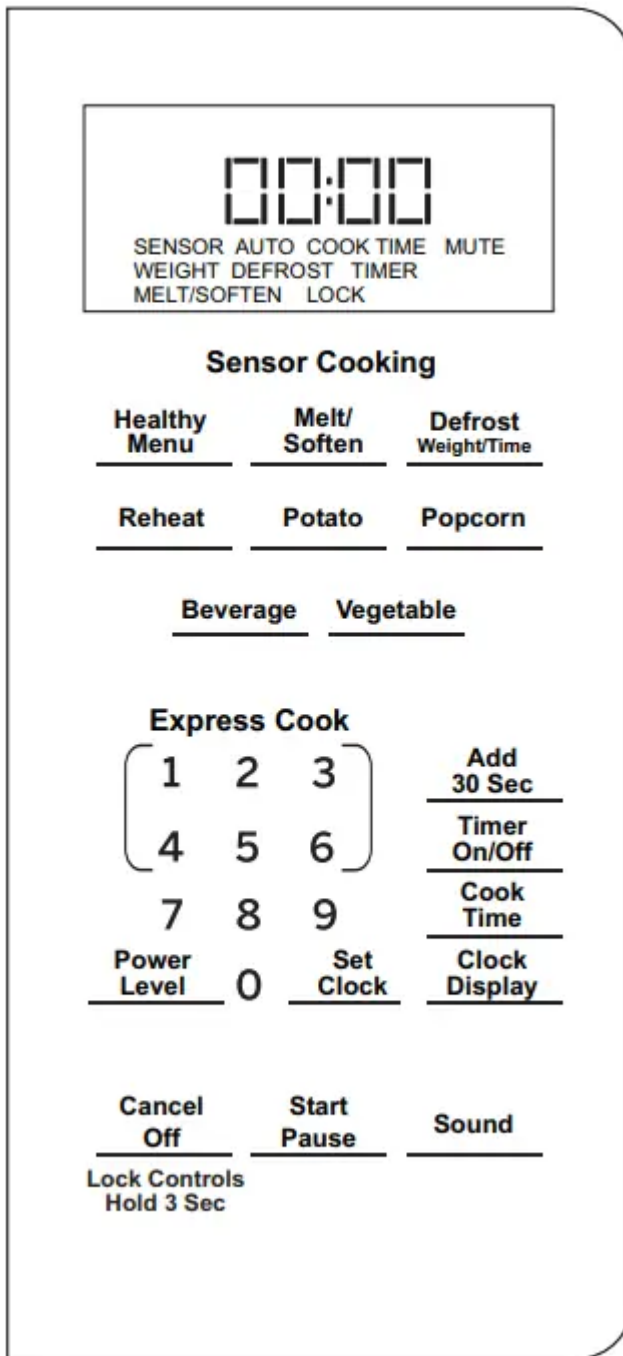


USING YOUR OVEN

Controls

You can microwave by time or with the convenience features.



Control buttons' functions are explained on the following pages.



About the features

Power Level

The power level may be entered or changed immediately after entering the feature time for Cook Time or Express Cook the power level may also be changed during the cooking.

1. Press Cook Time and enter cooking time.
2. Press the Power Level button and select power level 1-10.
3. Press the Start/Pause button to start cooking.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time. Most cooking will be done on Power Level 10 which gives you 100% power.

Power Level 10 will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with power level 3—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted. Here are some examples of uses for various power levels::

- Power Level 10: Fish, bacon, vegetables, heating liquids.
- Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.
- Medium 5: Slow cooking and tenderizing for stews and less tender cuts of meat.
- Low 2 or 3: Defrosting; simmering; delicate sauces.
- Warm 1: Keeping food warm; softening butter.

Cook Time

Allows you to microwave for any time up to 99 minutes and 99 seconds.

1. Press Cook Time.
2. Enter cooking time.
3. The power level is automatically set to 10, but if you want to reduce it, press Power Level, then select a level from 1 to 9.
4. Press Start/Pause .

You may open the door during Cook Time to check the food. Close the door and press Start/Pause to resume cooking

Multi-Stage Cooking

At most 2 stages can be set for cooking. In multi-stage cooking, if one stage is defrosting, then defrosting shall be placed at the first stage automatically.

