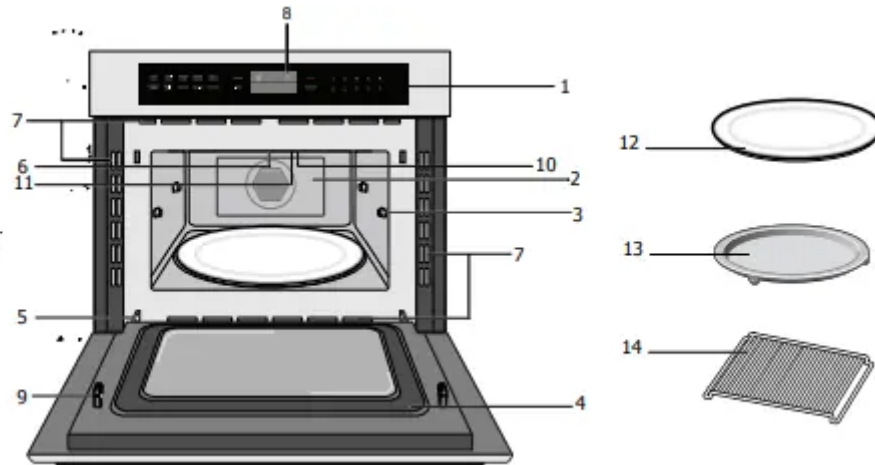


PART NAMES



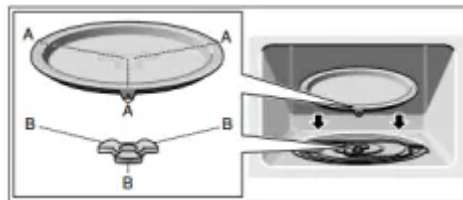
1. Auto-Touch control panel
2. Convection fan and element The convection fan operates during all convection modes. When the oven is operating in a convection mode, the fan turns off automatically when the door is opened.
3. Rack holders (4)
4. Door gasket
5. Door hinges
6. Broil element
7. Oven vents .Warm air may be released from the top and bottom vents before, during and after cooking. It is normal to see steam escaping from these vents, and condensation may collect in this area. Do not block any vents, since they are important for air circulation.
8. Time display Digital display,99 minutes, 99 seconds.
9. Safety door latches The oven will not operate unless the door is securely closed.
10. Oven light The oven light turns off to save energy after one minute with the door open. To turn the light back on, close the door and open it again.
11. Waveguide cover DO NOT REMOVE
12. Metal tray turntable with bake element below Provide heat for food which particularly requires a lot of heat from underneath. Place the turntable with the rollers "A" as shown in the picture, on the carrier "B" in the middle of the cooking compartment floor. The turntable must sit straight on the carrier.
13. Metal tray turntable with bake element below Provide heat for food which particularly requires a lot of heat from underneath. Place the turntable with the rollers "A" as shown in the picture, on the carrier "B" in the middle of the cooking compartment floor. The turntable must sit straight on the carrier.
14. Metal mesh rack

12. Ceramic microwave tray Use for microwave cooking and conventional cooking. Food like a popcorn bag or potatoes can be directly placed on the ceramic tray.

• Warning:

- The ceramic tray will get hot during convention cooking
- Place the ceramic tray on top of the metal tray turnable
- The ceramic tray can remain in the oven for all cooking modes, unless “Bake on Metal Tray” is required.
- Use ceramic tray on top of metal tray to pop popcorn.
- Do not pop popcorn directly on metal turntable tray.

13. Metal tray turntable with bake element below Provide heat for food which particularly requires a lot of heat from underneath. Place the turntable with the rollers "A" as shown in the picture, on the carrier "B" in the middle of the cooking compartment floor. The turntable must sit straight on the carrier



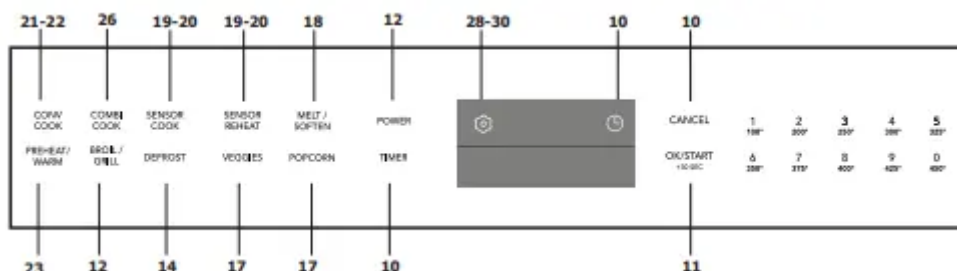
Note : Do not use the appliance if the turntable is not in place. Confirm that all parts are properly seated and that the turntable rotates freely when the microwave is operated. The metal tray turntable can support max. 12 lbs.

