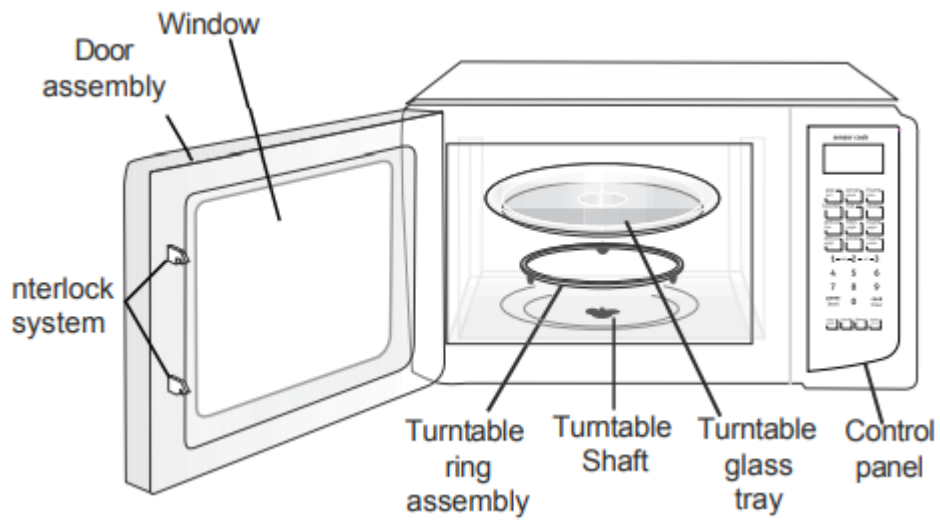


## Features & Specifications

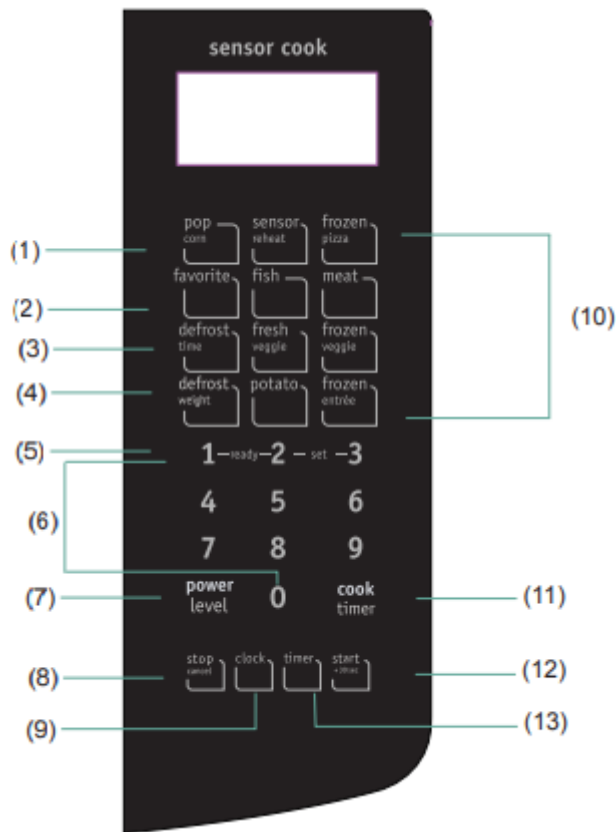
The rating label is located inside the cavity on left side wall.



## Microwave features



## Control panel



- (1) Popcorn
- (2) Favorite
- (3) Time defrost
- (4) Weight Defrost
- (5) Ready set button
- (6) Number Keys
- (7) Power level (10 power level available)
- (8) Stop/Cancel: clears all previous settings pressed before cooking starts.  
During cooking: press once to stop oven; twice to stop and clear all entries.
- (9) Clock
- (10) Auto menu
- (11) Cook time r
- (12) Start/+30Sec.
- (13) Timer

## Before Operating

### Setting the clock

**Example: setting clock display for 9:00:**

1. Touch clock pad once for 12 hour clock system.



2. Enter time using number pads.

0900

3. Touch clock pad again



### Setting the timer

**Example: setting timer for 5 minutes**

1. Touch Timer pad once.



2. Enter desired time using number pads. (timer may be set up to 99 minutes and 99 seconds).

500

3. Touch START/+30sec pad.



When finished, you will hear a series of beeps.

