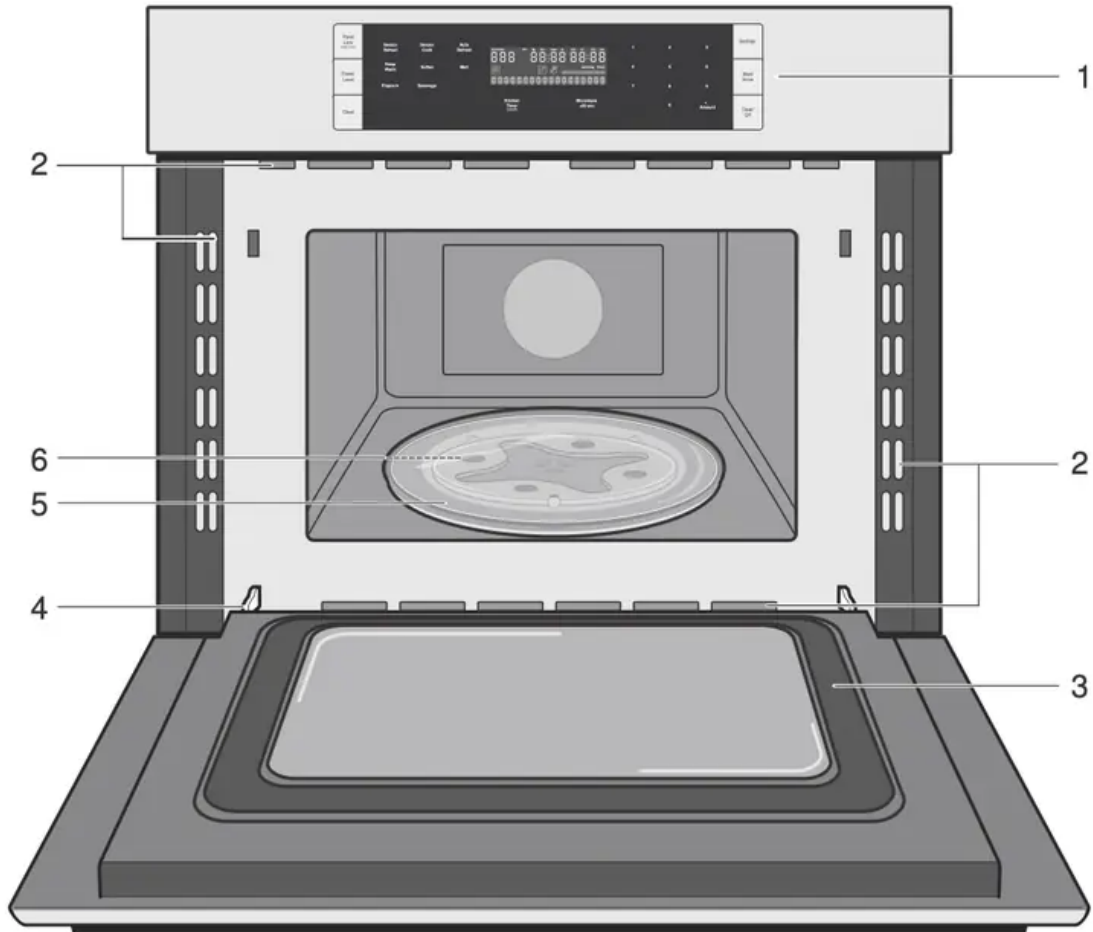


## Getting to know the appliance

### Parts



1. Control panel and display
2. Oven vents
3. Door gasket
4. Door hinges
5. Glass turntable
6. Roller rest

### Oven Vents

The oven vents are located around the sides of the oven cavity. Warm air may be released from the top and bottom vents before, during and after cooking. It is normal to see steam escaping from these vents, and condensation may collect in this area. This area may be warm when the oven is in use. Do not block any vents, since they are important for air circulation.

## Cooling Fan

The cooling fan runs during all cooking modes. The fan can be heard when it is running, and warm air may be felt as it is released from the oven vents. The fan may also run after the oven is off.

## Oven light

The oven light turns off to save energy after one minute with the door open. To turn the light back on, close the door and open it again.

## Control panel







## Touch keys

You can activate a function by briefly touching the corresponding touch key. Each time you touch a key a short beep will sound. A long beep will tell you that you have made an invalid input.

| <b>Touch key</b>         | <b>Function</b>                                |
|--------------------------|--|
| <b>Panel Lock</b>        | Activate/deactivate child lock                 |
| <b>Power Level</b>       | Set power level for microwave operation        |
| <b>Clock</b>             | Set time of day                                |
| <b>Settings</b>          | Enter basic settings menu                      |
| <b>Start/Enter</b>       | Confirm entered values/Start cooking mode      |
| <b>Clear/Off</b>         | Clear entered value/turn appliance off         |
| <b>Sensor Reheat</b>     | Select Sensor Reheat programs                  |
| <b>Sensor Cook</b>       | Select Sensor Cook programs                    |
| <b>Auto Defrost</b>      | Select Auto Defrost programs                   |
| <b>Keep Warm</b>         | Keep Warm mode                                 |
| <b>Soften</b>            | Soften mode                                    |
| <b>Melt</b>              | Melt mode                                      |
| <b>Popcorn</b>           | Cook popcorn                                   |
| <b>Beverage</b>          | Heat beverages                                 |
| <b>Kitchen Timer</b>     | Set the kitchen timer                          |
| <b>Microwave +30 sec</b> | Add 30 seconds to microwave cooking time       |
| <b>+Amount</b>           | Can be used to browse through menu options     |
| <b>0 - 9</b>             | Use the number keys to enter customized values |

