

## Features

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

1150 Watts

### 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 Touch 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 Rating Plate.

## Changing the power level

Changing the Power Level: the power level can be changed only when using Cook Time or Time Defrost buttons and is explained in the sections for the functions of these buttons.

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:

10: 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.

## About the features

### 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.
- Always use microwavesafe 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.
- 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.

## About the features

### Cook Time

Allows you to microwave from 1 second to 99 minutes and 99 seconds.

1. Press Cook Time.
2. Enter cooking time.
3. Power level is automatically set to 10, but if you want to reduce it, press Power, then select a level from 0 to 9.
4. Press Start.

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

## Express Cook

This is a quick way to set cooking time from 1-6 minutes.

1. 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.

## Popcorn

To use the Popcorn feature:

1. Follow package instructions, using Cook Time if the package is less than 2.5 ounces or larger than 3.0 ounces. Place the package of popcorn in the center of the microwave.

2. Press Popcorn.

3. The microwave will start immediately.

**IMPORTANT:** Do not use the sensor features twice in succession on the same food portion. If food is undercooked after the first countdown, use Cook Time for additional time.

## Reheat

Cover with lid or vented plastic wrap.

1. Press Reheat pad.

2. Enter 1, 2, or 3 for the food code – refer to the Cooking Guide for REHEAT. The oven starts immediately.

Do not open the door while the oven is operating.

**IMPORTANT:** Do not use the sensor features twice in succession on the same food portion. If food is undercooked after the first countdown, use Cook Time for additional time.

## Cooking Guide for REHEAT feature

Enter Code	Food Choice	Weight Range
1	Pasta	4-16 oz.
2	Fruits and Vegetables	4-16 oz.
3	Dinner plate	8-24 oz

## Beverage

To use the Beverage feature:

Press BEVERAGE pad. The microwave will automatically be set to heat an 8 ounce beverage. The microwave will start immediately.

Drinks heated with the Beverage feature may be very hot. Remove the container with care.

**IMPORTANT:** Do not use the sensor features twice in succession on the same food portion. If food is undercooked after the first countdown, use Cook Time for additional time.

## Potato

To use the Potato feature:

1. Press the POTATO pad.
2. Enter quantity (1-4 pcs at 6-8 oz. each:
3. The microwave will start immediately.

**IMPORTANT:** Do not use the sensor features twice in succession on the same food portion. If food is undercooked after the first countdown, use Cook Time for additional time.

## Vegetable

To use the Vegetable feature:

1. Press VEGETABLE pad.
2. Enter the Vegetable code. See Cooking Guide for Vegetables below for codes.
3. The microwave will start immediately.

**IMPORTANT:** Do not use the sensor features twice in succession on the same food portion. If food is undercooked after the first countdown, use Cook Time for additional time.

## Cooking Guide for VEGETABLE Feature

Vegetable Code	Type of Vegetables	Available Servings	Ounces per Serving
1	Fresh	4-16 oz.	4 ounces per serving
2	Frozen	4-16 oz.	4 ounces per serving
3	Canned	1-4 servings	4 ounces per serving

## Dinner Plate

To use the Dinner Plate feature:

1. Press the Dinner Plate.
2. Press 1, 2 or 3 (1 is for 8 oz. of food, 2 is for 12 oz. of food, and 3 is for 16 oz. of food).
3. The microwave will start immediately.

**IMPORTANT:** Do not use the sensor features twice in succession on the same food portion. If food is undercooked after the first countdown, use Cook Time for additional time.

## Defrosting

Defrost Allows you to defrost either by weight or by time. The Defrosting Guide below provides time recommendations.

1. For Weight Defrost, press the Defrost Weight/Time button until it shows "LBS" in the display.
2. Enter weight (from .1 to 6 lbs) then press Start.
3. For Time Defrost, press the Defrost Weight/Time button until it shows "TIME" in the display.
4. Enter the time (from 1 second to 99 minutes and 99 seconds), then press Start.
5. Press Start/Pause.