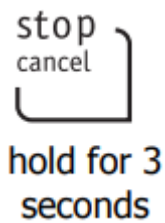
## Safety Lock

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

The safety lock feature is very useful when cleaning the control panel. The lock will prevent accidental programming when wiping the control panel.

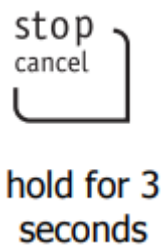
### Example: to set the safety lock ON:

Touch and hold the Stop/Cancel pad for more than 3 seconds. The lock icon will appear in the display window with 1 beep.



### Example: to change the safety lock from ON to OFF

Touch and hold the Stop/Cancel pad for more than 3 seconds. The lock icon will disappear in the display window with 1 beep.



## Using Ready Set

**1**—ready—**2** — set —**3**

Microwave heating or cooking may be quickly set at 100% power level for 1, 2, or minutes. Use the number keys 1, 2 3 3 or to choose the desired minutes of cook time (this option will only work using the 1, 2, or 3 numeric pads.)

### Example: to quickly heat for 2 minutes at 100% power:

Touch number pad for desired minute(s). The microwave will start at once.

**2**

## Heating with high power level

**Example: to heat for 5 minutes and 30 seconds at 100% power:**

1. Press "COOK TIMER " once."00:00" displays.

**cook  
timer**

2. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds).

**5 3 0**

3. Press "START/+30SEC." to start cooking.

**start  
+30 sec**

When finished, you will hear a series of beeps

## Heating with lower power levels

Using the highest power level to heat foods does not always give the best results when some types of food need slower cooking, such as roasts, baked goods or custards. Your oven has nine other power levels you may choose.

**Example: to heat for 4 minutes and 30 seconds at 70% power:**

1. Press "COOK TIMER" once."00:00" displays.

**cook  
timer**

2. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds).

**4 3 0**

3. Press Power Level pad once for power level 10(100% power).

**power  
level**

4. Use the number keys to change the power level to 7. PL7 appears in the display (70 % power).

7

5. Press START/+30sec pad.



When finished, you will hear a series of beeps.

### Heating with multiple cooking stages

For best results, some microwave recipes call for different power levels or different lengths of time for cooking. Your microwave may be set to change from one stage to another automatically (2 stages maximum).

**Example: to cook food at 80%power for 3 minutes and then 50% power for 6 minutes 30 seconds:**

1. Press "COOK TIMER" once."00:00" displays.

cook  
timer

2. Use the number pads to enter heating time for the 1st stage (cook time may be set up to 99 minutes and 99 seconds).

3 0 0

3. Press Power Level pad once for power level 10(100% power).

power  
level

4. Use the number pads to enter power level for the 1st stage. PL8 appears in the display (80% power).

8

5. Press "COOK TIMER" pad.

## cook timer

6. Use the number pads to enter heating time for the 2nd stage (cook time may be set up to 99 minutes and 99 seconds).

6 3 0

7. Press Power Level for the 2nd stage.

## power level

8. Use the number pads to enter power level for the 2nd stage. PL5 appears in the display (50% power).

5

9. Press START/+30sec pad.



When finished, you will hear a series of beeps.

### NOTE:

1. The "Auto Menu" can't be set as one of multiple cooking.
2. If the 1st stage is the set defrost feature, the 2nd stage can't be set to Defrost again. If one of the stages is weight defrost, that will be the 1st stage when cooking starts.

### Adding cook time (+30sec)

Pressing the START/+30sec pad once starts 30 seconds of cooking at a 100% power level.

Pressing the START/+30sec pad during cooking adds 30 seconds (for each press) to the cook time..

### Example: to add 1 minute of cook time at the power level of 100%:

1. Press START/+30sec pad 2 times.

**NOTE:** The “+30sec” function is not available when using the “weight defrost” or any of the “convenience operation” features.