### Display elements

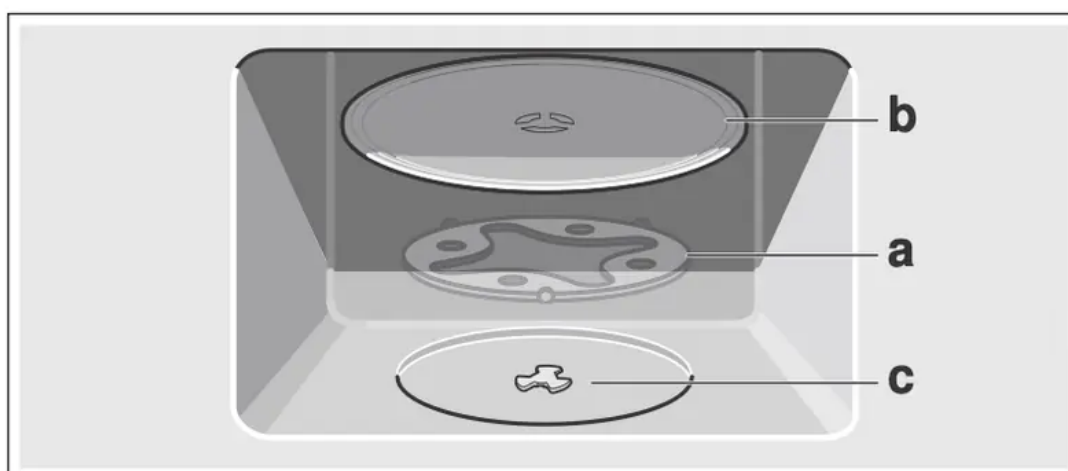
The display gives you information on the current settings of your appliance. Blinking display elements indicate that an input is required.

| Element   | Meaning   |
|---|---|
|  | Child lock activated                                      |
|  | Microwave   |
|  | Auto Defrost  |
| start/enter   | Touch Start/Enter key required                            |
| tbsp/ kg/lbs/<br>cups/oz  | Measuring units   |
| hr/min  | Kitchen timer value in hours/minutes                      |
| min/sec   | Programmed cooking time in minutes/seconds                |
| sensing   | Appliance is sensing                                      |
| timer   | Kitchen timer is running                                  |
|  | Microwave power level                                     |
| Line for free text  | Displays program information, prompts required user input |

## Accessories

### How to install the turntable

1. Place the roller rest **(a)** in the recess in the oven cavity.
2. Let the turntable **(b)** slot in place in the drive **(c)** in the center of the floor of the oven cavity.



**Note:** Do not use the appliance if the turntable is not in place. Confirm that all parts are properly seated and that the turntable rotates freely when the microwave is operated.

# Microwave

## Microwave utensil guide

### Suitable ovenware

- **Heat-resistant glass, glass-ceramic:**

Utility dishes, loaf dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim (e.g. Pyrex®, Anchor Hocking™, Corning Ware®, etc.).

- **China:**

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

- **Plastic films and wraps:**

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.

- **Microwave-safe plastics:**

Microwave-safe plastic dishes, cups, semi-rigid freezer containers and plastic bags for short cooking times. Use these with care because the plastic may soften from the heat of the food.

- **Paper products:**

Paper towels, wax paper, parchment paper, paper napkins and paper plates with no metallic trim or design. Look for the manufacturers label for any special instructions for use in the microwave oven.

### Unsuitable ovenware

- **Metal utensils and cookware:**

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:**

Bowls, cups, serving plates and platters with metallic trim.

- **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 (2.5 cm) from the side walls of the oven cavity and door of the microwave.

- **Wood:**

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

- **Tightly covered cookware:**

Be sure to leave openings for steam to escape from covered cookware. Pierce plastic

pouches of vegetables or other food items before cooking. Tightly closed pouches may explode.

- **Brown paper:**

Avoid using brown paper bags. They absorb heat and can burn.

- **Flawed or chipped cooking 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.

### **Ovenware test**

Do not turn on the microwave unless there is food inside. The following ovenware test is the only exception to this rule.

Perform the following test if you are unsure whether your ovenware is suitable for use in the microwave:

1. Heat the empty ovenware at maximum power for 1/2 to 1 minute.
2. Check the temperature occasionally during that time.

The ovenware should still be cold or warm to the touch.

The ovenware is unsuitable if it becomes hot or if sparks are generated.

