could occur.

## COOKING GUIDE

### Guide for Cooking Meat in Your Microwave

- Place meat on a microwave-safe roasting rack in a microwave-safe dish.
- Start meat fat-side down. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas.

- Check the temperature in several places before letting the meat stand the recommended time.
- The following temperatures are removal temperatures. The temperature of the food will rise during the standing time.
- Expect a 10°F rise in temperature during the standing time.

Food	Cook time	Power level	Directions
<b>Roast Beef Boneless (Up to 4 lbs.)</b>	7-11 min./lb. for 145° F <b>(Rare)</b>	High(10) for first 5 minutes, then medium(5)	Place roast fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand 10 -15 minutes.
	8-12 min./lb. for 160° F <b>(Medium)</b>		
	9-14 min./lb. for 170° F <b>(Well Done)</b>		
<b>Pork Boneless or bone-in (Up to 4 lbs.)</b>	11-15 min./lb. for 170° F <b>(Well Done)</b>	High(10) for first 5 minutes, then medium(5)	Place roast fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand 10 -15 minutes.

Food		Remove from oven	After standing (10 -15 min.)
<b>Beef</b>	<b>Rare</b>	135°F	145°F
	<b>Medium</b>	150°F	160°F
	<b>Well Done</b>	160°F	170°F
<b>Pork</b>	<b>Medium</b>	150°F	160°F
	<b>Well Done</b>	160°F	170°F
<b>Poultry</b>	<b>Dark meat</b>	170°F	180°F
	<b>Light meat</b>	160°F	170°F

### Guide for Cooking Poultry in Your Microwave

- Place poultry on a microwave-safe roasting rack in a microwave-safe dish.
- Cover poultry with wax paper to prevent spattering.
- Use aluminum foil to shield bone tips, thin meat areas, or areas that start to overcook.
- Check the temperature in several places before letting the poultry stand the recommended time.

Food	Cook Time/Power Level	Directions
<b>Whole Chicken</b> Up to 4 lbs.	Cooking Time: 6-9 min. / lb. 180°F dark meat 170°F light meat Power Level: Medium High(7).	Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 minutes.
<b>Chicken Pieces</b> Up to 2 lbs.	Cooking Time: 6-9 min. / lb. 180°F dark meat 170°F light meat Power Level: Medium High(7).	Place chicken bone-side down on dish, with the thickest portions toward the outside of the dish. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 minutes.

### Guide for Cooking Seafood in Your Microwave

- Cook fish until it flakes easily with a fork.
- Place fish on a microwave-safe roasting rack in a microwave-safe dish.
- Use a tight cover to steam fish. A lighter cover of wax paper or paper towel provides less steaming.

- Do not overcook fish; check it at minimum cooking time.

Food	Cook Time/Power Level	Directions
<b>Steaks</b> Up to 1.5 lbs.	Cooking Time: 6-10 min. / lb. Power Level: Medium-High(7).	Arrange steaks on roasting rack with meaty portions towards the outside of rack. Cover with wax paper. Turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 3-5 minutes.
<b>Fillets</b> Up to 1.5 lbs.	Cooking Time: 3-7 min. / lb Power Level:Medium-High(7).	Arrange fillets in a baking dish, turning any thin pieces under. Cover with wax paper. If over ½ inch thick, turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 2-3 minutes.
<b>Shrimp</b> Up to 1.5 lbs.	Cooking Time: 3-5 ½ min. / lb. Power Level: Medium-High(7).	Arrange shrimp in a baking dish without overlapping or layering. Cover with wax paper. Cook until firm and opaque, stirring 2 or 3 times. Let stand 5 minutes.

### Guide for Cooking Eggs in Your Microwave

- Never cook eggs in the shell, and never warm hard-cooked eggs in the shell; they can explode.
- Always pierce whole eggs to keep them from bursting.
- Cook eggs just until set; they become tough if overcooked.

### Guide for Cooking Vegetables in Your Microwave

- Vegetables should be washed just before cooking. Often, no extra water is needed. If dense vegetables such as potatoes, carrots and green beans are being cooked, add about 1/4 cup water.
- Small vegetables (sliced carrots, peas, lima beans, etc.) will cook faster than larger ones.
- Whole vegetables, such as potatoes, a corn squash or corn on the cob, should be arranged in a circle on the turntable before cooking. They will cook more evenly if turned over after half the cooking time has passed.
- Always place vegetables like asparagus and broccoli with the stem ends pointing towards the edge of the dish and the tips toward the center.
- When cooking cut vegetables, always cover the dish with a lid or vented microwavable plastic wrap.
- Whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., should have their skin pricked in several spots before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cooking time.
- Generally, the denser the food, the longer the standing time. (Standing time refers to the time necessary for dense, large foods and vegetables to finish cooking after they come out of the oven). A baked potato can stand on the counter for five minutes, while a dish of peas can be served immediately.