## Setting Defrost by Weight

**Example: to defrost 0.5 lbs. of food using the automatic defrost cycle (cook time determined automatically)**

1. Press Defrost Weight pad.



2. Use the number pads to enter weight of food to defrost in pounds. You may enter weight from 0.3 to 6.3 pounds.

05

3. Press START/+30sec pad.



When defrosting has finished, you will hear a series of beeps.

**NOTE:** The weight amount must be a valid entry for this feature to start. A valid weight entry is 0.3 to 6.3 pounds. A decimal point is assumed before the last digit you enter. For example, enter 0,5 for 0.5 pounds and enter 5 for 5.0 pounds.

## Popcorn

**CAUTION** DO NOT leave microwave oven unattended while popping corn.

The popcorn feature lets you pop 3 different commercially packaged microwave popcorn sized bags. Use the table below to determine the setting to use:

Amount	Press popcorn pad
3.0 oz. (default)	1
1.75 oz.	2
3.5 oz.	3

**Example: to pop a 3.5 oz. bag of popcorn automatically:**

1. Press POPCORN pad 3 times (refer to table above).



2. Press START/+30 sec pad



When finished, you will hear a series of beeps.

**MEMORY**

- (1) Press "FAVORITE" to choose memory 1-3 procedure. 1,2,3 will display.



- (2) If the procedure has been set, press " START/+30SEC. " to use it. If not, continue to set the procedure. Only one or two stages can be set.

- (3) After finishing the setting, press "FAVORITE" to save the procedure and turn back to the waiting states.If press " START/+30SEC. " ,it can save and operate the setting.

**Example:** save one program as memory 2.To cook the food with 80% microwave power for 3 minutes and 20 seconds. Operate the following steps:

- a. In waiting states, press "FAVORITE" twice, "2" displays.
- b. Press "COOK TIM ",then input number keys "3","2","0" to choose the cooking time.
- c. Press "POWER LEVEL" once,then press number button "8", "PL8" displays.
- d. Press "FAVORITE" to save the current setting. If press "START/+30SEC.",the cooking program can be operated and save it as memory 2.
- e. To run the saved program, in waiting states, press "FAVORITE" twice, "2" displays and press "START/+30SEC." to run the saved cooking program.

**Note:** Auto menu cannot be set as memory cooking.



## Cooking Charts

### Cooking meat in your microwave

Be sure to place prepared meats on a microwave-safe roasting rack in a microwave-safe dish. Start cooking the meat fat side down and if necessary, use narrow strips of aluminum foil to shield any bone tips or thin meat areas. After cooking, check the temperature in several places before letting the meat stand the recommended time. Please note that the temperatures in the following charts are temperature at removal time; the temperature will rise during the standing period.

Meat	Power level	Cook time	Directions
• <b>Roast beef boneless</b> (up to 4 lbs.)	High (10) for first 5 minutes, then medium (5)	<ul style="list-style-type: none"> <li>• 12-17 min./lb. For 160° F (<b>Medium</b>)</li> <li>• 14-19 min./lb. For 170° F (<b>Well Done</b>)</li> </ul>	Place roast beef fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand * 10-15 minutes.
• <b>Roast pork boneless or bone-in</b> (up to 4 lbs.)	High (10) for first 5 minutes, then medium (5)	15-20 min/lb. For 170° F ( <b>Well Done</b> )	Place roast pork fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand * 10-15 minutes.

\* Expect a 10° F rise in the temperature during the standing period.

Meat	Doneness	Remove from oven	After standing (10-15 min.)
• <b>Beef</b>	<b>Medium</b> <b>Well Done</b>	150° F 160° F	150° F 160° F
• <b>Pork</b>	<b>Medium</b> <b>Well Done</b>	150° F 160° F	150° F 160° F
• <b>Poultry</b>	<b>Dark meat</b> <b>Light meat</b>	170° F 160° F	170° F 160° F

### Cooking poultry in your microwave

Be sure to place poultry on a microwave-safe roasting rack in a microwave-safe dish. Cover poultry with wax paper to prevent splattering. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas, or areas that start to overcook. After cooking, check the temperature in several places before letting the meat stand the recommended time.

