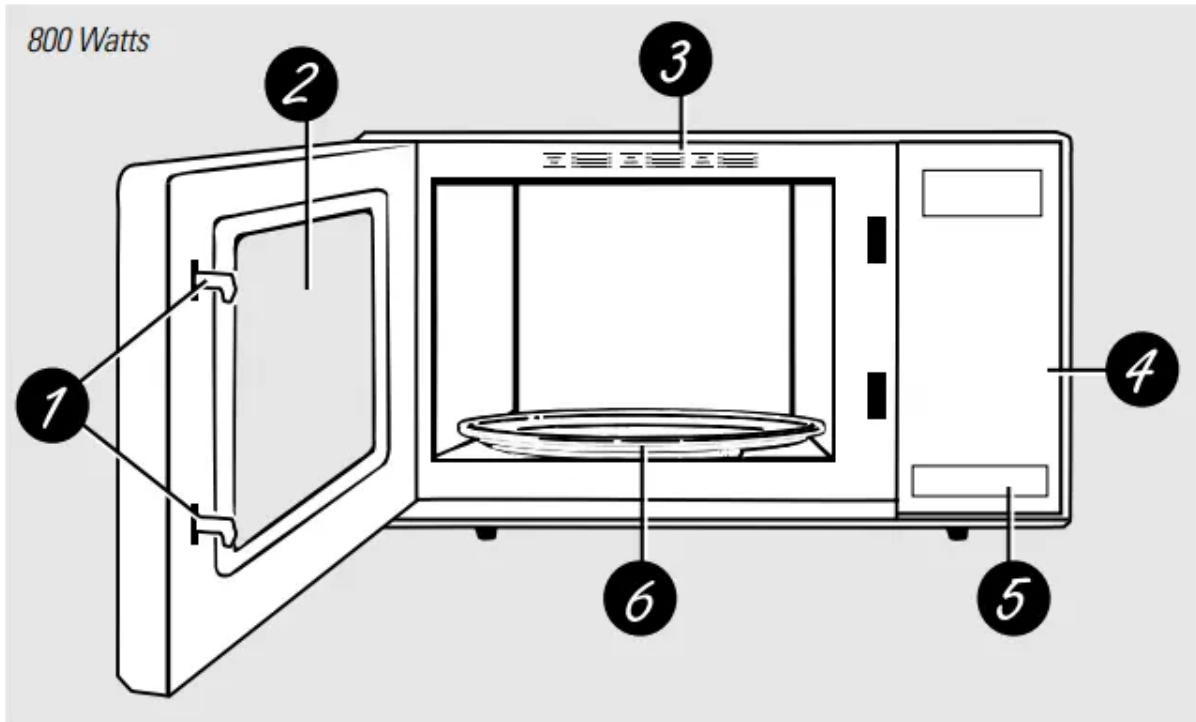


Operating Instructions

About the features of your microwave oven.