### **Microwave power levels**

You can select from 10 different microwave power levels. If you do not set a power level, the microwave will automatically operate at the highest power level 10. The table below provides suggested power levels for various types of food that can be prepared in the microwave.

| <b>Power level</b> | <b>Microwave output</b> | <b>Use for</b>  |
|--------------------|-------------------------|---|
| <b>10</b><br>High  | 100%                    | Boiling water<br>Cooking ground meat<br>Making candy<br>Cooking fresh fruit & vegetables<br>Cooking fish & poultry<br>Preheating browning dish<br>Reheating beverages<br>Cooking bacon slices |
| <b>9</b>           | 90%                     | Reheating meat slices quickly<br>Saute onions, celery & green peppers   |
| <b>8</b>           | 80%                     | All reheating<br>Cooking scrambled eggs   |
| <b>7</b>           | 70%                     | Cooking breads & cereal products<br>Cooking cheese dishes & veal<br>Cooking muffins, brownies & cupcakes<br>Cooking whole poultry   |
| <b>6</b>           | 60%                     | Cooking pasta   |
| <b>5</b>           | 50%                     | Cooking meat<br>Cooking custard<br>Cooking spare ribs, rib roast & sirloin roast  |
| <b>4</b>           | 40%                     | Cooking less tender cuts of meat<br>Reheating frozen packaged foods   |


| Power level | Microwave output | Use for   |
|-------------|------------------|---|
| 3           | 30%              | Thawing meat, poultry & seafood<br>Cooking small quantities of food<br>Finish cooking casseroles, stew & some sauces<br>Melting chocolate |
| 2           | 20%              | Softening butter & cream cheese   |
| 1           | 10%              | Softening ice cream<br>Raise yeast dough  |

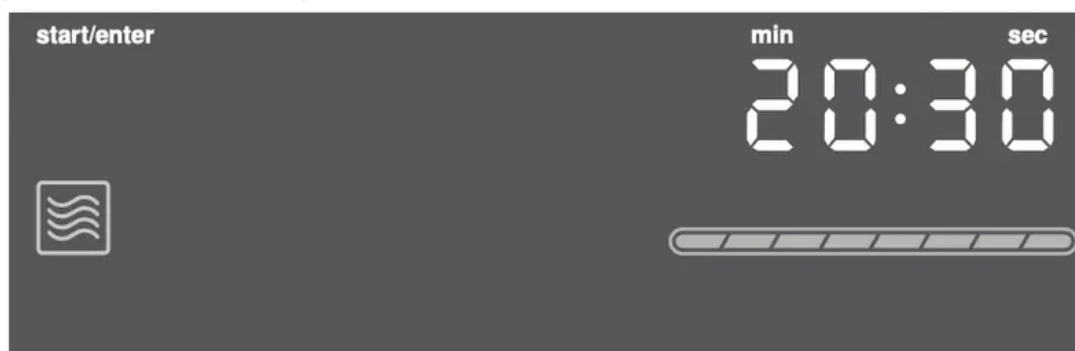
## Setting the microwave

The appliance must be turned off.

1. Enter the desired cook time with the number keys. The timer display will fill in from right to left.

**Example:** To set a microwave time of 20 minutes and 30 seconds, enter the numbers 2 0 3 0.

The microwave symbol  lights up and **start/enter** is blinking on the display. The power level bar shows power level 10.



2. You can start microwave operation with the default power level 10 by touching **Start/Enter**,  
-or -  
you can set a different power level. Touch **Power Level.** **10** and **start/enter** are

blinking in the upper left section of the display.



3. Enter the desired power level using the number keys, or by touching **Power Level** repeatedly. The entered power level and **start/enter** are blinking.
4. Touch **Start/Enter** to start microwave operation. The microwave timer will start to count down.

You can step up the microwave timer at any time during operation by touching **Microwave +30 sec**.

The appliance turns off and a beep sounds once the microwave timer reaches zero. The appliance turns off and the clock is displayed.

### Change power level

You can change the power level at any time during microwave operation.

1. Touch **Power Level**. The display shows **POWER LEVEL 1 - 10**.
2. Enter the desired power level with the number keys. The entered power level and **start/enter** are blinking.
3. Touch **Start/Enter**. Microwave operation continues with the new power level.

### Opening appliance door during operation

Opening the appliance door during operation will interrupt the current mode. Close the appliance door and then touch **Start/Enter** to resume operation.

### Microwave +30 sec

Use the **Microwave +30 sec** key to quick-start your microwave at the highest power level. You can touch the key repeatedly to increase the microwave time in increments of 30 seconds.

Touching this key during microwave operation will add 30 seconds to the remaining microwave time.

### Cancel operation

Touch **Clear/Off** to cancel the active oven mode. The appliance turns off and the clock is displayed.

The cooling fans may continue to run for a while and then switch off automatically.

## Suggestions for 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.

- **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.)

- **Turning**

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.

- **Placing food**

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

- **Arranging food**

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

- **Letting 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 cooking in the center and avoids overcooking the outer edges. The length of stand time depends on the density and surface area of the food items.

- **Wrapping foods**

Sandwiches and many other food types containing pre-baked bread should be wrapped in paper towels or wax paper prior to placing in the microwave to help prevent the food items from drying out while heating.

## Automatic programs

The automatic programs let you prepare food in a fast and simple way using microwave heating. Select the program and enter the values prompted on the display; the automatic program selects the optimum setting for you.

### Auto Defrost

With the Auto Defrost feature you can defrost four different types of food by entering the weight. The ideal defrost time will be calculated by the program.

