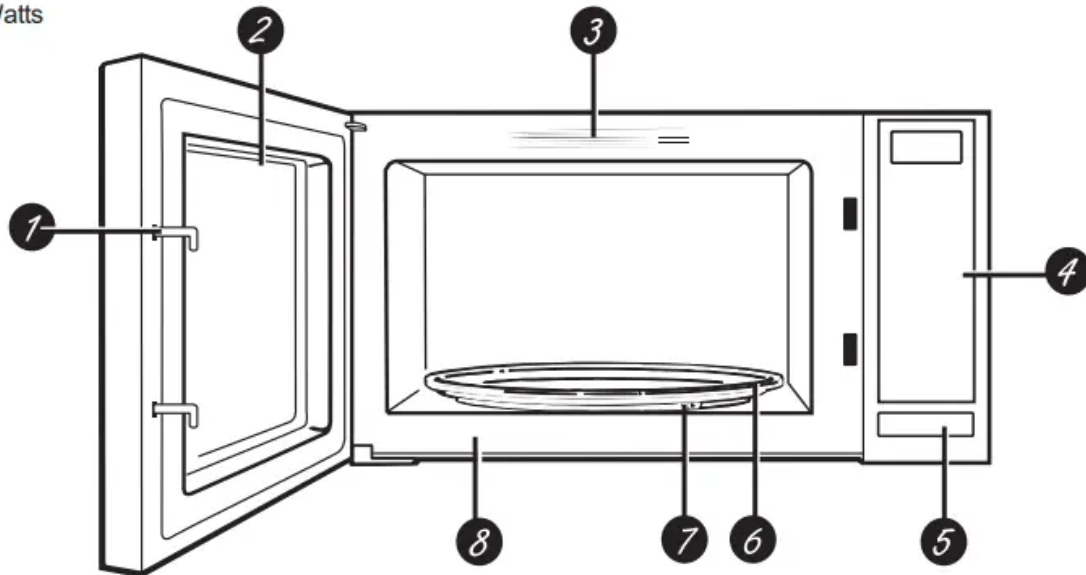


## Features

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

900 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. Control Panel Display.

5. **Door Latch Release.** Press latch release to open door.

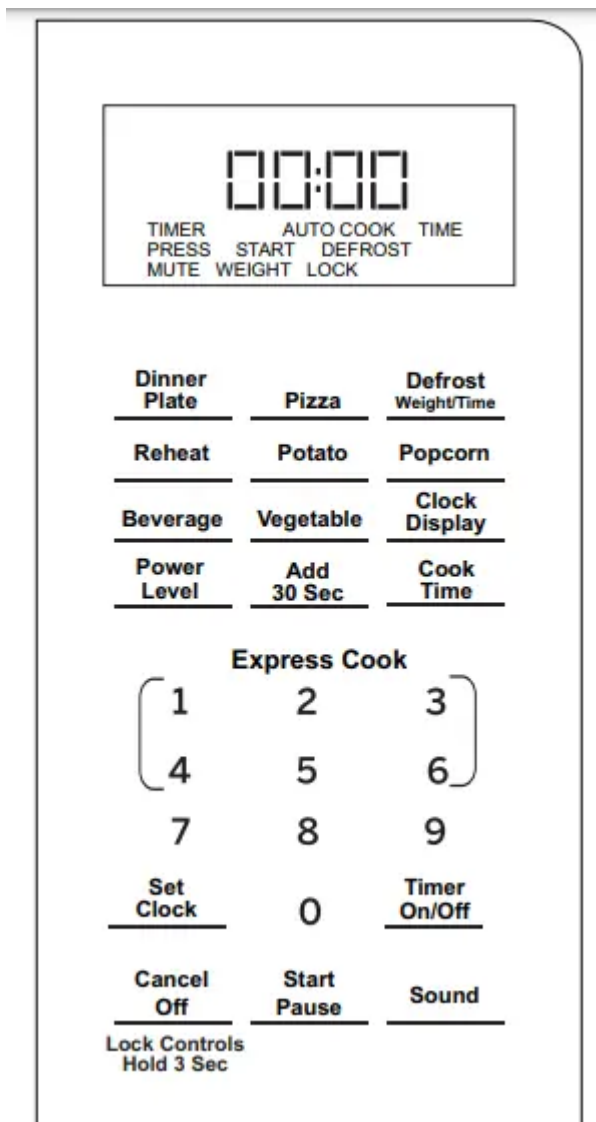
6. **Removable Turntable.** Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.