14. Wire rack

Use the wire rack with recess facing down for Convection, Keep Warm and to fit larger dishes into the oven cavity. Use it facing up (as shown) for Broil . 14 13 12 ••• 1 10 9 7 6 5 4 3 11 2 7 /Grill

CONTROL PANEL

Number next to the control panel illustration indicates pages on which there are feature descriptions and usage information.



Words in the lower portion of the display will light to indicate what function is in progress.



BEFORE OPERATING

TO SET THE CLOCK

- Suppose you want to enter the correct time of day 12:30 (A.M or P.M.).

Touch	Display Shows:
1.	12:00
2.	12:30
3. OK/START +30 SEC	12:30

TO SET THE TIMER

- Set the timer for 3 minutes.

Touch	Display Shows:
1. TIMER	0:00 MIN : SEC
2.	3:00 MIN : SEC
3. OK/START +30 SEC	3:00 MIN : SEC

Time counting down

CANCEL

Press the **CANCEL** to:

1. Erase if you make a mistake during programming.
2. Cancel timer and the signal after cooking.
3. Return the time of day to the display.
4. Cancel a program during cooking, press once.

MANUAL COOKING

USING ONE TOUCH START

This is a time saving pad that will automatically start cooking 2 seconds after selected. Numeric key 1 to 9 can be touched for a 1 minute to minutes automatic start cooking feature.

- **Suppose you want to cook 3 minutes at 100% power**

Touch	Display Shows:
2. (3)	3:00 MIN : SEC Time counting down automatically after 2 seconds

USING ADD 30 SEC

This is a time saving pad. It is a simplified feature that lets you quickly set and start microwave cooking at 100% power

- **Suppose you want to set and start microwave cooking at 100% for 30 SEC.**

Touch	Display Shows:
1. OK/START +30 SEC	30 SEC Time counting down

SETTING TIMED COOKING WITH POWER LEVEL

This feature lets you program a specific cook time and power. For best results, there are 11 power level settings in addition to HIGH (100%) power. Refer to the "Microwave Power Levels" table

- **Suppose you want to cook for five minutes at 70% power.**

Touch	Display Shows:
1. (5)(0)(0)	5:00 MIN : SEC
2. POWER	PWR 100%
3. (7)	PWR 70%
3. OK/START +30 SEC	5:00 MIN : SEC Time counting down

SETTING TWO-STAGE COOKING

For best results, some recipes call for different power levels during a cook cycle. You can program your oven for two power level stages during the cooking cycle.

- **To set a 2-stage cook cycle. The first stage is a 2 minutes cook time at 30% cook power then a 4 minutes cook time at 70% cook power**

Touch	Display Shows:
1. (2) (0) (0)	2:00 MIN : SEC
2. POWER	PWR 100%
3. (3)	PWR 30%
4. POWER	" ENTER STAGE 2 POWER PRESS OK " will show on the display.
5. (7)	PWR 70%
6. OK/START +30 SEC	" ENTER STAGE 2 COOK TIME PRESS START " will show on the display.
7. (4) (0) (0)	4:00 MIN : SEC
8. OK/START +30 SEC	2:00 MIN : SEC Time counting down

When the first stage finishes, the oven will beep. "FIRST STAGE DONE" will show on the display. The second stage starts automatically.