### Ovenware for defrosting

Place the food in a microwaveable shallow dish, such as a glass casserole dish or glass plate, but do not cover.

### Stand time

The defrosted food should be left to stand for an additional 10 to 30 minutes until it reaches an even temperature. Large pieces of meat require a longer standing time than smaller pieces. Flat pieces of meat and items made from ground meat should be separated from each other before leaving to stand.

After this time, you can continue to prepare the food, even though thick pieces of meat may still be frozen in the middle.


### Setting Auto Defrost

The appliance must be turned off.

**Example:** Set Auto Defrost for Ground Meat.

1. Take the food out of the packaging and weigh it, then place it in a suitable dish on the ceramic tray.

2. Touch **Auto Defrost**.

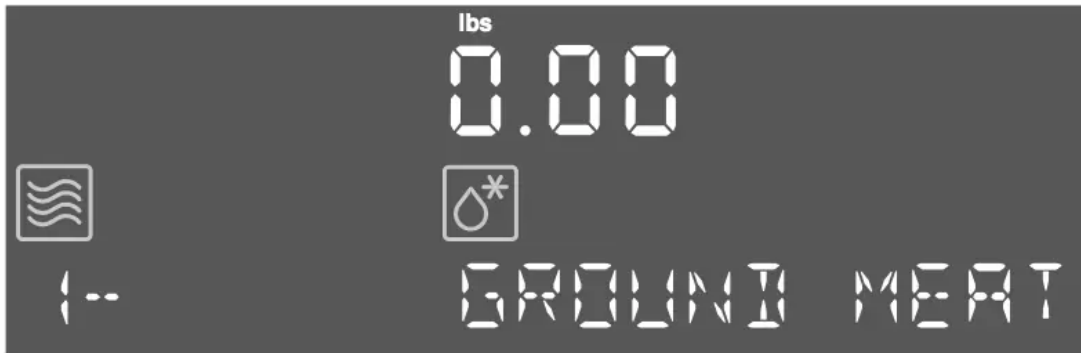
The Auto Defrost symbol  lights up and the display shows **SELECT FOOD 1 - 4**.

3. Select the desired program from the label at the oven cavity. For Ground Meat touch the number key 1.

**-or-**

Touch **Auto Defrost** or **+Amount** repeatedly to scroll through all Auto Defrost modes.

**0.00** is blinking and the food item is shown on the display.



4. Enter the weight of the food you want to defrost using the number keys. For example, to enter 2 lbs type 2 0 0. The weight and **start/enter** are blinking.
5. Touch **Start/Enter**.

Auto Defrost will set the appropriate defrosting time and start counting down.



Once the defrost time has elapsed, a beep will sound. The appliance turns off and the clock is displayed.

**Note:** A beep sounds during defrosting for all foods as a reminder to turn food over or separate pieces.

### Opening appliance door during operation

Opening the appliance door during operation will interrupt the current mode. Close the appliance door and then touch Start/Enter to resume operation.

### Cancel operation

Touch **Clear/Off** to cancel the active oven mode. The appliance turns off and the clock is displayed.

The cooling fans may continue to run for a while and then switch off automatically.

### Auto Defrost programs

| <b>No.</b> | <b>Name</b>        | <b>Weight range</b> |
|------------|--------------------|---------------------|
| <b>1</b>   | Ground Meat        | 0.5 - 2.0 lbs       |
| <b>2</b>   | Meat Pieces        | 0.5 - 3.0 lbs       |
| <b>3</b>   | Poultry            | 0.5 - 3.0 lbs       |
| <b>4</b>   | Poultry B. (boned) | 0.5 - 3.0 lbs       |

### Tips for defrosting

#### WARNING - HEALTH RISK

Liquid will be produced when defrosting meat or poultry. Drain off this liquid when turning meat and poultry, and under no circumstances, use it for other purposes, or allow it to come into contact with other foods.

- Always enter the weight in lbs when using the defrost by weight feature (0.1 to 6.0 lbs).
- Use the defrost mode for raw food items only.
- Defrosting gives best results when food to be thawed is a minimum of 0° F (taken directly from a 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 aluminum foil, if they start to heat up. Use small pieces of aluminum foil to shield food items like chicken wings, leg tips and fish tails. Do not allow aluminum foil to touch the oven cavity when defrosting.

### Popcorn


**CAUTION:** Do not leave oven unattended while popping corn. Popcorn may ignite and cause fire.

The popcorn feature lets you pop 3 different bag sizes of commercially packaged microwave popcorn. Use the following table to determine the setting to use:

| <b>Bag size</b> | <b>Touch Popcorn key</b> |
|-----------------|--------------------------|
| 1.2 oz.         | once                     |
| 2.5 oz.         | twice                    |
| 3.5 oz.         | 3 times                  |

### Setting Popcorn mode

The appliance must be turned off.

1. Touch Popcorn. The display shows the microwave symbol , 1.2 oz. and **start/enter** are blinking. The cook time is displayed.
2. Touch **Popcorn** or **+Amount** repeatedly until the desired weight is shown in the display.
3. Touch **Start/Enter**. The microwave timer starts counting down.

When the microwave time has elapsed, a beep will sound. The appliance turns off and the clock is displayed.