Note: Auto cooking cannot work in the multi-stage cooking.

Example: if you want to cook with 80% microwave power for 5 minutes + 60% microwave power for 10 minutes. The cooking steps are as following:

1. Press Time Cook once, then press "5","0","0" to set the cooking time;
2. Press Power once, then press "8" to select 80% microwave power.
3. Press Time Cook once, then press "1","0","0","0" to set the cooking time;
4. Press Power once, then press "6" to select 60% microwave power.
5. Press Start/Pause .

Time Defrost Time

Defrost allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times.

1. Press Defrost twice (display must show Time Defrost).
2. Enter defrosting time.
3. Press Start/Pause.

When the oven signals, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food. Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time.

Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.

- For more even defrosting of larger foods, such as roasts, use Defrost Weight. Be sure large meats are completely defrosted before cooking
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand for a few minutes.

Weight Defrost

Weight defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to six pounds.

1. Press Defrost (display must show Weight Defrost).
2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press Start/Pause.

There is a cooking guide located on the inside front of the oven.

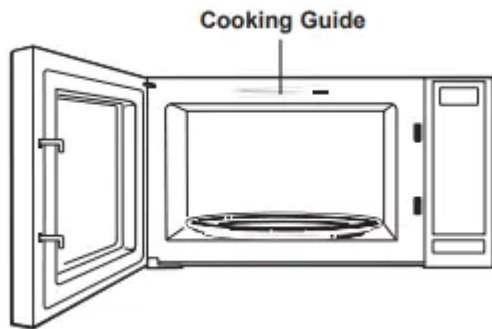
- Remove meat from package and place on microwave-safe dish.
- When the oven signals, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.	
Ounces	Pounds
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9–10	.6



11	.7
12-13	.8
14-15	.9



Defrosting Guide

Food	Time	Comments
Breads, Cakes Bread, buns or rolls (1 piece) Sweet rolls (approx. 12 oz.)	1/4 min. 2 to 4 min.	Rearrange after half of time.
Fish and Seafood Fillets, frozen (1 lb.) Shellfish, small pieces (1 lb.)	6 to 9 min. 3 to 7 min.	Place block in casserole. Turn over and break up after first half of time.
Fruit Plastic pouch—1 or 2 (10-oz. package)	1 to 5 min.	
Meat Bacon (1 lb.) Franks (1 lb.) Ground meat (1 lb.) Roast: beef, lamb, veal, pork Steaks, chops and cutlets	2 to 5 min. 2 to 5 min. 4 to 6 min. 9 to 12 min. per lb. 4 to 8 min. per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after first half of time. Use power level Warm (1). Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry Chicken, broiler-fryer, cut up (2 ¹ / ₂ to 3 lbs.) Chicken, whole (2 ¹ / ₂ to 3 lbs.) Cornish hen Turkey breast (4 to 6 lbs.)	14 to 19 min. 20 to 24 min. 7 to 12 min. per lb. 3 to 8 min. per lb.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting. Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed. Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed. Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

Express Cook

- This is a quick way to set cooking time from 1-6 minutes.
 - Press one of the Express Cook pads (from 1-6) for 1-6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.

- The power level can be changed as time is counting down. Press Power Level and enter 1-10.

NOTE: Express Cook function pertains to pads 1-6 only.

Add 30 Sec

- It will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds.
- The oven will start immediately when pressed.

Humidity Sensor

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

If food is undercooked after the countdown, use Cook Time for additional cooking time.

- The proper containers and covers are essential for best sensor cooking.



Covered

- Always use microwave safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers - they can prevent steam from escaping and cause food to overcook.



Vented

- Be sure the outside of the cooking containers 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.



Dry off dishes so they don't
mislead the sensor.

Beverage (Sensor Feature)

- Press Beverage to select 1 or 2 cups (8 to 10 oz each).
- Drinks heated with the Beverage feature may be very hot. Remove the container with care.
- If beverage is not hot enough for you, do not use the Beverage button again to continue heating it. Use the Cook Time button for further heating

Vegetable (Sensor Feature)

Use the Vegetable feature to cook 4–16 ounces of fresh or frozen vegetables.