# Cooking Utensils

## MICROWAVE UTENSIL GUIDE



**OVEN PROOF GLASS (treated for high intensity heat):**

Utility dishes, loaf dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.

**CHINA:**

Bowls, cups, serving plates and platters without metallic trim.

**PLASTIC:**

Plastic wrap (as a cover)--lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that the plastic wrap will not touch the food. As the food heats it may melt the plastic wrap wherever the wrap touches the food.

Use plastic dishes, cups, semirigid freezer containers and plastic bags only for short cooking times.

Use these with care because the plastic may soften from the heat of the food.

**PAPER:**

Paper towels, waxed paper, paper napkins, and paper plates with no metallic trim or design. Look for the manufacturer's label for use in the microwave oven.

**METAL UTENSILS:**

Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers or foil trays. Metal utensils can cause arcing, which can damage your microwave oven.

**METAL DECORATION:**

Metal-trimmed or metal-banded dinnerware, casserole dishes, etc. The metal trim interferes with normal cooking and may damage the oven.

**ALUMINUM FOIL:**

Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep ALL aluminum foil at least 1 inch from the side walls and door of the oven.

**WOOD:**

Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets react in the same way.

**TIGHTLY COVERED UTENSILS:**

Be sure to leave openings for steam to escape from covered utensils. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed pouches could explode.

**BROWN PAPER:**

Avoid using brown paper bags. They absorb too much heat and could burn.

**FLAWED OR CHIPPED UTENSILS:**

Any utensil that is cracked, flawed, or chipped may break in the oven.

**METAL TWIST TIES:**

Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.

## Care and Cleaning

### CARE AND CLEANING

For best performance and safety, keep the oven clean inside and out-side. Take special care to keep the inner door panel and the oven front frame free of food or grease build-up. Never use rough powder or pads. Wipe the microwave oven inside and out, including the hood bottom cover, with a soft cloth and a warm (not hot) mild detergent solution.

Then rinse and wipe dry. Use a chrome cleaner and polish on chrome, metal and aluminum surfaces. Wipe spatters immediately with a wet paper towel, especially after cooking chicken or bacon. Clean your oven weekly or more often, if needed.

Follow these instructions to clean and care for your oven.

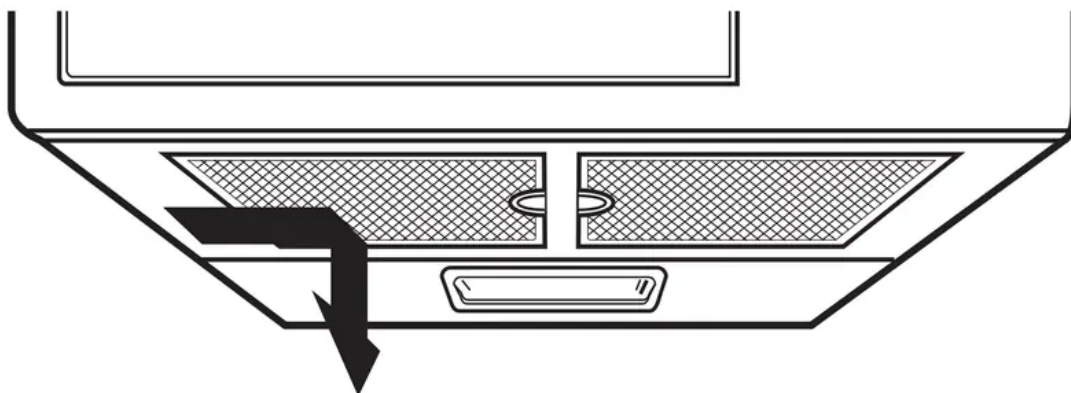
- Keep the inside of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to workless efficiently.
- Wipe up spills immediately. Use a damp cloth and mild soap. Do not use harsh detergents or abrasives.
- To help loosen baked on food particles or liquids, heat two cups of water (add the juice of one lemon if you desire to keep the oven fresh) in a four-cup measuring glass at High power for five minutes or until boiling. Let stand in the oven for one or two minutes.
- Remove the glass tray from the oven when cleaning the oven or tray. To prevent the tray from breaking, handle it carefully and do not put it in water immediately after cooking. Wash the tray carefully in warm sudsy water or in the dishwasher.
- Clean the outside surface of the oven with soap and a damp cloth. Dry with a soft cloth. To prevent damage to the operating parts of the oven, don't let water seep into the openings.
- Wash the door window with very mild soap and water. Be sure to use a soft cloth to avoid scratching.
- If steam accumulates inside or outside the oven door, wipe with a soft cloth. Steam can accumulate when operating the oven in high humidity and in no way indicates microwave leakage.
- Never operate the oven without food in it; this can damage the magnetron tube or glass tray. You may wish to leave a cup of water in the oven when it is not in use to prevent damage if the oven is accidentally turned on.

