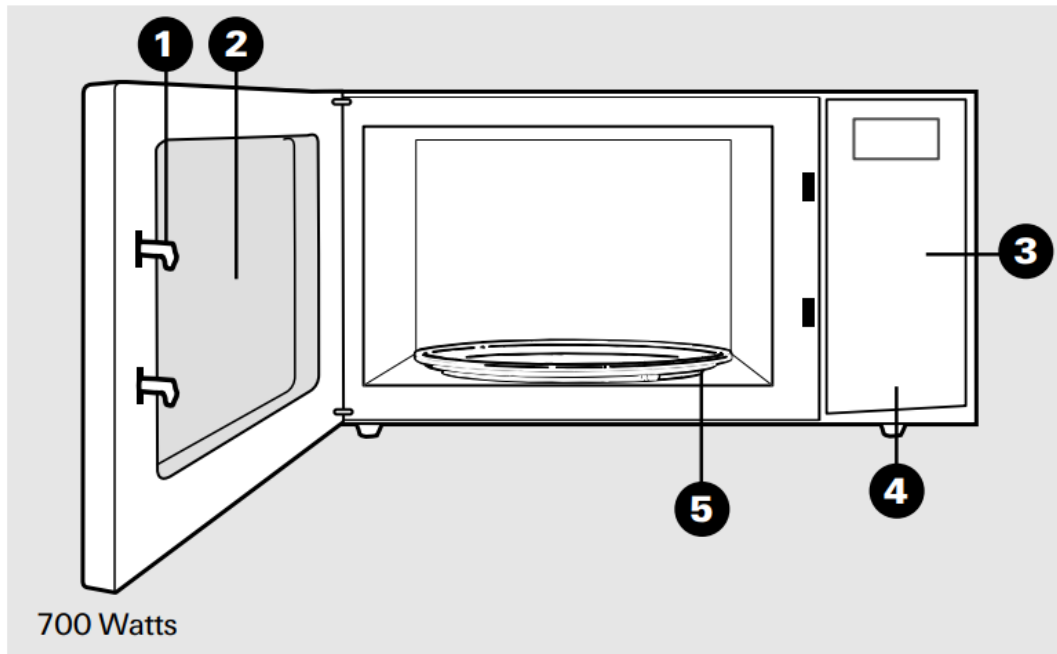


Operating Instructions

Features



1. Door Latches.

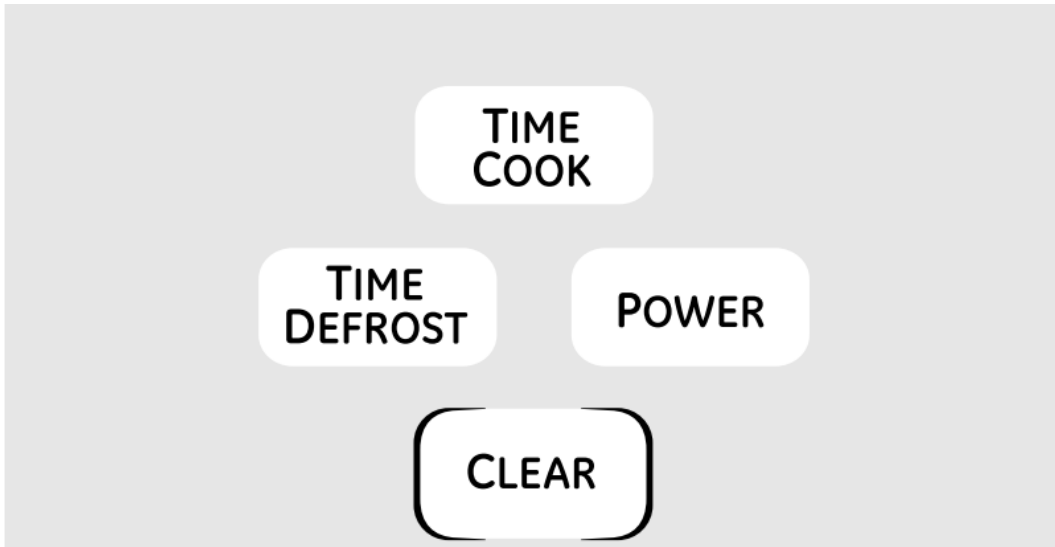
2. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.

