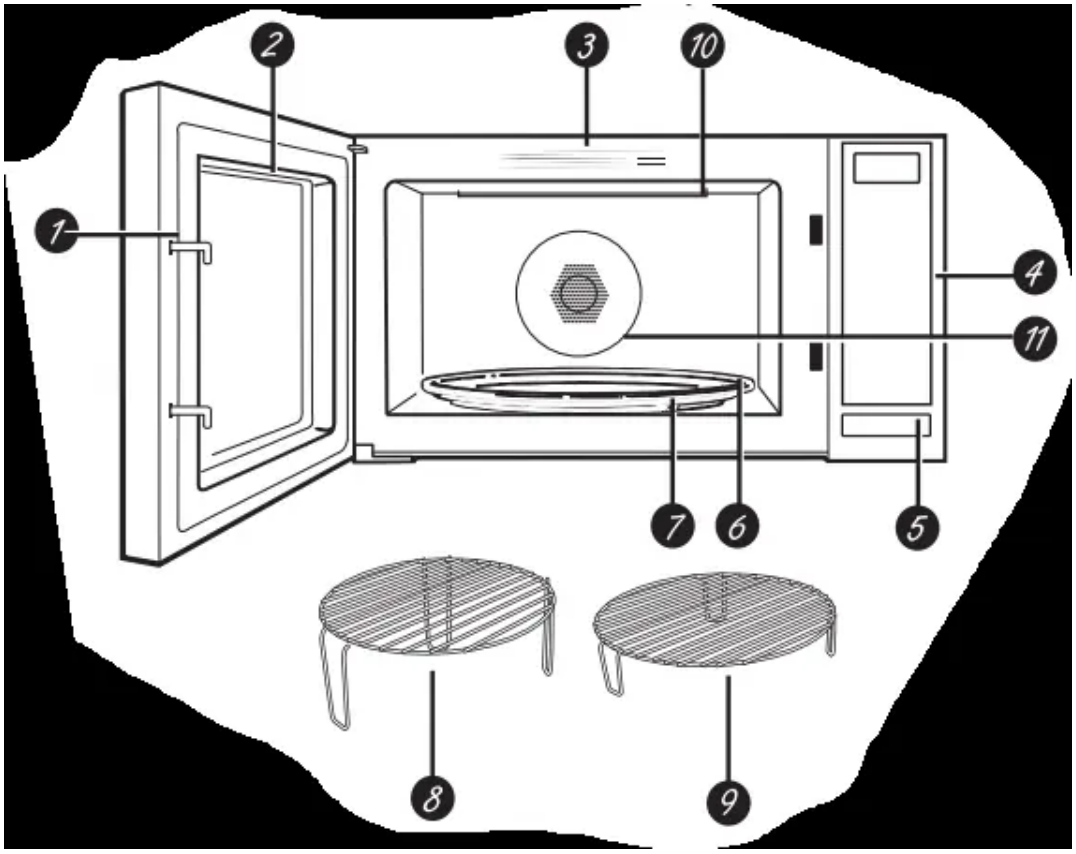
User manual Microwave Oven

USING THE MICROWAVE

Features

Throughout this manual, features and appearance may vary from your model.