### CLEANING THE GREASE FILTER

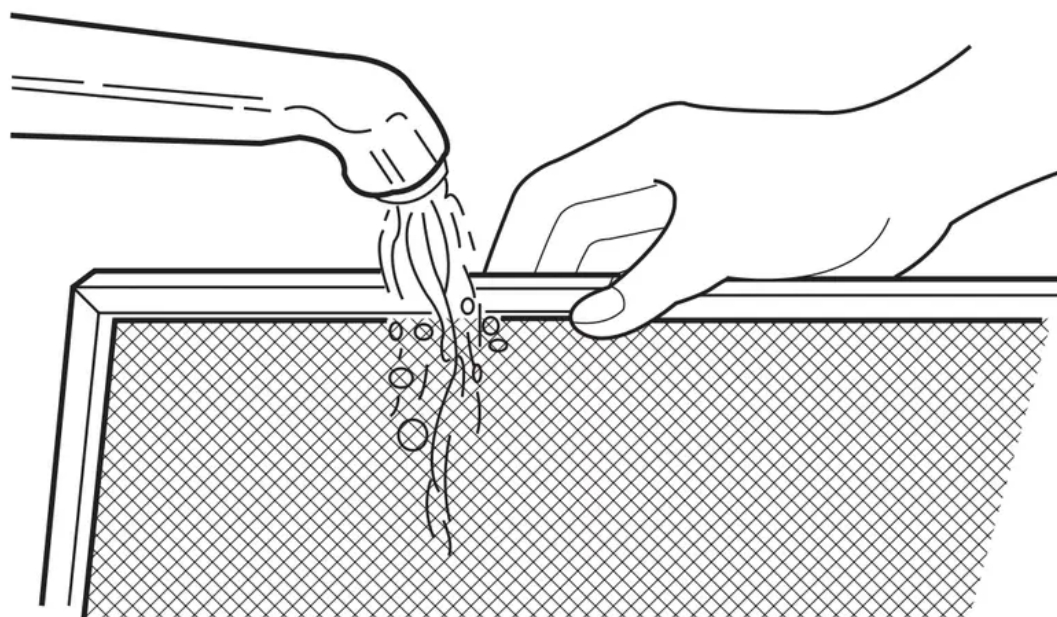
The grease filter should be removed and cleaned often, at least once a month.

**CAUTION:** To avoid risk of personal injury or property damage, do not operate oven hood without filters in place.

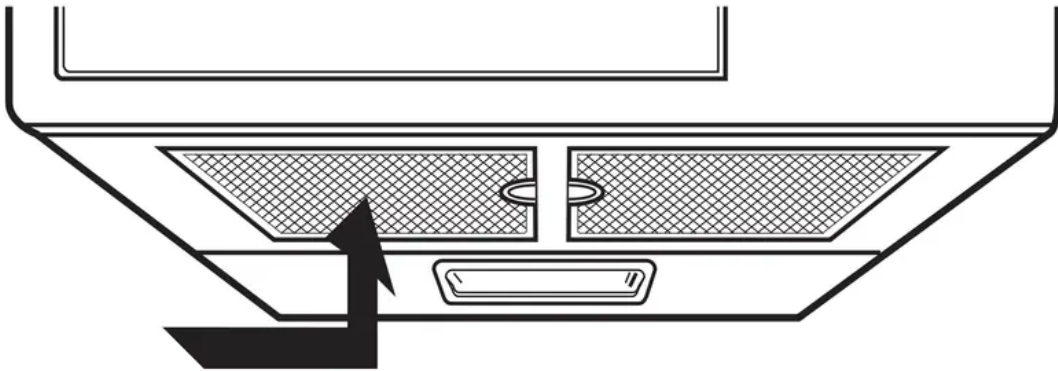
1. To remove grease filter, slide filter to the side. Pull filter downward and push to the other side. The filter will drop out.