1. For fresh vegetables, add 2 tablespoons of water per serving. For frozen vegetables, follow package instructions for adding water. Cover with lid or plastic wrap. Place vegetables in the oven.
2. Press Vegetable once for fresh vegetables or twice for frozen vegetables.

If you open the door, ERR will appear. It will scroll until Cancel/Off is pressed.

If the vegetables are not cooked to your satisfaction, do not use the Vegetable button again. Use Cook Time.

Reheat (Sensor Feature)

The Reheat feature reheats 8-24 ounces of previously cooked foods or a plate of leftovers.

1. Place covered food in the oven. Press Reheat. The display will show REH. Press Start.
2. When the Reheat cycle is almost complete, the control will beep and display the remaining seconds until the Reheat cycle is complete.

If you open the door during the Reheat cycle, the oven will turn off and the display will show ERR. You must press Cancel/Off to clear the display and then you can use the oven again.

After removing food from the oven, stir, if possible, to even out the temperature. If the food is not hot enough, don't use the Reheat button again. Use Cook Time to reheat. Reheated foods may have wide variations in temperature. Some areas may be extremely hot.

It is best to use Cook Time for these foods:

- Bread products.

- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

Potato (Sensor Feature)

The Potato feature cooks one or two 8 oz potatoes.

1. Pierce skin with fork and place potatoes on the turntable. If cooking three or more potatoes, arrange in a star pattern.
2. Press Potato button. The display will show POT. Press the Potato button to select 1 or 2 potatoes. Then press Start.

If you open the door during the Potato cycle, the oven will turn off and the display will show ERR. You must press Cancel/Off to clear the display and then you can use the oven again.

If the potatoes are not cooked to your satisfaction, do not use the Potato button again. Use Cook Time.

Popcorn (Sensor Feature)

1. If you want to cook a package that is less than 1.75 oz, or more than 3.5 oz, then use Cook Time and follow the instructions on the package.
2. Press Popcorn to select ounces and then press Start/ Pause.

If the popcorn is not to your satisfaction. Use the Cook Time button for further cooking.

Healthy Menu

Use Healthy Menu feature to cook healthy food choices by servings or with sensor.

1. Place food in the oven and press Healthy Menu pad.
2. Enter the food code. See Cooking Guide for Healthy Menu for codes.
3. Enter the number of servings (1-4) for codes 1-3. For Code 4-10, the oven can start with no serving selection needed.
4. Press Start/Pause pad.

If you open the door while the food code of Healthy Menu feature is displayed, "ERR" will appear. It will scroll until Cancel/Off is pressed.

Cooking Guide for Healthy Menu Feature Note: Use power level 10 unless otherwise noted.

EnterCode	Food Choice	Weight Setting
1	Rice	1-4 Servings (Power Level 7 for 1 Serving)
2	Oatmeal	1-4 Servings
3	Pasta	1-4 Servings
4	Asparagus	Sensor Menu
5	Broccoli	Sensor Menu
6	Green Beans	Sensor Menu
7	Carrots	Sensor Menu
8	Green Peas	Sensor Menu
9	Spinach	Sensor Menu
10	Potato	Sensor Menu

Melt/Soften

Use Melt/Soften feature to melt/soften food choices by serving.

1. Place food in the oven and press Melt/Soften pad.
2. Enter the food code. See Cooking Guide for Melt/ Soften for codes.
3. Enter the number of servings.
4. Press Start/Pause pad.

Cooking Guide for Melt/Soften Feature Note: Use power level 10 unless otherwise noted.



EnteCode	Melt or Soften	Food Choice	Weight Setting
1	Melt	Butter Margarine	1-3 Sticks
2	Melt	Chocolate	4-8 Oz
3	Melt	Cheese	8-16 Oz
4	Melt	Marshmallows	5-10 Oz
5	Soften	Butter	1-3 Sticks
6	Soften	Ice Cream Frozen Juice	1-3 Oz
7	Soften	Cream Cheese	1-2 Oz

Other Features

Cooking Complete Reminder

- To remind you that you have food in the oven, the oven will display “END” and beep once a minute until you either open the oven door or press the Cancel/Off button.