1000 Watts



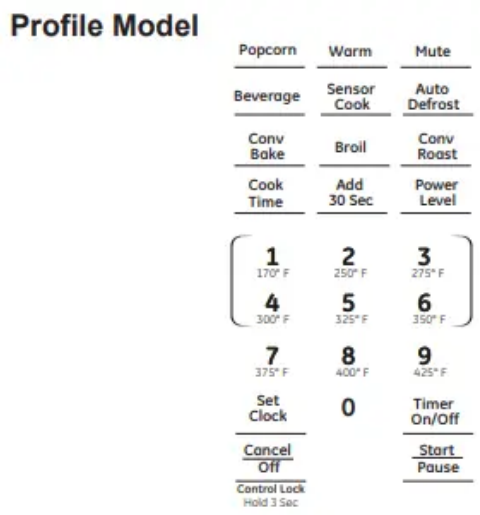
Features of the Oven

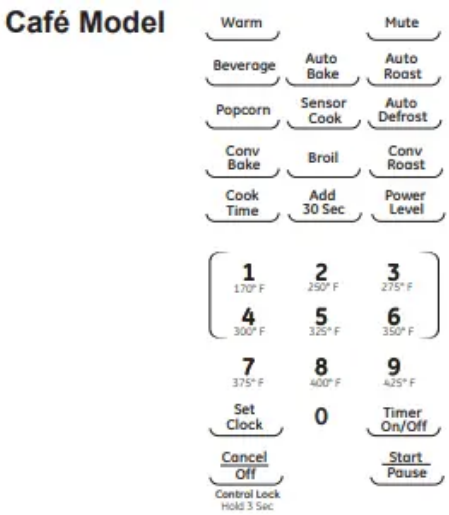
1. Door Latches.
2. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.
3. Convenience Guide.
4. Control Panel Display.
5. Door Latch Release. Press latch release to open door.
6. Removable Turntable. Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.
7. Removable Turntable Support. The turntable support must be in place when using the oven.

8. Tall Rack
9. Short Rack
10. Broiler Element
11. Convection Element

Controls

You can microwave by time or with the convenience features. Not all features on all models.





Cooking Controls

Check the Convenience Guide before you begin.

Basic Features

COOK TIME	Press pad to enter the desired time cook.
ADD 30 SEC	Starts the microwave in increments of 30 seconds.
POWER LEVEL	Display the power level setting for each cycle. Can be manually adjusted.
SET CLOCK	Press pad to set clock: factory setting is a 12 hour clock display.
START/PAUSE	Starts every function.
CANCEL/OFF	Cancels current selection or turns off the selection.
MUTE	Turns off the end of cycle notification and all microwave alerts.
TIMER/ON/OFF	Can be set for up to 99 minutes and 99 seconds.
EXPRESS COOK	Starts the microwave oven with preset amount of time.
TEMPERATURE PRESETS	Automatically sets the cook temperature to the preset temperature labelled on the pad.

Microwave Cooking Features

SENSOR COOK	A sensor in the microwave cavity detects humidity released from the food as it heats and adjusts the cook time accordingly.
POPCORN	Cooks based on user selection of bag size.
BEVERAGE	Cooks based on user selection of beverage size.
AUTO DEFROST	Defrosts based on user selection of food and weight.

Convection Features

CONVECTION BAKE	Circulates hot air through the microwave oven cavity with a fan for baking performance.
AUTO BAKE	Provides suggested cooking times and temperatures for selected food type. Café models only.
CONVECTION ROAST	Circulates hot air and microwaves through the microwave oven cavity with a fan for roasting performance.
AUTO ROAST	Provides suggested cooking time and temperature for selected food type. Café models only.
WARM	Maintain a temperature between 170-190 degrees for a maximum time of 90 minutes.

Broil Feature

BROIL	Uses a thermal element to quickly grill/broil foods.

Basic Features

Cook Time Cook Time

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

Power level 10 (High) is automatically set, but you may change it for more flexibility.

1. Press the COOK TIME button.
2. Enter cooking time.
3. Change Power Level if you don't want full power. (Press POWER LEVEL. Enter power level 1-10.)
4. Press the COOK TIME button again to set a second cook time (if desired) that will be excuted after the first cook time expires.
5. Change Power Level for second cook time if you don't want full power. (Press POWER LEVEL. Enter power level 1-10.)
6. Press the START/PAUSE button to start cooking.

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

Add 30 Sec Add 30 Sec

It will add 30 seconds to the time counting down each time the pad is presChanging the Power Level

Changing the Power Level Power Level

The power level may be entered or changed before entering the time for Cook Time.

1. Press COOK TIME.
2. Enter cooking time.
3. Press POWER LEVEL to select power level.
4. Press START.

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 HI which gives you 100% power. HI power level 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:

HI: Fish, bacon, vegetables, boiling 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.

Set Clock Set Clock

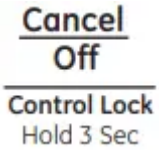
Press pad to set clock.

Factory setting is a 12 hour clock display.

Start/Pause Start Pause

Starts every function.