2. Soak grease filter in hot water and a mild detergent. Rinse well and shake to dry. Do not use ammonia or place in a dishwasher. The aluminum will darken.



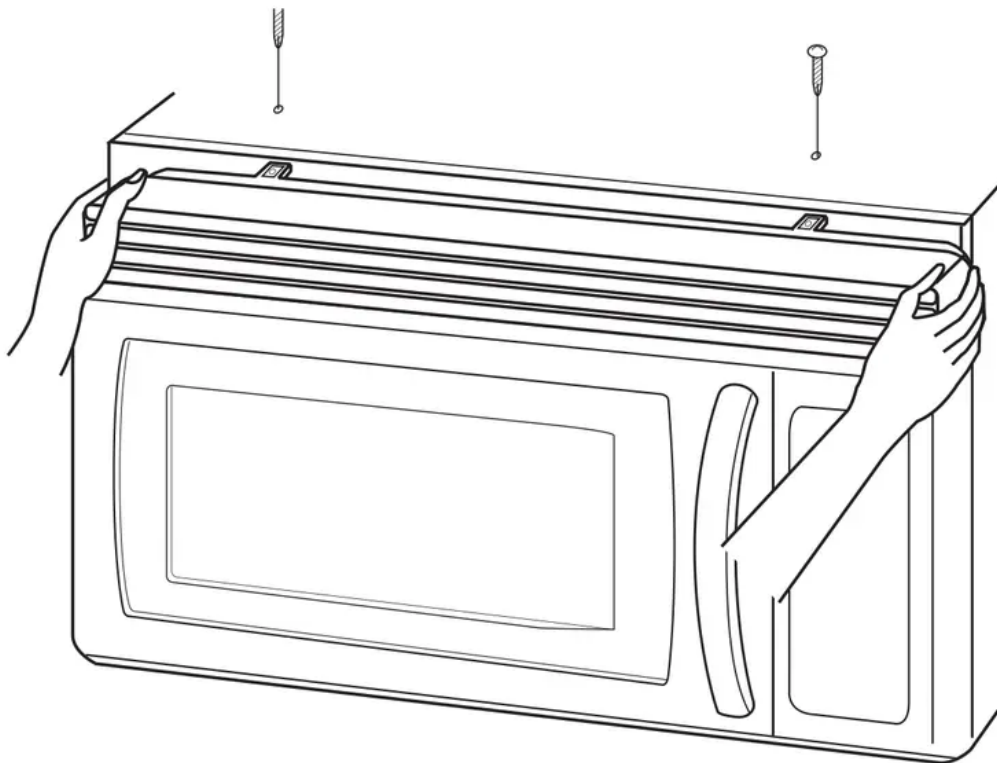
3. To reinstall the filter, slide it into the side slot, then push up and toward oven center to lock.