Poultry	Cook time / power level	Directions
• <b>Whole chicken</b> (up to 4 lbs.)	Cook time: 7-10 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 bone is no longer pink. Let stand for 5-10 min.
• <b>Chicken pieces</b> (up to 4 lbs.)	Cook time: 7-10 min. / lb. 180° F dark meat 170° F light meat Power level: medium high (7)	Place chicken bone-side down on dish, with thickest portions toward the inside of dish. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5-10 min.

## **Cooking eggs in your microwave**

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

## **Suggested power levels for cooking**

The 10 power levels available with this microwave will help you to adjust to the power output best suited for the food type you are preparing. As with any food preparation in the microwave, it is best to follow the microwave instructions that are printed on food packaging.

The table below provides suggested power levels for various types of food that you can be prepare in the microwave.

<b>Power level</b>	<b>Microwave output</b>	<b>Use to prepare when:</b>
10 High	100%	Boiling water Cooking ground beef Making candy Cooking fresh fruits & vegetables Cooking fish & poultry Preheating browning dish Reheating beverages Cooking bacon slices
9	90%	Reheating meat slices quickly Saute onions, celery & green peppers
8	80%	All reheating Cooking scrambled eggs
7	70%	Cooking breads & cereal products Cooking cheese dishes & veal Cakes, muffins, brownies & cupcakes
6	60%	Cooking pasta
5	50%	Cooking meats & whole poultry Cooking custard Cooking spare ribs, rib roast & sirloin roast
4	40%	Cooking less tender cuts of meat Reheating frozen packages foods
3	30%	Thawing meat, poultry & seafood Cooking small quantities of food

		Finish cooking casseroles, stew & some sauces.
2	20%	Softening butter & cream cheese Heating small amounts of food
1	10%	Softening ice cream Raise yeast dough

## Suggestions for getting the best results

To help you achieve the best possible results from your microwave oven, read the following suggestions below;

### Storage temperature

Foods taken from the freezer or refrigerator take longer to cook than the same foods would at room temperature.

### Size

Small pieces of food cook faster than large ones. Pieces similar in size and shape will cook more evenly when cooked together. For more even results, reduce the power levels when cooking large pieces of food.

### Natural moisture

Very moist foods cook more evenly because microwave energy heats water molecules very efficiently.

### Stirring

Stir foods such as casseroles and vegetable from the outside to the center to distribute the heat more evenly. This will allow the food to cook faster. Constant stirring is not necessary.

### Turn over items

Turn over foods such as pork chops, roasts or whole cauliflower halfway through the cook time. This will help to expose all sides equally to microwave energy.

### Food placement

Place delicate areas of food items, such as asparagus tips, toward the center of the turntable tray.

### Food arrangement

Arrange unevenly shaped foods, such as chicken pieces or salmon, with the thicker or meatier parts toward the outside of the turntable tray.

### Let the food stand

After removing the food from the microwave, cover the food with foil or a casserole lid and let it stand to finish cooking. This will help the food finish in the center and avoids overcooking the out edges. The length of stand time depends on the density and surface area of the food items.

### Wrapping in paper towels or waxed paper

Sandwiches and many other food types containing prebaked bread should be wrapped prior to placing in the microwave to help prevent the food items from drying out while heating.

### One Touch Cooking Suggestions

Convenience category	Amount	Suggestions
Popcorn	3.0 oz, 1.75 oz, 3.5 oz.	Cook a single “microwave-only” bag of popcorn at a time. Use caution when removing and opening the hot popcorn bag from the oven. Let microwave oven cool down at least 5 minutes before using again.

### Cooking vegetables in your microwave

- Vegetables should be washed just before cooking. Rarely is extra water needed. If dense vegetables such as potatoes, carrots and greens are being cooked, add about ¼ cup of water.
- Small vegetables (sliced carrots, peas, lima beans, etc.) will cook faster than larger vegetables.
- Whole vegetables, such as potatoes, acorn 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 halfway through cooking.
- 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 locations before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cook time.