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



Features of the Oven

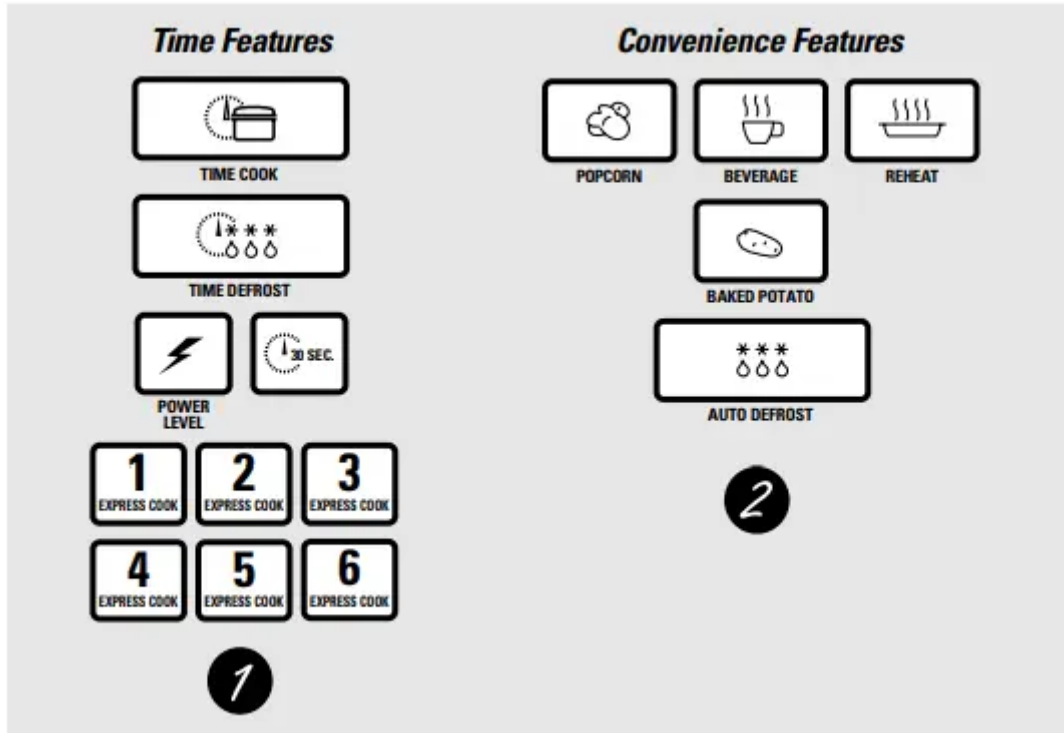
1. Door Latches.
2. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.
3. Convenience Guide.
4. Touch Control Panel Display.
5. Door Latch Release. Press latch release to open door.
6. Removable Turntable. Turntable and support must be in place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

NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.

About the features of your microwave oven

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

You can microwave by time or with the convenience features.



Cooking Controls

Check the Convenience Guide before you begin



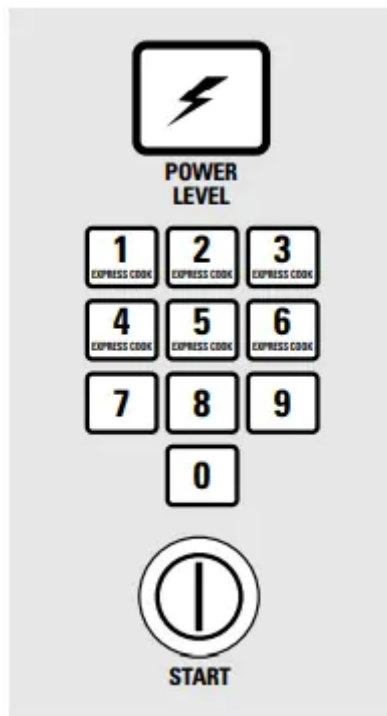
1**Time Features**

<i>Press</i>	<i>Enter</i>
TIME COOK Press once or twice	Amount of cooking time
TIME DEFROST	Amount of defrosting time
30 SEC.	Starts immediately!
EXPRESS COOK	Starts immediately!
POWER LEVEL	Power level 1–10

2**Convenience Features**

<i>Press</i>	<i>Enter</i>	<i>Option</i>
POPCORN Press once, twice or three times	Starts immediately!	3.5 oz., 3 oz. or 1.75 oz. more/less time
BEVERAGE Press once, twice or three times	Starts immediately!	4 oz., 8 oz. or 12 oz.
REHEAT	Food type 1–4	4 oz., 8 oz. or 12 oz.
BAKED POTATO	Starts immediately!	1, 2 or 3 potatoes
AUTO DEFROST	Food weight	

About changing the power level.



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

1. Press **TIME COOK** or **TIME DEFROST**.
2. Enter cooking or defrosting time.
3. Press **POWER LEVEL**.
4. Select desired power level 1–10.
5. 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 High (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:

High 10: Fish, bacon, vegetables, boiling liquids.