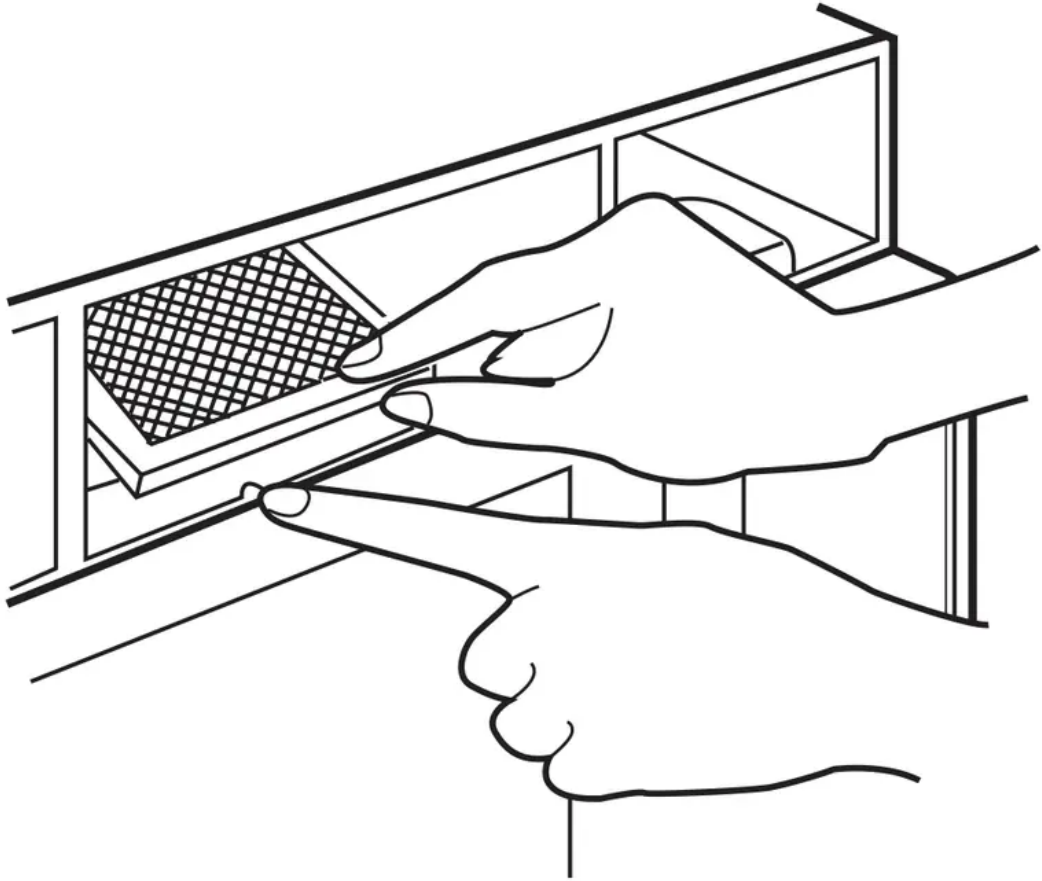
## CHARCOAL FILTER REPLACEMENT

If your oven is vented to the inside, the charcoal filter should be replaced every 6 to 12 months, and more often if necessary. The charcoal filter cannot be cleaned.

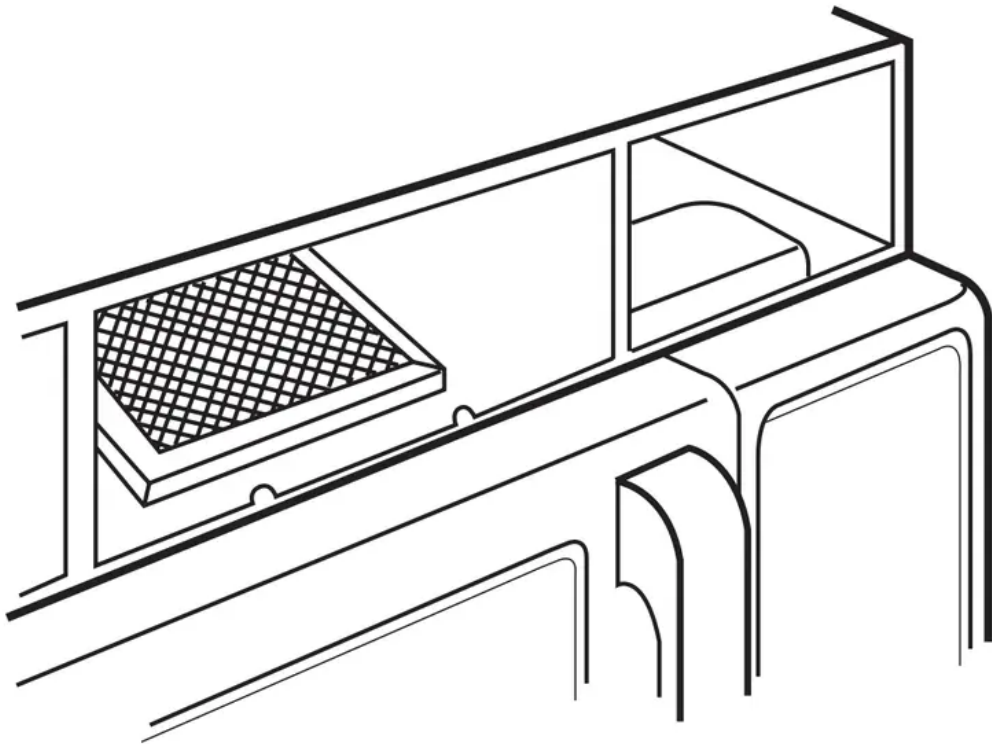
1. Unplug oven or turn off power at the main power supply.
2. Open the door.
3. Remove the two vent grille mounting screws. (2 middle screws)
4. Slide the grille to the left, then pull straight out.