Broil/Grill COOKING

The broil / grill touch pad lets you broil at a high or low setting and also cook fresh and frozen pizza. See table below

- **Suppose you want to broil or grill for 20 minutes with the low level**

Touch	Display Shows:
1. BROIL / GRILL	BROIL HIGH
2. BROIL / GRILL	BROIL LOW
3. OK/START +30 SEC	0:00 MIN : SEC
4. 2 0 0 0	20:00 MIN : SEC
5. OK/START +30 SEC	20:00 MIN : SEC

Time counting down

KEY PRESS	Food
BROIL/GRILL x1	Grill High
BROIL/GRILL x2	Grill Low
BROIL/GRILL x3	12" Fresh Pizza
BROIL/GRILL x4	12" Frozen Pizza

Pizza tips

- For fresh pizza use a pizza paddle for sliding the pizza on and from the metal turntable.
- If using a pizza paddle, sprinkle the paddle liberally with cornmeal for ease in transferring the dough to the metal turntable.
- Maximum size is 12 inches for fresh and frozen pizzas.
- Avoid using a pizza stone as it can damage the oven.
- The metal turntable can be used for cutting pizza into slices. Remove the turntable from the oven after the pizza is baked.

MICROWAVE POWER LEVELS

For best results, some recipes call for different cook powers. The lower the cook power, the slower the cooking. Each number from 1 to 9 stands for a different percentage of full cook power.

The following table gives the percentage of cook power each number pad stands for, and the cook power name usually used

The table also tells you when to use each cook power. Follow recipe or food package instructions if available.

NOTE : Refer to a reliable cookbook for cooking times based on the 1000 Watt cook power of your microwave oven.

COOK POWER	LEVEL	WHEN TO USE IT
100% of full power	High	<ul style="list-style-type: none"> Quickly heating convenience foods and foods with high water content, such as soup and beverages. Cooking tender cuts of meat, ground meat or chicken.
9 = 90% of full power		<ul style="list-style-type: none"> Heating cream soups.
8 = 80% of full power		<ul style="list-style-type: none"> Heating rice, pasta, or casseroles.
7 = 70% of full power	Medium-High	<ul style="list-style-type: none"> Cooking and heating foods that need a Cook Power lower than High (for example, whole fish and meat loaf) or when food is cooking too fast. Reheating a single serving of food.
6 = 60% of full power		<ul style="list-style-type: none"> Cooking that requires special care, such as cheese and egg dishes, pudding, and custards. Finishing cooking casseroles.
5 = 50% of full power	Medium	<ul style="list-style-type: none"> Cooking ham, whole poultry, and pot roasts. Simmering stews.
4 = 40% of full power		<ul style="list-style-type: none"> Melting chocolate. Heating pastries.
3 = 30% of full power	Medium-Low, Defrost	<ul style="list-style-type: none"> Manually defrosting pre-cooked and other foods, such as bread, fish, meats and poultry.
2 = 20% of full power		<ul style="list-style-type: none"> Softening butter, cheese, and ice cream.
1 = 10% of full power	Low	<ul style="list-style-type: none"> Keeping food warm. Taking chill out of fruit.
0 = 0% of full power	None	<ul style="list-style-type: none"> Standing time in oven.

AUTO COOKING

USING AUTO DEFROST

Three defrost sequences are preset in the oven.

The auto defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange the food in order to get the best defrost results. Three different defrosting levels are provided:

1. **MEAT**
2. **POULTRY**
3. **FISH**

Available weight is 0.1-6.0 lbs.

- **Suppose you want to defrost 0.6 lbs of meat.**

Touch	Display Shows:
1. DEFROST	MEAT
2. OK/START +30 SEC	0.0 Lb
3. 6	0.6 Lb
4. OK/START +30 SEC	MEAT Then time will count down

OPERATING TIPS

- For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook
- For best results, roll your ground meat into a ball before freezing. During the DEFROST cycle, the microwave will signal when it is time to turn the meat over. Scrape off any excess frost from the meat and continue defrosting.
- Place foods in a shallow containers or on a microwave roasting rack to catch drippings. This table shows food type selections and the weights you can set for each type. For best results, loosen or remove covering on food.

KEY PRESS	Category	WEIGHTS YOU CAN SET (tenths of a pound)
Defrost	Meat	0.1 to 6.0
Defrost	Poultry	0.1 to 6.0
Defrost	Fish	0.1 to 6.0

Weight conversion table

You are probably used to measuring food in pounds and ounces that are fractions of a pound (for example, 4 ounces equals 1/4 pound). However, in order to enter food weight in Auto Defrost, you must specify pounds and tenths of a pound. If the weight on the food package is in fractions of a pound, you can use the following table to convert the weight to decimals

Equivalent Weight	
OUNCES	DECIMAL WEIGHT
1.6	.10
3.2	.20
4.0	.25 One-Quarter Pound
4.8	.30
6.4	.40
8.0	.50 One-Half Pound
9.6	.60
11.2	.70
12.0	.75 Three-Quarters Pound
12.8	.80
14.4	.90
16.0	1.0 One Pound

AUTO DEFROST TABLE

NOTE: Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of the defrost sequence.