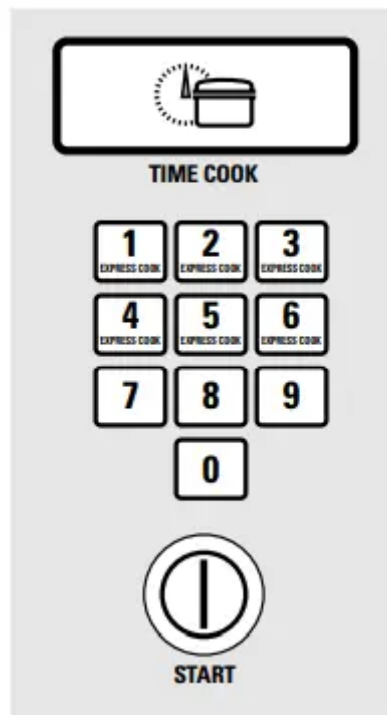
Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

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 time features.



Time Cook

Time Cook I

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 **TIME COOK**.
2. Enter cooking time.
3. Change power level if you don't want full power. (Press **POWER LEVEL**. Select a desired power level 1–10.)
4. Press **START**.

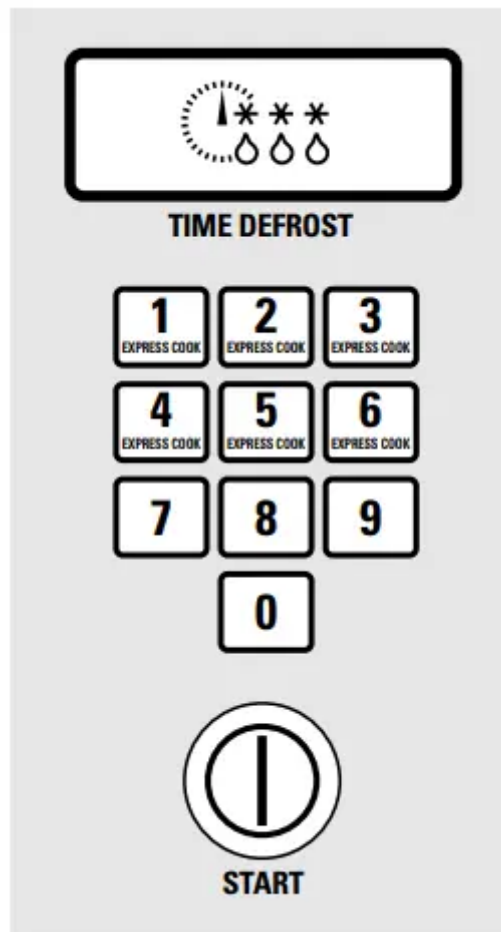
You may open the door during **Time Cook** to check the food. Close the door and press **START** to resume cooking.

Time Cook II

Lets you change power levels automatically during cooking. 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 LEVEL**. Select a desired power level 1–10.)
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 LEVEL**. Select a desired power level 1–10.)
7. Press **START**.

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



Time Defrost

Allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times.

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

3. Press START.

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

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

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.

Express Cook



This is a quick way to set cooking time for 1–6 minutes.

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.

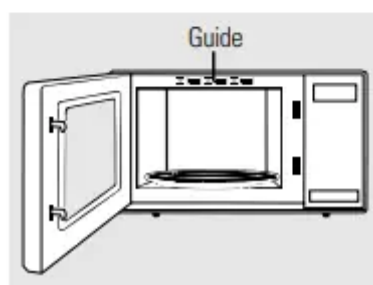
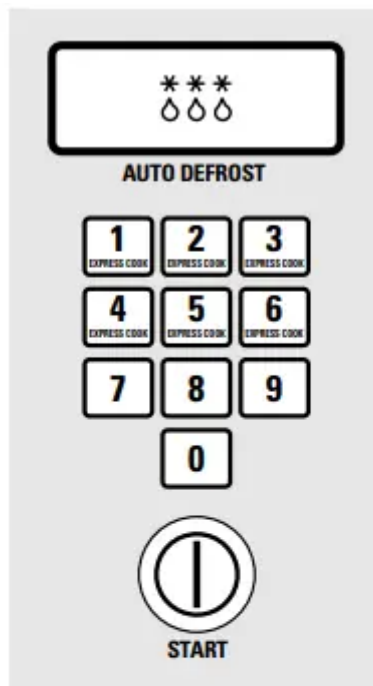
30 Seconds



You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time

About the convenience features.