5. Remove old filter.



6. Slide a new charcoal filter into place. The filter should rest at the angle shown.

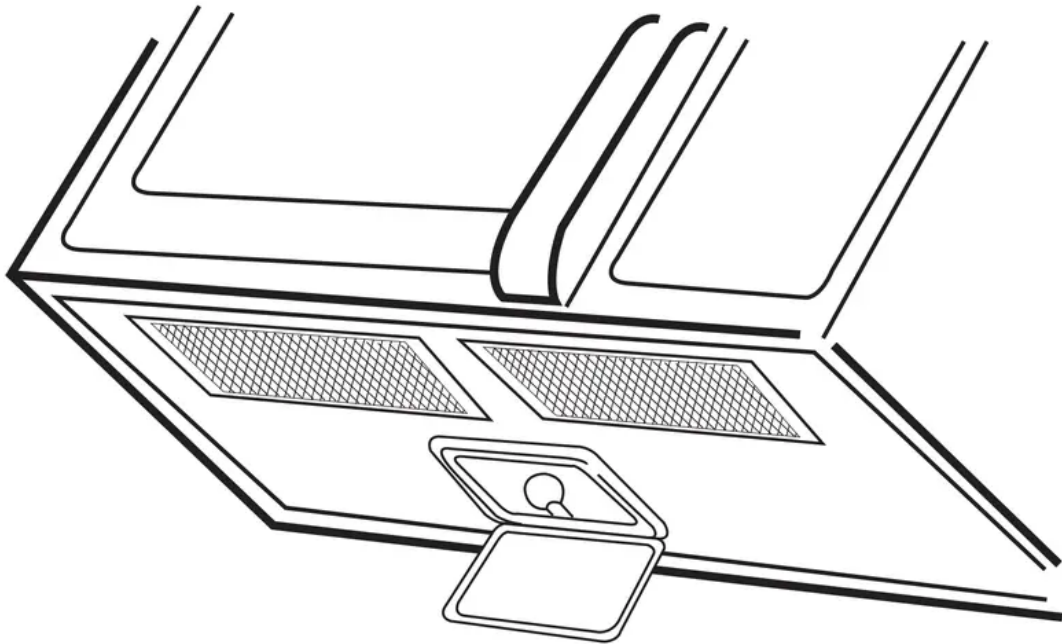


7. Replace the mounting screws and close the door. Turn the power back on at the main power supply and set the clock.

## **COOKTOP/NIGHT LIGHT REPLACEMENT**

**CAUTION:** To avoid personal injury or property damage, wear gloves when replacing light bulb.

1. Unplug the oven or turn off power at the main power supply.
