

Operating Instructions

About the features of your microwave oven.

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

Features of the Oven

1 Door Handle.

- Pull to open the door. The door must be securely latched for the microwave to operate.

2 Door Latches.

3 Window with Metal Shield.

- Screen allows cooking to be viewed while keeping microwaves confined in the oven.

4 Charcoal Filter Door.

- Push down two button to open the door. You can change charcoal filter easily.

5 Control Panel and Selector Guide.

6 Cooktop Light.

7 Grease Filter .

8 Removable Turntable.

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

9 Rating Plate.

- NOTE: Oven vent(s) and oven light are located on the inside walls of the microwave oven.

Cooking Controls

Using the Dial

- You can make selections on the oven by turning the dial and pressing it to enter the selection.
- Pressing the dial can also be used in place of the Start/Pause button for quicker programming of the oven.

Cook Time (Do not use the shelves when microwave cooking.)

Cook Time I

Allows you to microwave for any time between 15 seconds and 99 minutes. Power level 10 (High) is automatically set, but you may change it for more flexibility.

1. Press the Cook Time button.
2. Turn the dial to set the cook time and press the dial to enter.
3. Change power level if you don't want full power. (Press Power Level. Turn the dial to select. Press the dial to enter.)
4. Press the dial or the Start/Pause button to start cooking.

You may open the door during Cook Time to check the food. Close the door and press the dial or Start/Pause to resume cooking.

NOTE: You may change the cook time at any time during cooking by turning the dial. You may also change the power level by pressing the Power Level button.

Cook Time II

Lets you change power levels automatically during cooking. Here's how to do it:

1. Press the Cook Time button.
2. Turn the dial to set the first cook time and press the dial to enter.
3. Change the power level if you don't want full power. (Press Power Level. Turn the dial to select. Press the dial to enter.)
4. Press the Cook Time button again.
5. Turn the dial to set the second cook time and press the dial to enter.
6. Change the power level if you don't want full power. (Press Power Level. Turn the dial to select. Press the dial to enter.)
7. Press the dial or the Start/Pause button to start cooking.

At the end of Cook Time I, Cook Time II counts down.

NOTE: You may change the cook time at any time during cooking by turning the dial. You may also change the power level by pressing the Power Level button.

Add 30 Sec

- This is a quick way to set and start cooking in 30 second blocks each time the Add 30 Second button is pressed. The cook time may be changed by turning the dial at any time during cooking.
- The power level will automatically be set at 10 and the oven will start immediately.
- The power level can be changed as time is counting down. Press the Power Level button, turn the dial and press to enter.

My Cycle

The Add 30 Sec button can be adjusted to the My Cycle feature.

1. Press Settings button and turn the dial to select My Cycle. Press the dial to enter.
2. Turn the dial to select time (from 5 Sec to 60 Sec) and press the dial to complete the setting

About the time features.

Weight Defrost (Do not use the shelves when microwave cooking.)

Weight Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to one pound.

- Remove meat from package and place on microwave-safe dish.
1. Press the Defrost button once.
 2. Turn the dial to the food weight, using the Conversion Guide at right. For example, dial .5 for .5 pounds (8 oz.) Press the dial to enter.
 3. Press the Start/Pause button to start defrosting.
 4. Turn the food over if the oven signals TURN 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.

Time Defrost (Do not use the shelves when microwave cooking.)

Use Time Defrost to defrost for a selected length of time.

1. Press the Defrost button twice.
2. Turn the dial to select the time you want. Press the dial to enter.
3. Press the Start/Pause button to start defrosting.
4. Turn the food over if the oven signals TURN FOOD OVER.

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 Auto 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.

About changing the power level.

The power level may be entered or changed immediately after entering the time for Cook Time or Time Defrost. The power level may also be changed during time countdown.

1. First, follow directions for Cook Time or Time Defrost.
2. Press the Power Level button.
3. Turn the dial clockwise to increase and counterclockwise to decrease the power level. Press the dial to enter.
4. Press the Start/Pause button to start cooking.

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 High (Power Level 10) which gives you 100% power.

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.

About other features.

Cooking Complete Reminder

- To remind you that you have food in the oven, the oven will display YOUR FOOD IS READY and beep once a minute until you either open the oven door or press the Cancel/Off button.