Lock Controls

- You may lock the control panel to prevent the microwave from being accidentally started or used by children.
- To lock or unlock the controls, press and hold Cancel/Off for about three seconds. When the control panel is locked, “LOC” will appear in the display

Clock Display

- To turn the clock display on or off, press Clock Display. The Display On/Off feature cannot be used while a cooking feature is in use.

Set Clock

Press to enter the time of day or to check the time of day while microwaving.

1. Press Set Clock.
2. Enter time of day.
3. Press Start or Set Clock.

Start/Pause

- In addition to starting many functions, Start/Pause allows you to stop cooking without opening the door or clearing the display. Press Start/Pause again to restart the oven.

Timer On/Off

Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press Timer On/Off.
2. Enter the amount of time you want to count down.
3. Press Timer On/Off to start.

When the time is up, the oven will signal. To turn off the timer signal, press Timer On/Off.

The display shows the Timer countdown time even when the oven is operating

Sound

- You can turn off all beeping sounds by pressing the Sound button so that MUTE shows on the display. Pressing the Sound button again will remove MUTE from the display and turns all beeping sounds back on.

Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <ul style="list-style-type: none">• metal or foil touching the side of the oven.• foil that is not molded to food (upturned edges act like antennas).• metal such as twist-ties, poultry pins, gold-rimmed dishes.• recycled paper towels containing small metal pieces.• plates or dishes with a metallic trim or glaze with a metallic sheen.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and feet on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand after cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	

After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so that excess steam can escape.

Care and Cleaning

Helpful Hints

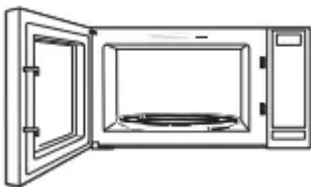
- An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.
- Be certain the oven control is turned off before cleaning any part of this oven.



How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

- Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.
- To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.
- Never use a commercial oven cleaner on any part of your microwave.



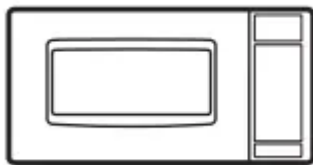
Removable Turntable and Turntable Support

- To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven in the microwave mode without the turntable and support seated and in place.



How to Clean the Outside

- Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.
- Case: Clean the outside of the microwave with a sudsy cloth. Rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth.
- Control Panel and Door :Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.
- Door Surface: It is important to keep the area clean where the door seals against the microwave. Use only mild, nonabrasive detergents applied with a clean sponge or soft cloth. Rinse well.
- Power Cord: If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.
- Stainless Steel (on some models)
 - Do not use a steel-wood pad; it will scratch the surface.
 - To clean the stainless steel surface, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.



Troubleshooting Tips

PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	A fuse in your home may be blown or the circuit breaker tripped. Replace the fuse or reset circuit breaker.
	Unplug your microwave oven, then plug it back in.
	Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed.
	Start/Pause must be pressed after entering cooking selection.
	Another selection entered already in oven and Cancel/Off not pressed to clear it.
	Make sure you have entered cooking time after pressing Cook Time .
	Cancel/Off was pressed accidentally. Reset cooking program and press Start/Pause .
	Make sure you entered food weight after pressing Defrost Weight .
"ERR" APPEARS ON DISPLAY	During a Sensor Cooking program, the door was opened before steam cooking was detected. "ERR" will display until Cancel/Off is pressed.
	Steam was not detected in maximum time. Use Cook Time to heat for more time.
"LOC" APPEARS ON DISPLAY	The control panel has been locked. (When the control panel is locked, "LOC" will be displayed.) Press and hold Cancel/Off for about 3 seconds to unlock the control panel.
FOOD AMOUNT TOO LARGE FOR SENSOR REHEAT	Sensor Reheat is for single servings of recommended foods. Use Cook Time for large amounts of food.
"FOOD" APPEARS ON DISPLAY	The control detected that the door has not been opened (food/beverage has not been placed inside).
"PF" APPEARS ON DISPLAY	A Power Failure has occurred. Press Cancel/Off to clear the display.
"F3" APPEARS ON DISPLAY	A key has been activated for more than 60 seconds. Press Cancel/Off to clear the display. This can happen if liquid is on the control panel. Dry the control panel thoroughly after cleaning.

Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.

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.