MEAT SETTINGS

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
BEEF			
Ground Beef, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lb. Freeze in ball shape.
Ground Beef, Patties	MEAT	Separate and rearrange.	Do not defrost less than 2 oz. patties. Depress center when freezing.
Round Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Tenderloin Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Stew Beef	MEAT	Remove thawed portions with fork. Separate remainder.	Place in a microwave safe dish.
Pot Roast, Chuck Roast	MEAT	Return remainder to oven.	Place in a microwave safe dish.
Rib Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Rolled Rump Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
LAMB			
Cubes for Stew	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Chops (1 inch thick)	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwave safe dish.
PORK			
Chops (1/2 inch thick)	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Hot Dogs	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Spareribs Country-style Ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Sausage, Links	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Sausage, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwave safe dish.
Loin Roast, Boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.

AUTO DEFROST TABLE (CONTINUED)

POULTRY SETTINGS

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
CHICKEN Whole (up to 6 lbs)	POULTRY	Turn over breast side down. Cover warm areas with aluminum foil.	Place chicken breast-side up in a microwave safe dish. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.
		Separate pieces and rearrange.	Place in a microwave safe dish.
		Turn over. Cover warm areas with aluminum foil.	Finish defrosting by immersing in cold water.
CORNISH HENS Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish. Finish defrosting by immersing in cold water.
TURKEY Breast (up to 6 lbs)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish. Finish defrosting by immersing in cold water.

FISH SETTINGS

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
FISH			
Filets	FISH	Turn over. Separate filets when partially thawed, if possible.	Place in a microwave safe dish. Carefully separate filets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwave safe dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in a microwave safe dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH			
Crab meat	FISH	Break apart. Turn over.	Place in a microwave safe dish.
Lobster tails	FISH	Turn over and rearrange.	Place in a microwave safe dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwave safe dish.
Scallops	FISH	Separate and rearrange.	Place in a microwave safe dish.

DEFROSTING TIPS

- When using Auto Defrost, the weight to be entered is the net weight (the weight of the food minus the container)
- Before starting, make sure to remove any and all metal twist-ties that often come with frozen food bags, and replace them with strings or elastic bands.
- Open containers, such as cartons, before placing in the oven.
- Always slit or pierce plastic pouches or packaging.
- If food is foil wrapped, remove foil and place food in a suitable container
- Slit the skin of skinned food, such as sausage
- Bend plastic pouches of food to ensure even defrosting
- Always under estimate defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting
- The length of defrosting time varies according to how solidly the food is frozen.

SETTING POPCORN

The Popcorn quick touch pad lets you pop 3.3, 3.0, 1.75 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions.

- **Suppose you want to pop a 3.3 oz. popcorn**

Touch	Display Shows:
1. POPCORN	3.3 0Z
2. OK/START +30 SEC	POPCORN Then time will count down

Key press	Selection	Amount
Popcorn	3.3	3.3 oz (94g)
Popcorn	3.0	3.0 oz (85g)
Popcorn	1.75	1.75 oz (50g)

- The shape of the package affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- As food begins to defrost, separate the pieces. Separated pieces defrost more easily.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- For better results, let food stand after defrosting. (For more information on standing time, see the "Microwave Cooking Tips" section).
- Turn over food during defrosting or standing time. Break apart and remove food as required.

SETTING VEGGIES

The Veggies quick touch pad lets you cook fresh and frozen vegetables.

- **Suppose you want to cook frozen veggies**

Touch	Display Shows:
1. VEGGIES	POTATO
2. VEGGIES	FRESH VEGGIES
3. VEGGIES	FROZEN VEGGIES
4. OK/START +30 SEC	FROZEN VEGGIES Then time will count down

Key	Food	
Veggies x1	Potato	1-4
Veggies x2	Fresh	1-4 Cups
Veggies x3	Frozen	1-4 Cups

SETTING MELT/SOFTEN

The oven uses low power to melt and soften items. See the following table.

- Suppose you want to melt 8 oz. of Chocolate.