### Beverage

The beverage feature heats 0.5 to 2 cups of a beverage. Use the table below to determine the setting to use.

| <b>Amount</b>           | <b>Touch Beverage key</b> |
|-------------------------|---------------------------|
| 0.5 cups (about 4 oz.)  | once                      |
| 1 cup (about 8 oz.)     | twice                     |
| 1.5 cups (about 12 oz.) | 3 times                   |
| 2 cups (about 16 oz.)   | 4 times                   |

### Setting Beverage mode


**Example:** Heat one cup of a beverage.

1. Touch **Beverage**. The display shows the microwave symbol , 0.5 cups and **start/enter** are blinking. The cook time is displayed.
2. Touch **Beverage** again or touch **+Amount**. 1 cup is shown in the display.
3. Touch **Start/Enter**. The microwave timer starts counting down.

When the microwave time has elapsed, a beep will sound. The appliance turns off and the clock is displayed.

## Keep Warm

### Activate:

1. Touch **Keep Warm**. 1 - KEEP WARM and the microwave symbol  are displayed. **start/enter** is blinking.
2. Touch **Start/Enter**.

**Deactivate:** Touch **Clear/Off**. The function is deactivated.

### Notes

- Use the Keep Warm mode to keep cooked foods hot and ready to serve.
- Food cooked covered should remain covered during Keep Warm.
- Pastry items (pies, turnovers, etc.) should be uncovered.
- Complete meals kept warm on a dinner plate can be covered during Keep Warm.


## Melt

Use the Melt mode to melt butter or chocolate.

| No. | Name           | Amount                        |
|-----|----------------|-------------------------------|
| 1   | Melt butter    | 2 tbsp / 0.25 cups / 0.5 cups |
| 2   | Melt chocolate | 1 cup / 2 cups                |

### Setting Melt mode

**Example:** Setting Melt mode for melting butter.

1. Touch Melt.  
The display shows SELECT FOOD **1 - 2**.
2. Touch the number key **1** or touch **Melt** once more. MELT BUTTER and the microwave symbol  are displayed. The first quantity 2 tbsp and **start/enter** are blinking. The cook time is displayed.
3. Touch **+Amount** to change the quantity.
4. Touch **Start/Enter**. The heating time starts counting down.


## Soften

Use the Soften mode to soften ice cream or cream cheese.

| No. | Name                | Amount                   |
|-----|---------------------|--------------------------|
| 1   | Soften ice cream    | 8oz / 16oz / 32oz / 48oz |
| 2   | Soften cream cheese | 3oz / 6oz / 8oz          |

### Setting Soften mode

**Example:** Setting Soften mode for softening ice cream.

1. Touch **Soften**. The display shows SELECT FOOD 1 - 2.
2. Touch the number key **1** or touch **Soften** once more. SOFTEN ICE CREAM and the microwave symbol  are displayed. The first quantity 8 oz and **start/enter** are blinking. The cook time is displayed.
3. Touch **+Amount** to change the quantity.
4. Touch **Start/Enter**. The heating time starts counting down.

## Sensor cooking

You can select two sensor cooking modes. Sensor cooking allows you to cook many of your favorite foods without selecting cooking times and power levels. The microwave oven automatically determines the required cooking time for each food item.


For best results when cooking by sensor, follow these recommendations:

- Food cooked with the sensor system should start from normal storage temperature.
- Turntable tray and outside of container should be dry.
- Foods should always be covered loosely with microwavable plastic wrap, wax paper or lid.
- Do not open the door or touch **Clear/Off** key during sensing time. When sensing time is over, the oven beeps once and the remaining cooking time will appear in the display. **At this time you can open the door to stir, turn or rearrange the food.**

### Sensor Reheat

The Sensor Reheat feature lets you reheat dinner plates or casseroles (8-12 oz.) for your cooking convenience.

#### Setting Sensor Reheat

1. Touch **Sensor Reheat**. The microwave symbol  lights up and SENSOR REHEAT is displayed.
2. Touch **Start/Enter**. **sensing** is displayed. The microwave operates during sensing.

3. When sensing is complete, a beep will sound and the calculated cook time will start to count down.

**Note: Do not open the door during the sensing process, or the program will be cancelled.**

Once the calculated cook time is displayed, you can open the door to stir, turn or rearrange the food. Touch **Start/Enter** to resume operation.

When sensor reheat is finished, a beep will sound and the appliance turns off.

#### **Notes**

- Cover with vented plastic wrap or wax paper.
- Reheat food on a microwaveable dinner plate.

#### **Reheat cooking suggestions**

| <b>Food</b>      | <b>Directions</b>   | <b>Quantity</b>     |
|------------------|---|---------------------|
| Dinner plate     | <p>Use only pre-cooked, refrigerated foods. Cover plate with vented plastic wrap or waxed paper, tucked under plate. If food is not hot enough after heating with the Reheat feature, continue heating using manual time and power level setting.</p> <p>Contents:</p> <ul style="list-style-type: none"> <li>• 3-4 oz. meat, poultry or fish (up to 6 oz. with bone)</li> <li>• 1/2 cup starch (potatoes, pasta, rice, etc.)</li> <li>• 1/2 cup of vegetables (about 3-4 oz.)</li> </ul> | 1 serving (1 plate) |
| Casserole, Pasta | <p>Cover plate with lid or vented plastic wrap. If food is not hot enough after heating with the Reheat feature, continue heating using manual time and power level setting.</p> <p>Stir foods once before serving.</p> <p>Contents:</p> <ul style="list-style-type: none"> <li>• Casserole: refrigerated foods (such as beef stew or lasagna)</li> <li>• Pasta: Canned spaghetti and ravioli, refrigerated foods</li> </ul>  | 1 to 4 servings     |

### Sensor Cook

Sensor Cook allows you to cook many of your favorite foods without selecting cooking times and power levels. The microwave oven automatically determines the required cooking time for each food item.