2. Remove the bulb cover mounting screws.

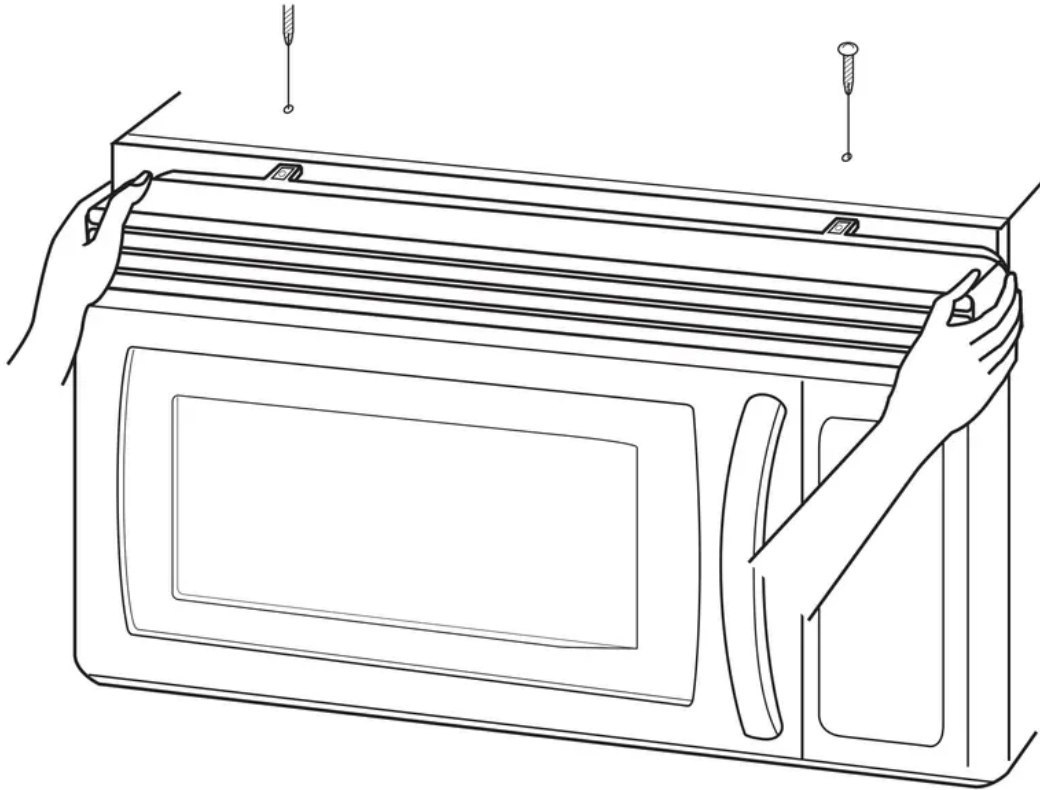


3. Replace bulb with 20 watt appliance bulb.
4. Replace bulb cover, and mounting screws.
5. Turn the power back on at the main power supply.

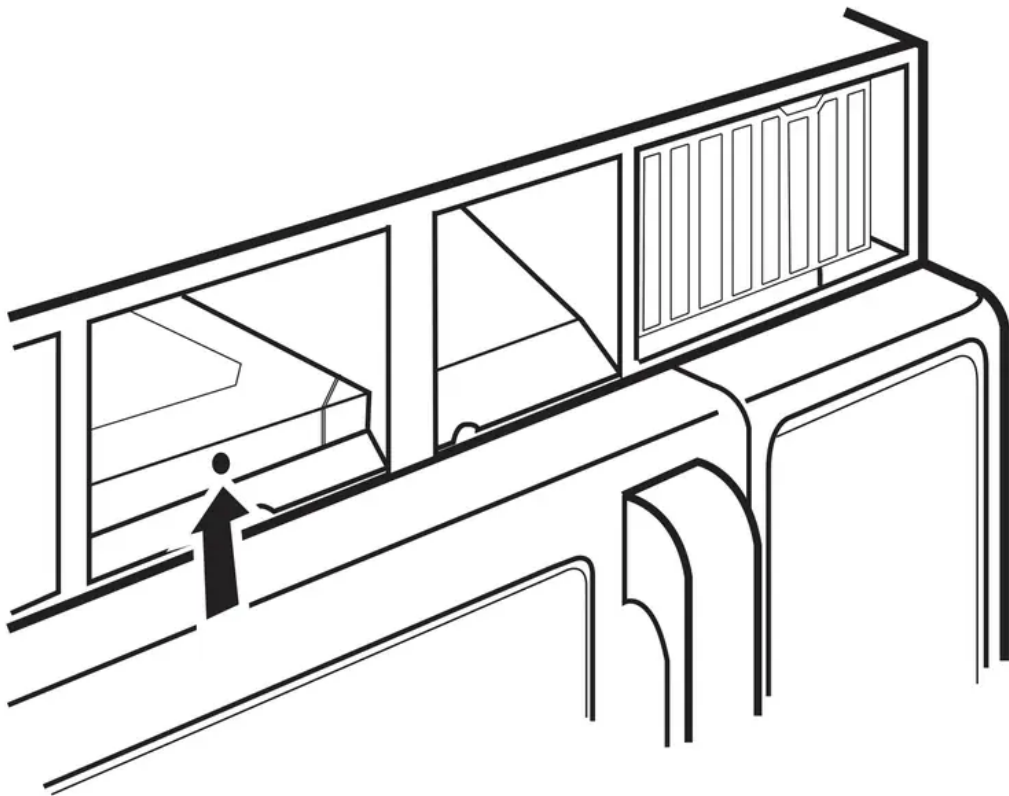
## **OVEN LIGHT REPLACEMENT**

1. Unplug oven or turn off power at the main power supply.
2. Open the door.
3. Remove the vent cover mounting screws. (2 middle screws)