Auto Defrost

Use **Auto Defrost** for meat, poultry and fish.

Use **Time Defrost** for most other frozen foods.

Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

1. Press AUTO DEFROST.
2. Using the Conversion Guide below, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press START.

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

- Remove meat from package and place on microwavesafe dish.
- Twice during defrost, the oven signals “turn.” At each “turn” signal, 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.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

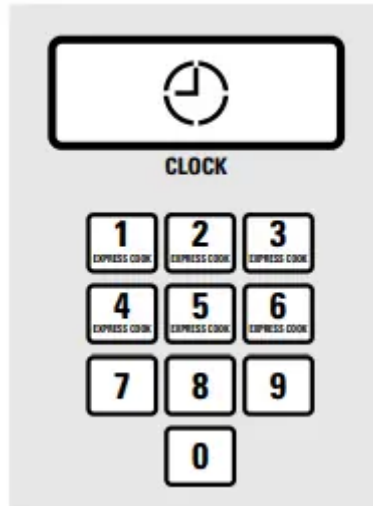
Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9–10	.6
11	.7
12–13	.8
14–15	.9

About the other features

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will beep once a minute until you either open the oven door or press CLEAR/OFF

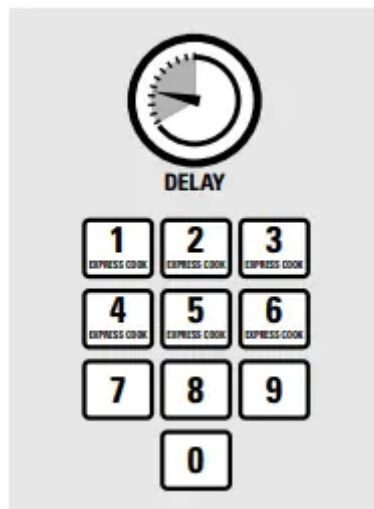
Clock



Press to enter the time of day or to check the time of day while microwaving.

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

Delay



Delay allows you to set the microwave to delay cooking up to 12 hours.

1. Press DELAY.
2. Enter the time you want the oven to start. (Be sure the microwave clock shows the correct time of day.)
3. Select your desired cooking program.
4. Press START.

The Delay time will be displayed. The oven will automatically start at the delayed time.

The time of day may be displayed by pressing CLOCK

Child Lock-Out



You may lock the control panel to prevent the microwave from being accidentally started or used by children.

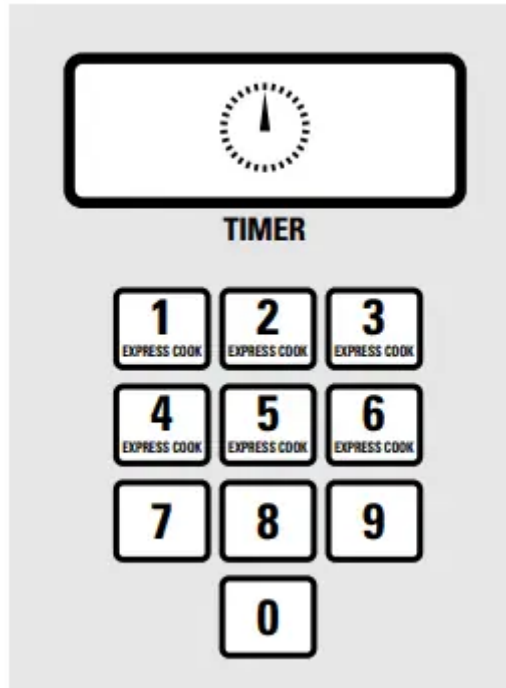
To lock or unlock the controls, press and hold CLEAR/OFF for about three seconds. When the control panel is locked, LOC will be displayed.

START/PAUSE



In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display

Timer



This pad performs three functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The Timer operates without microwave energy.

How to Use as a Minute Timer

1. Press TIMER.
2. Enter the amount of time you want to count down.
3. Press START. When the time is up, the timer will signal.