## Sensor Cook programs


| <b>Sensor Cook Program</b> | <b>Quantity</b>                | <b>Cooking tips</b>  |
|----------------------------|--------------------------------|--|
| 1 - Baked Potato           | 1 - 4 potatoes<br>(8 - 32 oz.) | Pierce skin with a fork. Do not cover.<br>After cooking, allow to stand wrapped in foil for 5 minutes. |
| 2 - Sweet Potato           | 1 - 4 potatoes<br>(8 - 32 oz.) | Pierce skin with a fork. Do not cover.<br>After cooking, allow to stand wrapped in foil for 5 minutes. |

| <b>Sensor Cook Program</b> | <b>Quantity</b>                | <b>Cooking tips</b>   |
|----------------------------|--------------------------------|---|
| 3 - Fresh Vegetables       | 4 - 16 oz.<br>(0.25 - 1 lbs)   | No water is needed if vegetables have just been washed. Add 2 tablespoons water per 8 ounces of fresh vegetables. |
| 4 - Frozen Vegetables      | 6 - 16 oz.<br>(0.75 - 1 lbs)   | Add 1 tablespoon water per 4 ounces of frozen vegetables.   |
| 5 - Ground Meat            | 8 - 24 oz.<br>(0.5 - 1.5 lbs)  | After cooking, allow to stand, covered, for 3 - 4 minutes.  |
| 6 - Fish/Seafood           | 8 - 20 oz.<br>(0.5 - 1.25 lbs) | Roll thin edges underneath. Arrange in a ring around microwaveable dish.  |
| 7 - Brown Rice             | 0.5 - 2 cups<br>(dry rice)     | Use a high-sided casserole dish. Do not cover. Use 1 cup rice to 3 cups water.                                    |
| 8 - White Rice             | 0.5 - 2 cups<br>(dry rice)     | Use a high-sided casserole dish and lid. Use 1 cup rice to 2 cups water.  |
| 9 - Frozen Entrees         | 10 - 20 oz.                    | Follow package instructions for venting, cutting plastic film, etc.   |

## Setting Sensor Cook

The appliance must be turned off.

**Example:** Set Sensor Cook for Ground Meat.

1. Touch **Sensor Cook**. The microwave symbol  lights up and the display shows SELECT FOOD 1 - 9.
2. Select the desired program from the label at the oven cavity. For Ground Meat touch the number key 5. **-or-** Touch **Sensor Cook** or **+Amount** repeatedly to scroll through all Sensor Cook modes. **start/enter** is blinking and the food item is shown on the display.
3. Touch **Start/Enter**.  
The program will start sensing with the microwave operating.



When sensing is complete, a beep will sound and the calculated cook time will start to count down.

**Note: Do not open the door during the sensing process, or the program will be cancelled.**

Once the calculated cook time is displayed you can open the door to stir, turn or rearrange the food. Touch **Start/Enter** to resume operation.

When sensor cook is finished a beep will sound and the appliance turns off.

### Opening appliance door during operation

Opening the appliance door during operation will interrupt the current mode. Close the appliance door and then touch **Start/Enter** to resume operation.

### Cancel operation

Touch **Clear/Off** to cancel the active oven mode. The appliance turns off and the clock is displayed. The cooling fans may continue to run for awhile and then switch off automatically.

## Kitchen timer

The kitchen timer can be used when the appliance is turned off, or while a cooking mode is active. You can set the kitchen timer value in hours and minutes. The last minute of the set time will count down in seconds.

## Setting the kitchen timer

1. Touch **Kitchen Timer** once. **0:00** is blinking.
2. Enter the desired time using the number keys. **Example:** To set the kitchen timer to 3 hours and 5 minutes, enter 3 0 5.
3. Touch **Start/Enter** or **Kitchen Timer**. The kitchen timer starts counting down. **timer** lights up in the display.

**Note:** The kitchen timer continues to run if a cooking mode is selected. Depending on the cooking mode, the kitchen timer may not be visible, but it continues to count down and will show again when the cooking mode finishes.

### Time has elapsed

Once the set time has elapsed, **TIMER END** may appear in the display and an alarm tone beeps every 10 seconds. After 2 minutes the alarm tone stops.

To stop the beep manually, touch **Kitchen Timer**, or open the appliance door.


### Canceling the kitchen timer

To clear the kitchen timer, touch **Kitchen Timer** once.


## Panel Lock

You can use the panel lock to prevent children from accidentally turning the appliance on. The panel lock feature is also very useful when cleaning the control panel. The lock will prevent accidental programming when wiping the control panel clean.