3. Touch Control Panel Display.

4. Door Latch Release. Press latch release to open door.

5. Removable Turntable. Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.

The Controls on Your Microwave Oven



1. Time Features

Press	Enter
TIME COOK I and II (Press once or twice)	Amount of cooking time.
TIME DEFROST	Amount of defrosting time.
POWER	Power level 1–9 (automatically set at High).
CLEAR	Use this pad to erase any time or cooking settings.



2. Convenience Features



Press	Options
VEGETABLE	4 to 6-oz. or 8 to 10-oz. servings
BAKED POTATO	1 to 4, 4 to 6-oz. or 8 to 10-oz. potatoes
PIZZA	1 slice or whole
BEVERAGE	1 to 4, 6 to 8-oz. or 10 to 12-oz. cups
FROZEN DINNER	1 or 2, 7 to 9-oz. or 10 to 12-oz. dinners
REHEAT	—
COOK	Food type, food weight
DEFROST	Food weight

Changing Power Levels



How to Change the Power Level

The amount of power may be entered or changed immediately after entering the feature time for TIME COOK.

1. Press TIME COOK.
2. Enter cooking time.

3. Press POWER.

4. Select desired power level 1 to 9 for 10% to 90%. 5 Press START/OFF

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. Power level High or full power is the fastest way to cook and gives you 100% power. The microwave is pre-set at High power. 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.

A high setting will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on power level High. 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

Power Level Best Uses

High : Fish, bacon, vegetables, boiling liquids.

Med-High 7 : Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 5 : Slow cooking and tenderizing such as stews and less tender cuts of meat.

Low 2 or 3 : Defrosting without cooking; simmering; delicate sauces.

Warm 1 : Keeping food warm without overcooking; softening butter

Time Cook



Time Cook allows you to program one or two different cooking stages.

1. Press TIME COOK.
2. Enter cooking time.
3. Change power level if you don't want full power. (Press POWER. Select a desired power level 1 to 9 for 10% to 90%.)
4. Press START/OFF

Time Cook

Allows you to microwave for any time up to 99 minutes and 99 seconds. Power level High is automatically set, but you may change it for more flexibility.

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

Time Cook I & II

Lets you program power levels for each Time Cook setting. Here's how to do it:

1. Press TIME COOK.

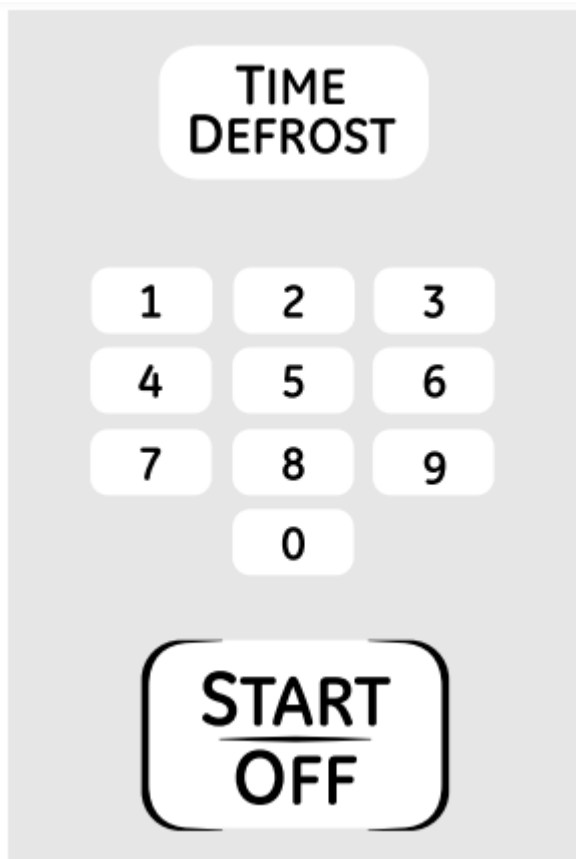
2. Enter the first cook time.
3. Change the power level if you don't want full power. (Press POWER. Select a desired power level 1 to 9 for 10% to 90%.)
4. Press TIME COOK again.
5. Enter the second cook time.
6. Change the power level if you don't want full power. (Press POWER. Select a power level 1 to 9 for 10% to 90%.)
7. Press START/OFF. Time Cook I will count down first, followed by Time Cook II.