This pad will also resume the function if cycle is stopped in the middle of operation. Will also stop function if selected in the middle of an operation.

Cancel/Off 

Cancels current selection or turns off the selection

Insert Food Reminder

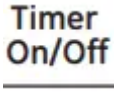
A reminder will show on the display if the user tries to start the cooking cycle without placing food inside the microwave oven within 5 minutes prior to starting the cooking cycle.

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display “Food is ready” and beep once a minute until you either open the oven door or press the CANCEL/ OFF button.

Mute

Turn off the end of cycle notification and all microwave alerts.

Timer On/Off 

The timer does not start or stop the microwave.

Can be set for up to 99 min and 99 seconds. Microwave/cooking cycles can be in operation while timer is on.

Express Cook

Pressing number pad buttons 1 through 6 will activate Express Cook, and food will be cooked on microwave mode for a time of 1-6 minutes, depending on what number was pressed (1 = 1 minutes, 2 = 2 minutes, etc.).

Temperature Presets

Pressing and holding number pad buttons 1 through 9 during a Convection Bake or Convection Roast mode will activate the Temperature Presets and the temperature will be set to the temperature displayed below the button pushed.

Sensor Cook

To use the Sensor Cook feature:

1. Press the SENSOR COOK button to select Food code.
2. Press START.

Food	Press pad this number of times	Weight/Portion
Potato	1	1-4 Pcs, 8-10 Oz./Pcs
Fresh Vegetables	2	1-4 Cup, 250 ml/Cup
Frozen Vegetables	3	1-4 Cup, 240 ml/Cup
Ground Meat	4	4-32 Oz
Fish	5	4-24 Oz.

Convection Features

Convection cooking uses a heating element to raise the temperature of the air inside the oven. Any oven temperature from 170°F to 425°F may be set. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

See the Cookware Tips section for information on suggested cookware.

For Best Results…

The rack is required for good air circulation and even browning.

Always use the provided racks when convection cooking. We recommend the tall rack for cookies and the short rack for cakes, pizza, biscuits and pies. Do not use both racks at once.

See the Cookware Tips section for information on suggested cookware.

Convection Bake Conv Bake

To use the Convecation Bake feature:

1. Press the CONVECTION BAKE button.
2. Enter the temperature.
3. Press START.
4. If desired, a cook time may be set by pressing the COOK TIME button. This can be done before or after preheat.
5. Wait for preheat tone, then insert food.
6. Press START.
7. The current oven temperature (during preheat) or the set oven tempearature (after preheat) can be recalled at any time by pressing POWER LEVEL.

Auto Bake (Café Model only) Auto Bake

To use the Auto Bake feature:

1. Press the AUTO BAKE button to select Food code.
2. Enter weight or portion for French Fries menu only (other menu's weight/portion already set).
3. Press START.
4. Wait for preheat tone then insert food.
5. Press START.
6. A default time and temperature will be set based on the food selection, but it can be changed at any time.

Food	Press pad this number of times	Weight/Portion
Frozen Pizza	1	10 Oz.
Muffins	2	6 Pcs, 85g/Pcs
Biscuit/Dinner Roll/Bread Stick	3	7 Oz.
Frozen French Fries	4	4-16 Oz.

Warm Warm

To use the Warm feature:

1. Press the WARM button once to warm food on low.
2. Press the WARM button twice to warm food on high.
3. Press START.

Convection Roast Conv Roast

To use the Convecation Roast feature:

1. Press the CONVECTION ROAST button.
2. Enter the temperature.
3. Press START.
4. If desired, a cook time may be set by pressing the COOK TIME button. This can be done before or after preheat.
5. Wait for preheat tone, then insert food.
6. Press START.
7. The current oven temperature (during preheat) or the set oven tempearature (after preheat) can be recalled at any time by pressing POWER LEVEL.

Auto Roast (Café Model only) Auto Roast

To use the Auto Roast feature:

1. Press the AUTO ROAST button to select Food code.
2. Enter weight.
3. Press START.
4. Wait for preheat tone then insert food.
5. Press START.
6. A default time and temperature will be set based on the food selection, but it can be changed at any time.