7. **Removable Turntable Support.** The turntable support must be in place when using the oven. The turntable support may be removed for cleaning.

8. **Rating Label.** Rating plate is located on the front of the microwave oven.

## Controls

You can microwave by time or with the convenience features.



Control buttons' functions are explained on the following pages.

## About the features

### Power Level

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

1. Press **Cook Time** and enter cooking time.
2. Press the **Power Level** button and select power level 1-10.
3. 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 **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::

**Power Level 10:** Fish, bacon, vegetables, heating 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.

## Cook Time

Allows you to microwave for any time up to 99 minutes and 99 seconds.

1. Press **Cook Time**.

2. Enter cooking time.

3. The power level is automatically set to 10, but if you want to reduce it, press Power Level, then select a level from 1 to 9.

4. Press **Start/Pause**.

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

## Multi-Stage Cooking

At most 2 stages can be set for cooking. In multi-stage cooking, if one stage is defrosting, then defrosting shall be placed at the first stage automatically.

Note: Auto cooking cannot work in the multi-stage cooking.

Example: if you want to cook with 80% microwave power for 5 minutes + 60% microwave power for 10 minutes. The cooking steps are as following:

1. Press **Time Cook** once, then press “5”, “0”, “0” to set the cooking time;
2. Press **Power** once, then press “8” to select 80% microwave power.
3. Press **Time Cook** once, then press “1”, “0”, “0”, “0” to set the cooking time;
4. Press **Power** once, then press “6” to select 60% microwave power.
5. Press **Start/Pause**.

## Time Defrost

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

1. Press **Defrost** twice (display must show Time Defrost).
2. Enter defrosting time.
3. Press **Start/Pause**.

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

## Weight Defrost

Weight defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to six pounds.

1. Press **Defrost** (display must show Weight Defrost).

2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).

3. Press **Start/Pause**.

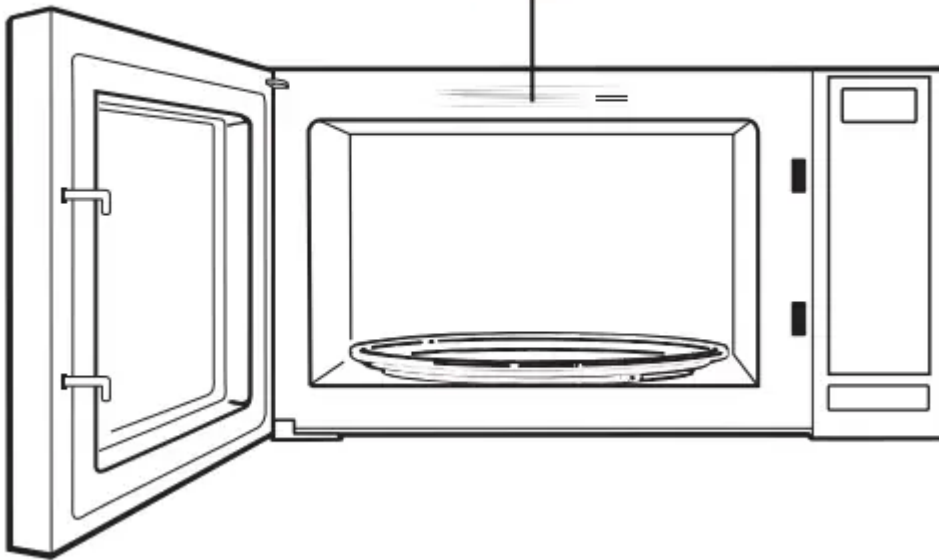
There is a cooking guide located on the inside front of the oven.

### Conversion Guide

<b>If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.</b>	
<b>Ounces</b>	<b>Pounds</b>
<b>1-2</b>	<b>.1</b>
<b>3</b>	<b>.2</b>
<b>4-5</b>	<b>.3</b>
<b>6-7</b>	<b>.4</b>
<b>8</b>	<b>.5</b>
<b>9-10</b>	<b>.6</b>
<b>11</b>	<b>.7</b>
<b>12-13</b>	<b>.8</b>
<b>14-15</b>	<b>.9</b>