- Most of the time, the denser the food the longer the required standing time. For example, a baked potato should stand for 5 minutes before serving, while a dish of peas may be served immediately

## Defrosting tips

- When using the defrost weight feature, the weight entered should always be (valid entries are from
- Use both defrost weight and defrost time features for raw food items only. Defrosting gives best results when food to be thawed is a minimum of 0°F (taken directly from a true freezer). If the 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 or lower cook time to prevent cooking the food.
- If the frozen food is stored outside the freezer for up to 20 minutes, enter a reduced cook time or weight.
- The shape of the package will alter the defrosting time. Shallow rectangular food packets defrost more quickly than a deep frozen block of food.
- Separate pieces as they begin to defrost. Separated frozen pieces of food defrost better.
- Shield warm areas of food with small pieces of foil if they start to become warm.
- You may use small pieces of aluminum foil to shield food items like chicken wings, leg tips and fish tails, but do not allow the foil to touch the oven cavity walls when defrosting

## Care & Cleaning

### Cleaning suggestions

For best performance and for safety reasons, keep the oven clean inside and outside. Take special care to keep the inner door panel and oven from frame free of food and grease build-up.

Never use rough scouring powder or pads on the microwave. Wipe the microwave oven inside and out with a soft cloth and warm (not hot) mild detergent solution. Then rinse and wipe completely dry.

Wipe spatters immediately with a wet paper towel, especially after cooking greasy foods like chicken or bacon.

Clean your microwave oven weekly or more often, if

### Follow these instructions to clean and care for your microwave oven:

- Keep the inside (cavity) of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.

- Wipe up spills immediately. Use a damp, clean cloth and mild soap. DO NOT use harsh detergents or abrasive cleaners.
- To help loosen baked-on food particles or liquids, heat 2 cups of water (add the juice of 1 lemon if you desire to keep the oven fresh smelling) in a 4 cup measuring glass at High power for 5 minutes or until boiling. Let stand in oven cavity for 1 or 2 minutes.
- Remove the glass turntable tray from the oven when cleaning the oven cavity or tray. To prevent the glass turntable from breaking, handle with care and do not put it in water immediately after cooking. Wash the turntable tray in warm sudsy water or in the dishwasher.
- Clean the outside surface of the microwave with soap and a clean damp cloth. Dry with a clean soft cloth. To prevent damage to the operating parts of the oven, do not let water seep into any vents or openings.
- Wash the oven door window with very mild soap and water. Be sure to use a soft clean 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 the oven cavity; this can damage the magnetron tube or glass tray. You may wish to leave a cup of water standing inside the oven when it is not in use to prevent damage if the oven is accidentally turned on.

## Before You Call

### *Solutions to Common Problems*

#### **Troubleshooting guide**

If you have a problem you cannot solve, please do not hesitate to call our service line:

**Questions or for Service Call: 1-866-312-2117**

Before you call a repair person for your microwave, check the list below for possible easy solutions to some common problems.

#### **Neither the microwave's display or oven operates -**

- Properly insert the plug into a grounded power 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 10 seconds, then plug the microwave in again.

- Reset the household circuit breaker or replace any blown fuses.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

**The oven display works, but the oven will not operate -**

- Make sure the oven door is closed securely and completely.
- Check to see if packing material or other materials are stuck to the door seal.
- Check for damage to the oven door.
- Press the STOP pad twice and attempt to re-enter cooking instructions.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

**The power goes off before the cook time has elapsed -**

- If there has been a power interruption, remove the plug from the outlet; wait 10 seconds, then plug the microwave in again. If there was a power outage, the time indicator in the display will show 00:00.
- Reset the clock and any cooking instructions
- Reset the household circuit breaker or replace any blown fuses.
- Press the STOP pad twice and attempt to re-enter cooking instructions.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

**Food is cooking too slowly -**

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

**You see sparks or arcing -**

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

**The turntable makes noises or sticks -**

- Clean the turntable, roller ring and oven cavity bottom.
- 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

**Please note:** If the oven is set to cook for more than 30 minutes at 100% power level, it will automatically adjust itself to a 80% power level after 30 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.