How to Use to Delay the Start of Cooking

You can set the microwave to delay cooking up to 99 minutes and 99 seconds.

1. Press TIME COOK and enter the amount of cooking time.
2. Press TIMER and enter the amount of time to delay the start of cooking.
3. Press START. The timer will begin counting down to zero and cooking will then begin.

How to Use to Set a Holding Time

You can set a holding time between Defrost and Time Cook, from one second to 99 minutes.

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

3. Press TIMER.
4. Enter the amount of time you want the oven to hold.
5. Press TIME COOK.
6. Enter cooking time.
7. Press START

Care and cleaning of the microwave oven.

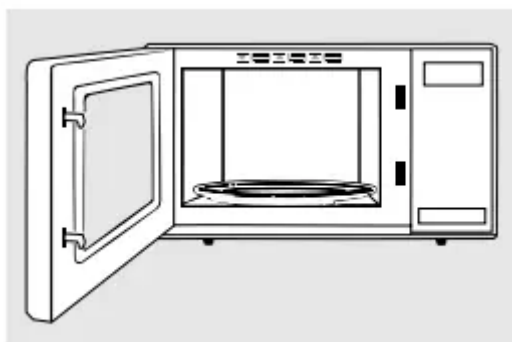
Helpful Hints



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



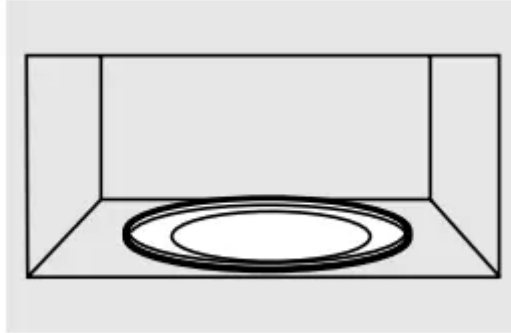
Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

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.

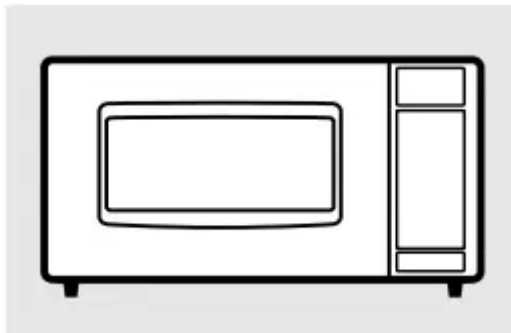
Never use a commercial oven cleaner on any part of your microwave.

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, nonabrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Troubleshooting Tips

Problem	Possible Causes	What To Do
<i>Oven will not start</i>	A fuse in your home may be blown or the circuit breaker tripped.	<ul style="list-style-type: none"> • Replace fuse or reset circuit breaker.
	Power surge.	<ul style="list-style-type: none"> • Unplug the microwave oven; then plug it back in.
	Plug not fully inserted into wall outlet.	<ul style="list-style-type: none"> • Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	<ul style="list-style-type: none"> • Open the door and close securely.
<i>Control panel lighted, yet oven will not start</i>	Door not securely closed.	<ul style="list-style-type: none"> • Open the door and close securely.
	START pad not pressed after entering cooking selection.	<ul style="list-style-type: none"> • Press START.
	Another selection entered already in oven and CLEAR/OFF pad not pressed to cancel it.	<ul style="list-style-type: none"> • Press CLEAR/OFF.

Cooking time not entered after pressing <i>TIME COOK</i>.	<ul style="list-style-type: none"> • Make sure you have entered cooking time after pressing <i>TIME COOK</i>.
<i>CLEAR/OFF</i> was pressed accidentally.	<ul style="list-style-type: none"> • Reset cooking program and press <i>START</i>.
Food weight not entered after pressing <i>AUTO DEFROST</i>.	<ul style="list-style-type: none"> • Make sure you have entered food weight after pressing <i>AUTO DEFROST</i>.
Food type not entered after pressing <i>REHEAT</i>.	<ul style="list-style-type: none"> • Make sure you have entered a food type.

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.