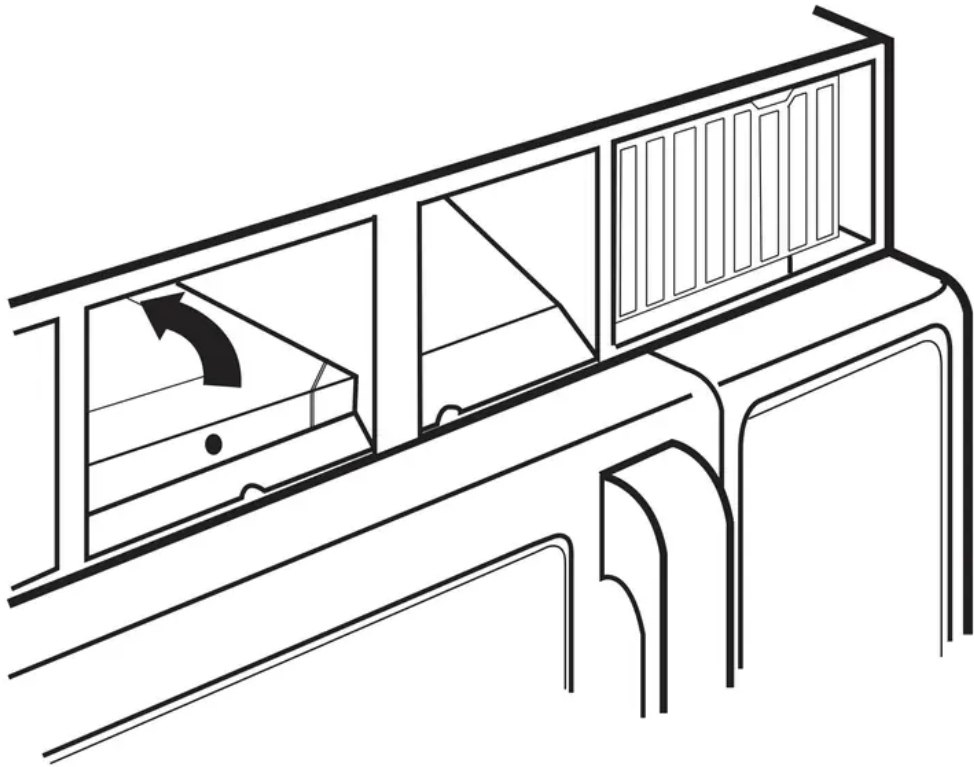
4. Slide the grille to the left, then pull straight out.



5. Remove the screw located above the door near the center of the oven that secures the bulb holder.



6. Remove bulb holder.



7. Replace bulb with a 20 watt appliance bulb.

8. Replace the bulb holder.

9. Replace the grille and 2 screws. Turn the power back on at the main power supply.

## Troubleshooting

Before you call a repair person for your oven, check this list of possible problems and solutions.

### **Neither the oven's display nor the oven operate.**

- Properly insert the plug into a grounded outlet.
- If the outlet is controlled by a wall switch, make sure the wall switch is turned on.
- Remove the plug from the outlet, wait ten seconds, then plug it in again.
- Reset the circuit breaker or replace any blown fuse.
- Plug another appliance into the outlet; if the other appliance doesn't work, have a qualified electrician repair the outlet.
- Plug the oven into a different outlet.

### **The oven's display works, but the power won't come on.**

- Make sure the door is closed securely.
- Check to see if packing material or other material is stuck to the door seal.

- Check for door damage.
- Press STOP/CLEAR pad twice and re-enter all cooking instructions.

**The power goes off before the set time has elapsed.**

- If there has not been a power outage, remove the plug from the outlet, wait ten seconds, then plug it in again. If there was a power outage, the time indicator will display: PLEASE TOUCH CLOCK AND TIME OF DAY. Reset the clock and any cooking instructions.
- Reset the circuit breaker or replace any blown fuse.

**The food is cooking too slowly.**

- Make sure the oven is on its own 20 amp circuit line. Operating another appliance on the same circuit can cause a voltage drop. If necessary, move the oven to its own circuit.

**You see sparks or arcing.**

- Remove any metallic utensils, cookware, or metal ties. If using foil, use only narrow strips and allow at least one inch between the foil and interior oven walls.

**The turntable makes noises or sticks.**

- Clean the turntable, roller ring and oven floor.
- Make sure the turntable and roller ring are positioned correctly.

**Using your microwave causes TV or radio interference.**

- This is similar to the interference caused by other small appliances, such as hair dryers. Move your microwave further away from other appliances, like your TV or radio.

**Note:** If the oven is set to cook for more than 25 minutes, it will automatically adjust itself to 70 percent power after 25 minutes to avoid overcooking.

**Warning**

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.