### To activate the panel lock:

Touch and hold Panel Lock for 3 seconds. The panel lock symbol  and **PANEL LOCKED** will appear in the display and a double beep sounds.

### To deactivate the panel lock:

Touch and hold Panel Lock for 3 seconds. The panel lock symbol  will disappear and **PANEL is UNLOCKED** is displayed.

## Automatic Shutoff

Your appliance features an automatic shutoff function.

Automatic shutoff is activated when the appliance has been heating for an extended period of time.

---

|                            |                                |
|----------------------------|--------------------------------|
| <b>Max. operating time</b> | <b>99 minutes + 99 seconds</b> |
|----------------------------|--------------------------------|

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## Basic settings

The appliance has various basic settings. You can adjust these settings to the way you usually cook.

| Number            | Display         | Settings           |
|-------------------|-----------------|--------------------|
| 1                 | WEIGHT          | LB*<br>KG          |
| 2                 | BRIGHTNESS      | HI *<br>MED<br>LO  |
| 3                 | VOLUME          | HI*<br>LO          |
| 4                 | BEEP (button)   | On*<br>Off         |
| 5                 | CLOCK           | On*<br>Off         |
| 6                 | LANGUAGE        | ENGLISH*<br>FRENCH |
| 7                 | FACTORY DEFAULT | NO*<br>YES         |
| * default setting |                 |                    |

### Changing the basic settings

The appliance must be turned off.

**Example:** Change the display language to French.

1. Touch **Settings**. The display shows SELECT SETTINGS 1 - 7. Select the language setting menu with the number key **6** or touch the settings key repeatedly until the display shows 6 - LANGUAGE. *En* and **start/enter** is blinking.
2. Touch **+Amount** until *Fr* is displayed. **start/enter** is blinking.

3. Touch **Start/Enter**. The display language has been changed to French and the appliance goes to stand-by mode.

**Note:** The Basic Settings menu will not show if a cooking mode or the kitchen timer are running. Clear the Cooking Mode or Kitchen Timer to allow the Basic Settings to be changed.

## Cooking Charts

The charts can be used as a guide. Follow package or recipe directions.

### 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 temperatures at removal time; the temperature will rise during the standing period.

| Meat  | Power level                                    | Cook time                                    | Directions   |
|---|--|--|--|
| Roast beef (boneless) (up to 4 lbs.)            | High (10) for first 5 minutes, then medium (5) | 12–17 min./lb. for 160° F (71°C) (Medium)    | Place roast beef fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand 10–15 minutes.* |
|   |  | 14–19 min./lb. for 170° F (76°C) (Well Done) |  |
| Roast pork (boneless or bone-in) (up to 4 lbs.) | High (10) for first 5 minutes, then medium (5) | 15–20 min./lb. for 170° F (76°C) (Well Done) | 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.

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

### Stand time

| Meat    | Doneness   | Remove from oven | After standing (10-15 min.) |
|---------|------------|------------------|-----------------------------|
| Beef    | Medium     | 150°F (65°C)     | 160°F (71°C)                |
|         | Well done  | 160°F (71°C)     | 170°F (77°C)                |
| Pork    | Medium     | 150°F (65°C)     | 160°F (71°C)                |
|         | Well done  | 160°F (71°C)     | 170°F (77°C)                |
| Poultry | Dark meat  | 150°F (65°C)     | 150°F (65°C)                |
|         | Light meat | 160°F (71°C)     | 160°F (71°C)                |

### 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.

| <b>Meat</b>                      | <b>Power level</b>  | <b>Cook time</b> | <b>Directions</b>  |
|----------------------------------|---|------------------|--|
| Whole chicken<br>(up to 4 lbs.)  | medium high (7)<br>180° F (82°C) dark meat<br>170° F (76°C) dark meat | 7–10 min. /lb    | Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over halfway through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5–10 min.  |
| Chicken pieces<br>(up to 4 lbs.) | medium high (7)<br>180° F (82°C) dark meat<br>170° F (76°C) dark meat | 7–10 min. /lb    | Place chicken bone-side down on dish, with thickest portions toward the inside of dish. Cover with wax paper. Turn over halfway 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 hard-cooked eggs in the shell; they can explode.
- Always pierce yolk on whole eggs to keep them from bursting.
- Cook eggs just until set; they will become tough if overcooked.
- Cooking scrambled eggs is safe.

## Cooking vegetables in your microwave

Vegetables should be washed just before cooking. Rarely is extra water needed. If dense vegetables such as potatoes or carrots are being cooked, add about 1/4 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, sweet 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.

## Cooking seafood in your microwave

Be sure to place fish on a microwave-safe roasting rack in a microwave-safe dish. Be sure to always cook fish until it flakes easily with a fork. Use a tight cover to steam fish; a lighter cover of wax paper or paper towel provides less steaming. And be sure not to overcook fish; check it for doneness at a minimum cooking time before cooking longer.

| Seafood                    | Power level     | Cook time     | Directions   |
|----------------------------|-----------------|---------------|--|
| Fish steaks up to 1½ lbs   | medium high (7) | 7–11 min. /lb | Arrange fish on roasting rack with meaty portions towards the outside of rack. Cover with wax paper. Turn over and rearrange halfway through cook time. Cook until fish flakes easily with fork. Let stand 3–5 mins.         |
| Fish fillets up to 1½ lbs. | medium high (7) | 7–11 min. /lb | Arrange fillets in a baking dish, turning any thin pieces under. Cover with wax paper. If over ½ inch thick, turn over and rearrange halfway through cook time. Cook until fish flakes easily with fork. Let stand 2–3 mins. |
| Shrimp up to 1½ lbs.       | medium high (7) | 7–11 min. /lb | 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 mins.  |

## Cleaning and Maintenance

**WARNING:** Be sure the entire appliance has cooled and grease has solidified before attempting to clean any part of the appliance.