Start/Pause

- In addition to starting many functions, Start/ Pause allows you to stop cooking without opening the door or clearing the display

Cancel/Off

- Press the Cancel/Off button to stop and cancel cooking at any time.

Timer On/Off

The Timer operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press the Timer button.

2. Turn the dial to select the minutes. Press the dial to enter.
3. Turn the dial to select the seconds. Press the dial to enter
4. Press the dial or Timer to start.

To cancel, press the Timer button. When time is up, the oven will signal. To turn off the timer signal, press Timer.

NOTE: The TIMER indicator will be lit while the timer is operating

Steam Clean

Use Steam Clean for easy wiping inside with steam.

1. Press the Steam Clean button.
2. Put steam bowl with 1/4 cup of water.
3. Press the dial or Start/Pause to start.
4. After steam clean, remove turntable and turn table support and wipe out inside of oven cavity with paper towel or soft cloth.

Turntable

For best cooking results, leave the turntable on. It can be turned off for large dishes.

1. Press the Turntable On/Off button.

Sometimes the turntable can become too hot to touch.

Be careful touching the turntable during and after cooking

Microwave terms.

Arcing

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- 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, goldrimmed dishes.
- Recycled paper towels containing small metal pieces.
- Plates or dishes with a metallic trim or glaze with a metallic sheen.

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

- 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 sure the power is off before cleaning any part of this oven.

How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

- Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.
- 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

We recommend against using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

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

- 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 Panel

- Before cleaning the front door panel, make sure you know what type of panel you have. Refer to the eighth digit of the model number. “S” is stainless steel, “L” is CleanSteel and “B”, “W” or “C” are plastic colors.

Stainless Steel (on some models)

- The stainless steel panel can be cleaned with Stainless Steel Magic or a similar product using a clean, soft cloth. Apply stainless cleaner carefully to avoid the surrounding plastic parts. Do not use appliance wax, polish, bleach or products containing chlorine on Stainless Steel finishes.

Plastic Color Panels

- Use a clean, soft, lightly dampened cloth, then dry thoroughly

Door Seal

- It's 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.

Bottom

- Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.

About the exhaust feature.

Vent Fan

- The vent fan has two metal reusable vent filters.
- Models that recirculate air back into the room also use a charcoal filter.

Reusable Vent Filters

- The metal filters trap grease released by foods on the cooktop. They also prevent flames from foods on the cooktop from damaging the inside of the oven.
- For this reason, the filters must always be in place when the hood is used. The vent filters should be cleaned once a month, or as needed.

Removing and Cleaning the Filters

- To remove, slide them to the rear using the tabs. Pull down and out.
- To clean the vent filters, soak them and then swish around in hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt.
- Rinse, shake and let dry before replacing.
- To replace, slide the filters into the frame slots on the back of each opening. Press up and to the front to lock into place.
- Replacement filters: WB02X11534

To Remove the Charcoal Filter

- To remove the charcoal filter, first disconnect power at the main fuse or circuit breaker, or pull the plug. Push down 2 buttons on the filter door.
- Lift the filter at the bottom until it comes free of the tabs. Slide the filter down and out.

To Install the Charcoal Filter

- To install a new charcoal filter, remove plastic and other outer wrapping from the new filter.
- Insert the top of the filter up. Push the bottom of the filter in until it rests in place behind the tabs.
- Close filter door.

Troubleshooting Tips.

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.

Floor of the oven is warm, even when the oven has not been used

- Heat from the cooktop light may make the oven floor get warm.
 - This is normal.

"CONTROL LOCK IS ON" appears on display

- The control has been locked
 - Press and hold MUTE ON/OFF for about 3 seconds to unlock the control.

You hear an unusual, lowtone beep

- You have tried to start the Reminder without a valid time of day
 - Start over and enter a valid time of day
- You have tried to change the power level when it is not allowed
 - Many of the oven's features are preset and cannot be changed

"SENSOR ERROR" appears on display

- When using a Sensor feature, the door was opened before steam could be detected
 - Do not open door until steam is sensed and time is shown counting down on display
- Steam not detected in maximum amount of time
 - Use TIME COOK to heat for more time

Food amount too large for Sensor Reheat

- Sensor Reheat is for single servings of recommended foods
 - Use TIME COOK for large amounts of food

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.