Touch	Display Shows:
1. MELT/ SOFTEN	BUTTER
2. MELT/ SOFTEN	CHOCOLATE
3. OK/START +30 SEC	2 07
4. (8)	8 07
5. OK/START +30 SEC	CHOCOLATE Then time will count down

Key	Foo	Amount	Key
Melt / Soften x1	Melt Butter	1 stick	1
		2 sticks	2
Melt / Soften x2	Melt Chocolate	2 oz.	2
		4 oz.	4
		8 oz.	8
Melt / Soften x3	Soften Ice Cream	1 Pint	1
		1.5 Quart	2
Melt / Soften x4	Soften Cream Cheese	3 oz.	3
		8 oz.	8

MELT/SOFTEN TABLE

CATEGORY	DIRECTION	AMOUNT
BUTTER	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.	1 or 2 sticks
CHOCOLATE	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.	2, 4 or 8 oz.
ICE CREAM	Place container in oven. Ice cream will be soft enough to make scooping easier.	Pint, 1.5 Quart.
CREAM CHEESE	Unwrap and place in microwavable container. Cream cheese will be at room temperature and ready for use in recipe.	3 or 8 oz.

SENSOR COOKING

SENSOR OPERATING INSTRUCTIONS

Sensor Cook allows you to cook most of your favorite foods without selecting cooking times and power levels. The display will show the selected food type during the initial sensing period.

The oven automatically determines required cooking time for each food item. When the internal sensor detects a certain amount of humidity coming from the food, it will tell the oven how much longer to heat. The display will show the remaining heating time. For best results for cooking by Sensor, follow these recommendations.

1. Food cooked with the sensor system should be at normal storage temperature.
2. Always use microwavable containers.
3. Match the amount to the size of the container. Fill containers at least half full for best results
4. Be sure the outside of the cooking container 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
5. . Foods should always be covered with microwavable plastic wrap, waxed paper , or a lid. Never use tight-sealing plastic covers. They can prevent steam from escaping and cause food to overcook
6. Do not open the door or touch the STOP key during the sensing time. When sensing time is over, the oven beeps and the remaining cooking time will appear in the display window. At this time you can open the door to stir, turn, or rearrange the food.

USING SENSOR COOK

Using SENSOR COOK lets you cook common microwave-prepared foods without needing to program times and cook powers

- **Suppose you want to cook fish seafood with sensor.**

Touch	Display Shows:
1. SENSOR COOK	BACON
2. SENSOR COOK	FROZEN ENTREE
3. SENSOR COOK	WHITE RICE
4. SENSOR COOK	GROUND MEAT
5. SENSOR COOK	FISH SEAFOOD
6. OK/START +30 SEC	FISH SEAFOOD

USING SENSOR REHEAT

Using SENSOR REHEAT lets you common microwave-prepared foods without selecting cooking times and power levels.

- Suppose you want to reheat . or fish seafood soup sauce

Touch	Display Shows:
1. SENSOR REHEAT	BEVERAGE
2. SENSOR REHEAT	SOUP SAUCE
3. OK/START +30 SEC	SOUP SAUCE

SENSOR COOKING

SENSOR COOK TABLE

CATEGORY	DIRECTION	AMOUNT
Bacon	Place bacon strips on a microwave bacon rack for best results. (Use dinner plate lined with paper towels if rack is not available).	1-3 slices
Frozen Entree	Place in an appropriately sized microwave container. Cover with plastic wrap. After cooking, stir and allow to stand for 3 minutes.	10 oz./ 20 oz.
White Rice	Place rice and twice as much liquid (water, chicken or vegetable stock) in a 2 quart microwave dish. Cover with plastic wrap and vent. After cooking, allow to stand for 10 minutes. Stir for fluffier rice.	2-5 cups Use medium or long grain rice. Cook instant rice according to directions on the package.
Ground Meat	Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave-safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When oven stops, turn patties over or stir meat in casserole to break up large pieces. After cooking, let stand, covered, for 2 to 3 minutes.	8-24 oz.
Fish/Seafood	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with plastic wrap. After cooking, let stand, covered, 3 minutes.	8-20 oz.

SENSOR REHEAT TABLE

CATEGORY	DIRECTION	AMOUNT
Beverage	Do not cover.	1-3 cups
Soup/Sauce	Place in shallow microwavable casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.	1-2 cups
Pizza		1-4 Slices
Dinner Plate	Place on a low plate. Cover with vented plastic wrap. Let stand 3 minutes after cooking.	1 plate
Casserole/ Pasta	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.	1 serving

CONVECTION COOKING

TIPS FOR CONVECTION COOKING

This section gives you cooking instructions and procedures for operating each convection function. Please read these instructions carefully.