## Cooking Guide



## Defrosting Guide



Food	Time	Comments
<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 of 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 of time.
<b>Fruit</b> Plastic pouch—1 or 2 (10-oz. package)	1 to 5 min.	
<b>Meat</b>		
Bacon (1 lb.)	2 to 5 min.	Place unopened package in oven. Let stand 5 minutes defrosting.
Franks (1 lb.)	2 to 5 min.	Place unopened package in oven. Microwave just until can be separated. Let stand 5 minutes, if necessary, to defrosting.
Ground meat (1 lb.)	4 to 6 min.	Turn meat over after first half of time.
Roast: beef, lamb, veal, pork	9 to 12 min. per lb.	Use power level Warm (1).
Steaks, chops and cutlets	4 to 8 min. per lb.	Place unwrapped meat in cooking dish. Turn over after of time and shield warm areas with foil. After second h separate pieces with table knife. Let stand to complete defrosting.
<b>Poultry</b>		

Chicken, broiler-fryer, cut up (2 $\frac{1}{2}$ to 3 lbs.)	14 to 19 min.	Place wrapped chicken in dish. Unwrap and turn over half of time. After second half of time, separate pieces in cooking dish. Microwave 2 to 4 minutes more, if needed. Let stand a few minutes to finish defrosting.
Chicken, whole (2 $\frac{1}{2}$ to 3 lbs.)	20 to 24 min.	Place wrapped chicken in dish. After first half of time, and turn chicken over. Shield warm areas with foil. To finish defrosting, run cool water in cavity until giblets can be removed.
Cornish hen	7 to 12 min. per lb.	Place unwrapped hen in oven breast-side-up. Turn over first half of time. Run cool water in cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.)	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.

## Express Cook

This is a quick way to set cooking time from 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.

**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.

## Other Features

### Insert Food Reminder

A reminder will show on the display if the user tries to start the cooking cycle without placing food inside the microwave oven within 5 minutes prior to starting the cooking cycle.

## Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display “END” and beep once a minute until you either open the oven door or press the **Cancel/Off** button.

## Lock Controls

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, “LOC” will appear in the display.

## Clock Display

To turn the clock display on or off, press **Clock Display**. The Display On/Off feature cannot be used while a cooking feature is in use.

## Set Clock

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

1. Press **Set Clock**.
2. Enter time of day.
3. Press **Start** or **Set Clock**.

## Start/Pause

In addition to starting many functions, **Start/Pause** allows you to stop cooking without opening the door or clearing the display. Press **Start/Pause** again to restart the oven.

## Timer On/Off

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

1. Press **Timer On/Off**.
2. Enter the amount of time you want to count down.
3. Press **Timer On/Off** to start.

When the time is up, the oven will signal. To turn off the timer signal, press **Timer On/Off**.

The display shows the Timer countdown time even when the oven is operating.

## Sound

You can turn off all beeping sounds by pressing the Sound button so that MUTE shows on the display. Pressing the Sound button again will remove MUTE from the display and turns all beeping sounds back on.

## Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <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	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting 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. In microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and tails 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 after 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 certain the oven control is turned off before cleaning any part of this oven.**

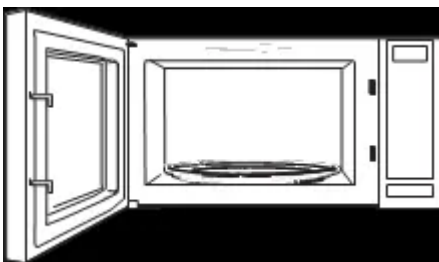
## How to Clean the Inside

### 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, non-abrasive 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	A fuse in your home may be blown or the circuit breaker tripped. Replace or reset circuit breaker.
	Unplug your microwave oven, then plug it back in.
	Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed.
	<b>Start/Pause</b> must be pressed after entering cooking selection.
	Another selection entered already in oven and <b>Cancel/Off</b> not pressed cancel it.
	Make sure you have entered cooking time after pressing <b>Cook Time</b> .
	<b>Cancel/Off</b> was pressed accidentally. Reset cooking program and press <b>Pause</b> .
	Make sure you entered food weight after pressing <b>Defrost Weight</b> .
Oven was paused accidentally. Press <b>Start/Pause</b> to restart the cooking program.	
"LOC" APPEARS ON DISPLAY	The control panel has been locked. (When the control panel is locked, "LOC" will be displayed.) Press and hold <b>Cancel/Off</b> for about 3 seconds to unlock the control panel.
"FOOD" APPEARS ON DISPLAY	The control detected that the door has not been opened (food/beverage not been placed inside).
"PF" APPEARS ON DISPLAY	A Power Failure has occurred. Press <b>Cancel/Off</b> to clear the display.



**“F3” APPEARS ON  
DISPLAY**

A key has been activated for more than 60 seconds. Press **Cancel/Off** the display. This can happen if liquid is on the control panel. Dry the control panel thoroughly after cleaning.

## 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.

### 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.