### Cleaning Guide

- 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 front frame free of food and grease build-up.
- Never use abrasive 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. 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 needed.
- 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.

| Part                            | Recommendations   |
|---------------------------------|---|
| <b>Oven cavity</b>              | <p>Keep inside (cavity) of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.</p> <p>Wipe up spills immediately. Use a damp, clean cloth and mild soap. DO NOT use harsh detergents or abrasive cleaners.</p> <p>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 microwave-safe dish at High power for 5 minutes or until boiling. Let stand in oven cavity for 1 or 2 minutes.</p> |
| <b>Glass turntable tray</b>     | <p>Remove glass turntable tray from the oven when cleaning the oven cavity and tray.</p> <p><b>NOTICE:</b> To prevent the glass turntable from breaking, handle with care and do not put it in water immediately after cooking.</p> <p>Wash the glass turntable tray in warm soapy water or in the dishwasher.</p>  |
| <b>Turntable roller rest</b>    | <p>Clean with warm, soapy water. Rinse thoroughly and dry.</p>  |
| <b>Door glass</b>               | <p>Wash with soap and water or glass cleaner. Use Fantastik® or Formula 409® on a clean sponge or paper towel and wipe clean. Avoid using abrasive cleaners, like powder cleaning agents, steel wool pads and oven cleaners.</p> <p>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.</p>  |
| <b>Painted surfaces</b>         | <p>Clean with hot soapy water or apply Fantastik® or Formula 409® to a clean sponge or paper towel and wipe clean. Avoid using abrasive cleaners, like powder cleaning agents, steel wool pads and oven cleaners.</p>   |
| <b>Stainless steel surfaces</b> | <p>Always wipe or rub in the direction of the grain. Clean with a soapy sponge, then rinse and dry, or wipe with Fantastik® sprayed on a paper towel. Protect and polish with Stainless Steel Magic® and a soft cloth. Remove water spots with a cloth dampened with white vinegar. <b>Do not use any cleanser that contains chlorine</b> as these may rust the stainless steel</p>   |

| <b>Part</b>                                | <b>Recommendations</b>                                    |
|--|---|
| <b>Plastic &amp; Controls</b>              | When cool, clean with soapy water, rinse and dry.         |
| <b>Printed areas (words &amp; numbers)</b> | Do not use abrasive cleaners or petroleum-based solvents. |

## Troubleshooting

If you encounter a problem, it often will merely be something minor. Before you call customer service, consider the suggestions and instructions below:



| Problem  | Suggestion  |
|--|---|
| Neither the microwave's display nor oven operates.                       | <ul style="list-style-type: none"> <li>• Properly insert the plug into a grounded power outlet.</li> <li>• Reset the household circuit breaker or replace any blown fuses.</li> </ul>   |
| The oven display works, but the oven will not operate.                   | <ul style="list-style-type: none"> <li>• Make sure the oven door is closed securely and completely.</li> <li>• Check to see if packing material or other materials are stuck to the door seal.</li> <li>• Check for damage to the oven door.</li> <li>• Press the <b>Clear/Off</b> key twice and attempt to re-enter cooking instructions.</li> </ul> |
| The power goes off before the cook time has elapsed.                     | <ul style="list-style-type: none"> <li>• Reset the clock and any cooking instructions.</li> <li>• Reset the household circuit breaker or replace any blown fuses.</li> <li>• Press the <b>Clear/Off</b> key twice and attempt to re-enter cooking instructions.</li> </ul>  |
| The microwave power level switches from power level 10 to power level 8. | <p>If the oven is set to cook for more than 30 minutes at 100% power level, it will automatically reduce the power to an 80% power level after 30 minutes to avoid overcooking.</p>   |
| You see sparks or arcing.  | <p>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.</p>  |
| The turntable makes noises or sticks.                                    | <ul style="list-style-type: none"> <li>• Clean the turntable, roller ring and oven cavity bottom.</li> <li>• Make sure the turntable and roller ring are positioned correctly.</li> </ul>   |
| Using your microwave causes TV or radio interference.                    | <p>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.</p>  |

| Problem                                     | Suggestion  |
|---|---|
| <b>The display shows error message Exx</b>  | A malfunction has occurred. Note any error codes that may appear on the display. Disconnect the appliance from the power supply by switching off the fuse in the fuse box and call a qualified service technician.  |
| <b>The display shows error message E-11</b> | The touch keys do not operate properly. This may be due to condensation on the keypad. Clean the control panel with a dry cloth. Disconnect the appliance from the power supply by switching off the fuse in the fuse box and switch it back on after 10 seconds. |

### 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.