Convection cooking circulates hot air through the oven cavity with a fan. The constantly moving air surrounds the food to heat the outer portion quickly, creating even browning and sealed-in flavor by the constant motion of hot air over the food surfaces.

Your oven uses convection cooking whenever you use the Convection Button. **DO NOT USE THE OVEN WITHOUT THE TURNTABLE IN PLACE.**

1. Do not cover turntable or metal rack with aluminum foil. interfere with the flow of air that cooks the food.
2. Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
3. Use convection cooking for items like soufflés, breads, cookies, angel food cakes, pizza, and for some meat and fish.
4. You do not need to use any special techniques to adapt your favorite oven recipes to convection cooking; however, you need to lower oven temperature by 25°F from recommended temperature mentioned in package instructions when cooking packaged food in convection mode.
5. When baking cakes, cookies, breads, rolls, or other baked foods, most recipes call for preheating. Preheat the empty oven just as you do a regular oven. You can start heavier dense foods such as meats, casseroles, and poultry without preheating.
6. All heat-proof cookware or metal utensils can be used in "convection cooking."

7. Use metal utensils only for convection cooking.

Never use for microwave or combination cooking since arcing and damage to the oven may occur.

8. After preheating, if you do not open the door the oven will automatically hold at the preheated temperature for 30 minutes.

PRECAUTIONS

- The oven cavity, door, metal turntable tray, ceramic tray, metal rack, and cooking utensils will become very hot. USE THICK OVEN GLOVES when removing the food, cooking utensils, metal turntable tray, ceramic tray, metal rack from there over after convection cooking.
- Do not use lightweight plastic containers, plastic wraps, or paper products during any convection.

CONVECTION BAKE

- Suppose you want to bake 33 min at 375 degree.

Touch	Display Shows:
1. CONV COOK	BAKE
2. OK/START +30 SEC	325°
3. 7	375°
4. OK/START +30 SEC	0:00 <small>MIN : SEC</small>
5. 3 3 0 0	33:00 <small>MIN : SEC</small>
6. OK/START +30 SEC	33:00 <small>MIN : SEC</small>

Time counting down

Bake (Deg F)	Key
250	3
300	4
325(Default)	5
350	6
375	7
400	8

CONVECTION ROAST

- Suppose you want to roast 33 min at 375 degree



Touch	Display Shows:
1. CONV COOK	BAKE
2. CONV COOK	ROAST
3. OK/START +30 SEC	300°
4. 7	375°
5. OK/START +30 SEC	0:00 <small>MIN : SEC</small>
6. 3 3 0 0	33:00 <small>MIN : SEC</small>
7. OK/START +30 SEC	33:00 <small>MIN : SEC</small>

Time counting down

Roast (Deg F)	Key
300(Default)	4
325	5
350	6
375	7
400	8
425	9
450	0

CONVECTION PREHEAT

- Suppose you want to preheat 350 degree.

Touch	Display Shows:
1. PREHEAT/ WARM	PREHEAT
2. OK/START +30 SEC	325°
3. 6	350°
4. OK/START +30 SEC	PREHEAT
When set preheat temp is reached.	OVEN READY

NOTE
The temperature range has 10 steps from 100° F to 450° F.

Preheat (Deg F)	Key
100	1
200	2
250	3
300	4
325 (Default)	5
350	6
375	7
400	8
425	9
450	0

CONVECTION KEEP WARM

- Suppose you want to keep warm for 33min

Touch	Display Shows:
1. PREHEAT/ WARM	PREHEAT
2. CONV COOK	WARM
3. OK/START +30 SEC	0:00 MIN : SEC
4. (3) (3) (0) (0)	33:00 MIN : SEC
5. OK/START +30 SEC	33:00 MIN : SEC

Time counting down

CONVECTION BAKING GUIDELINES

1. Dark or non-shiny finishes, glass, and pyroceram absorb heat which may result in dry,crisp crusts
2. Preheating the oven is recommended when baking foods by convection.
3. To prevent uneven heating and save energy, open the oven door to check food as little as possible.