At one half of selected defrosting time, 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.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at power level 10.

## 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.
- 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.
- For more even defrosting of larger foods, such as roasts, use Weight Defrost. Be sure large meats are completely defrosted before cooking.
- 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 a few minutes.

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

- Remove meat from package and place on microwavesafe 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.

### **Defrosting Guide**



<b>Food</b>	<b>Time</b>	<b>Comments</b>
<b>Breads, Cakes</b> Bread, buns, or rolls (1 piece) Sweet rolls (approx. 12 oz.)	1/4 min. 2 to 4 min.	Rearrange after half the time.
<b>Fish and Seafood</b> 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 half the time.
<b>Fruit</b> Plastic pouch—1 or 2 (10-oz. package)	1 to 5 min.	
<b>Meat</b> 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 13 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 10. 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.
<b>Poultry</b>	14 to 20 min.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After (2 1/2 to 3 lbs.) 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.

Chicken, broiler-fryer, cut up (2 1/2 to 3 lbs.)	20 to 25 min.	Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cold water in the cavity until giblets can be removed.
Chicken, whole (2 1/2 to 3 lbs.)	7 to 13 min. per lb.	Place unwrapped hen in the oven breast-side-up. Turn over after first half of time. Run cool water in the cavity until giblets can be removed.
Cornish hen	3 to 8 min. per lb.	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.
Turkey breast (4 to 6 lbs.)		

## Clock

Press to enter the time of day.

1. Press Clock.
2. Enter time of day.
3. Press Clock.

## Pause

Start/Pause allows you to stop cooking without opening the door or clearing the display. Press Start/Pause again to restart the oven.

## Child Lock-Out

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, the display shows "LOC".

## Pizza

To use the Pizza feature:

1. Press the Pizza.
2. Enter number of slices of pizza (1, 2, 3, or 4).
3. Press Start/Pause.

## Timer

The Timer operates without microwave energy.

1. Press Timer On/Off.
2. Enter the amount of time you want to count down.
3. Press Timer On/Off. When the time is up, the timer will beep.
4. To stop or clear the timer, press Timer On/Off.

## **Care and Cleaning**

### **Helpful Hints**

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

Unplug the cord 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	<p>A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.</p> <p>Unplug your microwave oven, then plug it back in.</p> <p>Make sure 3-prong plug on oven is fully inserted into wall receptacle.</p>
Control panel lighted, yet oven will not start	<p>Door not securely closed.</p> <p>Start must be pressed after entering cooking selection.</p> <p>Another selection entered already in oven and Cancel/Off not pressed to cancel it.</p> <p>Make sure you have entered cooking time after pressing Cook Time.</p> <p>Cancel/Off was pressed accidentally. Reset cooking program and press Start.</p> <p>Make sure you entered food weight after pressing Defrost Weight.</p> <p>Oven was paused accidentally. Press Start to restart the cooking program.</p>
"FOOD" appears on display	The control detected that the door has not been opened (food/beverage has not been placed inside).
"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.
"PF" appears on display	A Power Failure has occurred. Press Cancel/Off to clear the display.
"ERR" appears on display	Occurs when the door is opened during a sensor function. Press Cancel/Off to clear the display.

### 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.

## Microwave Terms

Term	Definition
Arcing	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none"> <li>■ metal or foil touching the side of the oven.</li> <li>■ foil that is not molded to food (upturned edges act like antennas).</li> <li>■ metal such as twist-ties, poultry pins, gold-rimmed dishes.</li> <li>■ recycled paper towels containing small metal pieces.</li> <li>■ plates or dishes with a metallic trim or glaze with a metallic sheen.</li> </ul>
Covering	<p>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.</p>
Shielding	<p>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.</p>
Standing Time	<p>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.</p>
Venting	<p>After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.</p>

### Warning

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