Food	Press pad this number of times	Weight/Portion
Beef	1	2.0 - 4.0 lbs.
Whole Chicken	2	2.5 - 6.0 lbs.
Turkey Breast	3	3.0 - 6.0 lbs.
Pork	4	2.0 - 4.0 lbs.

Broil Features

Broil Broil

To use the Broil feature:

1. Press the Broil button.
2. Enter the cooking time.

3. Press START.

Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: • the metal shelf being installed incorrectly and touching the microwave walls. • 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. • the turntable ring support being installed incorrectly.
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 legs on poultry, which would cook before larger parts.
Standing Time	e When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish 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 excess steam can escape.

CARE AND CLEANING

Helpful Hints

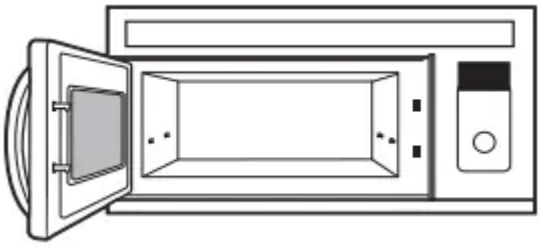
An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

Be certain the oven control is turned off before cleaning any part of this oven.

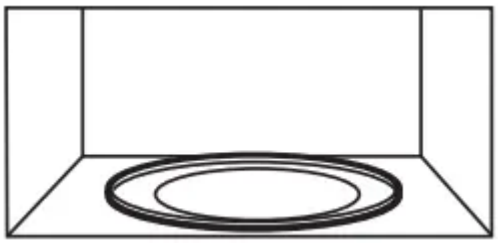
How to clean the Inside

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, non-abrasive 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 without the turntable and support 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

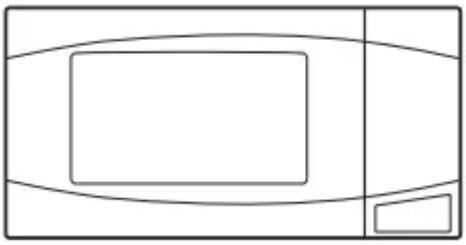
Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

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

Do not use a steel-wool pad; it will scratch the surface.

To clean stainless steel surfaces, 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.

If food soil remains, try a general kitchen cleaner, such as Fantastik®, Simple Green® or Formula 409®.

For hard-to-clean soil, use a standard stainless-steel cleaner, such as Bon-Ami® or Cameo®.

Apply cleaner with a damp sponge. Use a clean, hot, damp cloth to remove cleaner. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.

After cleaning, use a stainless-steel polish, such as Stainless Steel Magic®, Revere Copper and Stainless Steel Cleaner® or Wenol All Purpose Metal Polish®. Follow the product instructions for cleaning the stainlesssteel surface.

TROUBLESHOOTING TIPS

Save time and money! Review the charts on the following pages first and you may not need to call for service.

Problem	Possible Causes	What To Do
Oven will not start	A fuse in your home may be blown or the circuit breaker tripped.	Replace fuse or reset circuit breaker.
	Power surge.	Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	Open the door and close securely.
Control panel lighted, yet oven will not start	Door not securely closed.	Open the door and close securely.
	START button not pressed after entering cooking selection.	Press START.
	Another selection entered already in oven and OFF/CLEAR button not pressed to cancel it.	Press OFF/CLEAR.
	Cooking time not entered after pressing TIME COOK.	Make sure you have entered cooking time after pressing TIME COOK.
	OFF/CLEAR was pressed accidentally.	Reset cooking program and press START.
	Food weight not entered after selecting AUTO DEFROST.	Make sure you have entered food weight after selecting AUTO DEFROST.
	Food type not entered after pressing COOK.	Make sure you have entered a food type.
CONTROL LOCKED appears on display	The control has been locked.	Press and hold OFF/ CLEAR for about 3

		seconds to unlock the control.
HOT appears on display	The temperature inside the oven is greater than 200°F.	This is normal.
	One of the sensor cooking pads was pressed when the temperature inside the oven was greater than 200°F.	These features will not operate when the oven is hot.

Troubleshooting Tips

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.

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