Food	Oven Temp.	Time, Min.	Comments	
Breads	Refrigerated Biscuits	375°F	11 to 14	Allow additional time for large biscuits.
	Corn Bread	350°F	35 to 40	
	Muffins	425°F	18 to 22	Remove from pans immediately and cool slightly on wire rack. Pierce each popover with a fork after removing from oven to allow steam to escape.
	Popovers	325°F	45 to 55	
	Nut Bread or Fruit Bread	325°F	60 to 70	
	Yeast Bread	375°F	16 to 23	
	Plain or Sweet Rolls	350°F	13 to 16	
Cakes	Devil's Food	350°F	35 to 40	Place cake pan on rack. If using a 9X13 cake pan turn off the turntable.
	Fudge brownies	350°F	26 to 30	
	Coffee Cake	325°F	30 to 35	Cool in pan 10 minutes before inverting on wire rack.
	Cup Cakes	325°F	20 to 25	
	Fruit Cake (loaf)	275°F	90 to 100	
	Gingerbread	300°F	25 to 30	
	Butter Cakes, Cake	325°F	35 to 45	
	Tube Cake	325°F	35 to 45	
Pound Cake	325°F	30 to 40		
Cookies	Chocolate Chip	350°F	11 to 14	Place metal tray on rack. Allow extra time for frozen cookie dough. Place metal tray on rack.
	Sugar	350°F	11 to 14	
Fruits, Other Desserts	Baked Apples or Pears	350°F	35 to 40	Bake in cookware with shallow sides. Pudding is done when knife inserted near center comes out clean.
	Bread Pudding	300°F	35 to 40	
	Cream Puffs	400°F	30 to 35	Puncture puffs twice with toothpick to release steam after 25 minutes of baking time. When done, turn oven off and let shells stand in oven 1 hour to dry.
	Meringue Shells	300°F	30 to 35	

Food	Oven Temp.	Time, Min.	Comments	
Pies, Pastries	Frozen Pie	400°F	50 to 60	Place metal tray on rack and place in cold oven. Preheat oven, tray and rack to 400°F. When preheated, place frozen pie on metal tray and bake according to package time or until crust is browned and filling is hot. Follow package directions for preparation. Follow package directions for preparation. Let stand 5 minutes before cutting. Pierce pastry with fork to prevent shrinkage.
	Meringue-Topped	450°F	9 to 11	
	Two-Crust	400°F	50 to 55	
	Quiche	350°F	30 to 35	
Casseroles	Pastry Shell	400°F	10 to 16	Cook times vary with casserole size and ingredients. Cook times vary with casserole size and ingredients. Let stand 5 minutes before serving. Cook times vary with casserole size and ingredients.
	Meat, Chicken, Seafood Combinations	350°F	20 to 40	
	Pasta	350°F	25 to 45	
	Potatoes, scalloped	350°F	55 to 60	
Convenience Foods	Vegetable	350°F	25 to 35	Follow package directions for preparation. Follow package directions for preparation. Follow package directions for preparation. Follow package directions for preparation. Follow package directions for preparation. Follow package directions for preparation. Follow package directions for preparation. Follow package directions for preparation.
	Frozen Bread Dough	350°F	30 to 35	
	Frozen Entree	325°F	70 to 80	
	Frozen Pizza	400°F	25 to 35	
	Pizza Rising Crust	400°F	17 to 21	
	Frozen Pizza	400°F	17 to 21	
	French Fries Crinkle	450°F	15 to 19	
	Cut Frozen Waffle	400°F	5 to 7	
Frozen Cheese Sticks	450°F	6 to 8		
Main Dishes	Frozen Turnovers	450°F	18 to 22	Let stand 5 minutes after cooking. Brown meat before combining with liquid and vegetables. Let stand 2 minutes after cooking. Use green, red, or yellow peppers.
	Meat Loaf	400°F	30 to 40	
	Oven-Baked Stew	325°F	80 to 90	
	Swiss Steak	350°F	60 to 70	
Vegetables	Stuffed Peppers	350°F	40 to 45	Add ½ cup water to dish. Turn squash halves cut side up after 30 minutes of cook time and cover. Pierce skin with fork before baking. Pierce skin with fork before baking.
	Acorn Squash Halves	375°F	55 to 60	
	Baked Potatoes	425°F	50 to 60	
	Twice-Baked Potatoes	400°F	25 to 30	

TIPS FOR COMBINATION COOKING

This section gives you instructions to operate each combination cooking function. Please read these instructions carefully. Sometimes combination microwave-convection cooking is suggested to get the best cooking results since it shortens the cooking time for foods that normally need a long time to cook. This cooking process also leaves meats juicy on the inside and crispy on the outside. In combination cooking, the convection heat and microwave energy alternate automatically.