Shortcut to Time Cooking

Allows you to enter cooking times up to 99 minutes and 99 seconds.

1. Enter cooking time.
2. Press START/OFF

Time Defrost



1. Press TIME DEFROST.
2. Enter defrosting time.

3. Press START/OFF

Allows you to defrost for the length of time you select. See the Defrosting Guide for suggested times. A dull thumping noise may be heard during defrosting. This sound is normal when the oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be at least 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, such as milk, eggs, fish, stuffings, poultry and pork, 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 beef, lamb and veal roasts, use 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.

Convenience Features

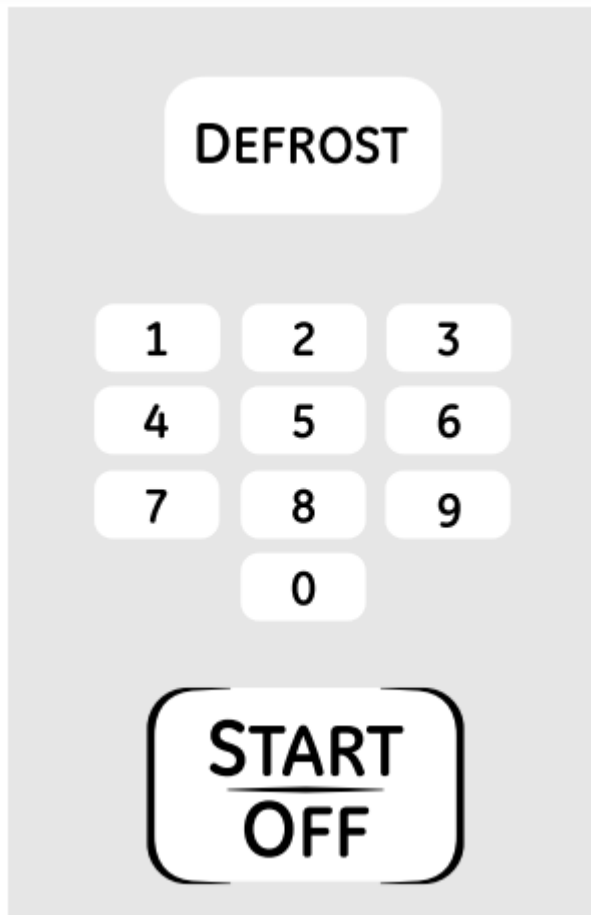
Reheat



The Reheat feature reheats previously cooked foods.

1. Press REHEAT. The display will read 4:10, the amount of reheating time.
2. Press START/OFF.

Defrost



1. Press DEFROST.
2. Enter food weight. Use the chart at right to enter food weight. For example, press pads 1 and 08 for 1 pound and 8 ounces.
3. Press START/OFF.

Defrost automatically sets the defrosting times and power levels to provide even defrosting results for meats and poultry

Cook

1. Press COOK.
2. Enter code for type of food. See Code Chart at right.
3. Enter food weight. Use the chart at right to enter food weight. For example, press pads 1 and 08 for 1 pound and 8 ounces.
4. Press START/OFF

Cook automatically sets the cooking time and power levels to cook meats and poultry. Meats must be defrosted and at refrigerated temperature.

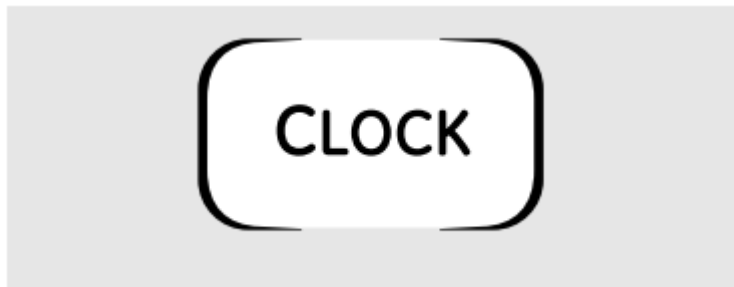
<i>Code</i>	<i>Type</i>	<i>Max. Weight</i>
1	Beef	5-lb. 16-oz.
2	Mutton	5-lb. 16-oz.
3	Poultry	5-lb. 4-oz.

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 CLEAR for about three seconds. When locked, LOCK appears in the display

Clock



Press CLOCK to enter the time of day.

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

Timer



The Timer operates as a minute timer.

1. Press TIMER.
2. Enter amount of time.

NOTE: After approx. 3 seconds, the display will show time of day, but will continue counting down. To view time remaining, press TIMER again.

3. Press START/OFF. When the time is up, the timer will signal.

The Timer feature operates without microwave energy.

Clear



Press CLEAR to erase all cooking settings.

Start/Off



Press START/OFF to begin a cooking or defrosting operation. You can use this pad to interrupt cooking or defrosting. Press again to resume cooking or defrosting

Microwave Terms

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

Care and Cleaning

Helpful Hints

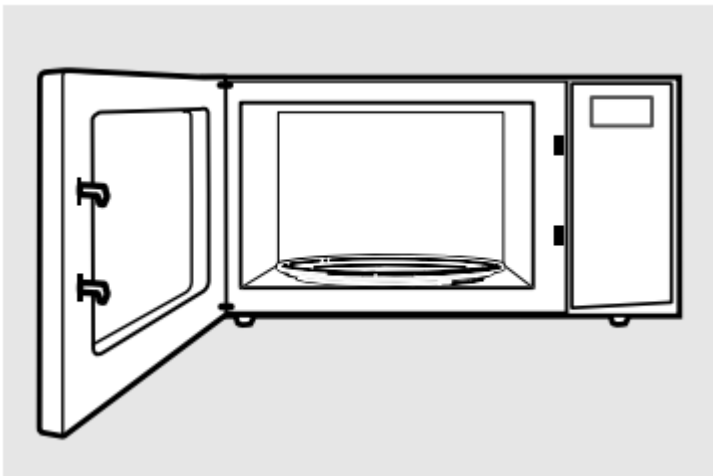


An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

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 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 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's important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Power Cord

If the cord becomes soiled, unplug and wipe 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.

Troubleshooting Tips

Problem	Possible Cause	What to Do
Oven will not start	<p>A fuse in your home may be blown or the circuit breaker tripped. Power surge.</p> <p>Plug not fully inserted into wall outlet.</p>	<ul style="list-style-type: none"> • Replace fuse or reset circuit breaker. • Unplug the microwave oven, then plug it back in. • Make sure the 3-prong plug on the oven is fully inserted into wall outlet
Control panel lighted, yet oven will not start	<p>Door not securely closed.</p> <p>START/OFF not pressed after entering cooking selection.</p> <p>Another selection entered already in oven and CLEAR not pressed to cancel it.</p> <p>Cooking time not entered after pressing TIME COOK.</p> <p>LEAR was pressed accidentally.</p> <p>Defrosting category or food weight not entered after pressing DEFROST.</p>	<ul style="list-style-type: none"> • Open the door and close securely. • Press START/OFF. • Press CLEAR twice. • Make sure you have entered cooking time after pressing TIME COOK. • Reset cooking program and press START/OFF • Make sure you have entered a defrosting category and food weight after pressing DEFROST

If Something Goes Wrong

Things That Are Normal

- 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.