HELPFUL HINTS FOR COMBINATION COOKING

1. **Meats** may be roasted directly on the metal rack or in a shallow roasting pan placed on the rack. When using the metal rack, please check your cooking guide for information on proper use.
2. **Less tender** cuts of beef can be roasted and tenderized using oven cooking bags.
3. **When baking**, check for doneness after cooking time is up. If not completely done, let stand in oven for a few minutes to complete cooking.

PRECAUTIONS

1. All cookware used for combination cooking must be BOTH microwave-safe and oven-safe

2. During combination baking, some baking cookware may cause arcing when it comes in contact with the oven walls or metal accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal

- If arcing occurs, immediately stop the cooking cycle and place a microwavable safe dish between the pan and the metal rack
- We recommend you use the metal rack supplied with your oven
- If arcing occurs with other baking cookware, do not use them for combination cooking.

COMBI COOK BAKE

- Suppose you want to bake 33 min at 350 degree using Combi cook

1. COMBI COOK	BAKE
2. OK/START +30 SEC	325°
3. 6	350°
4. OK/START +30 SEC	0:00 MIN : SEC
5. 3 3 0 0	33:00 MIN : SEC
6. OK/START +30 SEC	33:00 MIN : SEC

Time counting down

Bake (Degrees F)	Key	Microwave Setting
325	Default	10%
250	3	10%
300	4	10%
325	5	10%
350	6	10%
375	7	10%
400	8	10%

COMBI COOK ROAST

- Suppose you want to roast 33 min at 300 degree using Combi cook.

Touch	Display Shows:
1. COMBI COOK	BAKE
2. COMBI COOK	ROAST
3. OK/START +30 SEC	300°
4. OK/START +30 SEC	0:00 MIN : SEC
5. (3) (3) (0) (0)	33:00 MIN : SEC
6. OK/START +30 SEC	33:00 MIN : SEC

Time counting down

Bake (Degrees F)	Key	Microwave Setting
300(Defrost)	4	30%
325	5	30%
350	6	30%
375	7	30%
400	8	30%
425	9	30%
450	0	30%

COMBINATION ROAST COOKING GUIDE

Food		Oven Temp.	Time, Min. / lb.
Beef	Turn over after half of cooking time.		
	Rib roast, bone-in	325°F	10 to 14
	Rib roast, boneless	325°F	10 to 14
	Beef Tenderloin	375°F	10 to 14
	Chuck, Rump or Pot Roast	300°F	12 to 22
Ham	Turn over after half of cooking time.		
	Canned (3-lb. fully cooked)	300°F	7 to 9
	Butt (5-lb. fully cooked)	300°F	7 to 9
	Shank (5-lb. fully cooked)	300°F	7 to 9
Lamb	Turn over after half of cooking time.		
	Bone-in (2 to 4 lbs.) Medium	300°F	13 to 18
	Well	300°F	18 to 23
	Boneless (2 to 4 lbs.) Medium	300°F	14 to 19
	Well	300°F	19 to 24
Poultry	Turn over after half of cooking time.		
	Whole Chicken (2½ to 6 lbs.)	375°F	15 to 17
	Chicken Pieces (2½ to 6 lbs.)	375°F	15 to 18
	Cornish Hens (untied)		
	Unstuffed	425°F	15 to 18
	Stuffed	375°F	22 to 25
Seafood	Fish		
	1-lb. fillets	350°F	7 to 10
	Lobster Tails (6 to 8-oz. each)	350°F	10 to 15
	shrimp (1 to 2 lbs.)	350°F	9 to 14
	Scallops (1 to 2 lbs.)	350°F	8 to 13

COMBINATION BAKE COOKING GUIDE

Food		Oven Temp.	Time, Min.	Comments
Pies, Pastries	Quiche	425°F	15 to 17	Let stand 5 minutes before cutting.
	Frozen Entree			
Convenience Foods	Pizza Rolls, Egg Rolls	375°F	39 to 43	Follow package directions for preparation.
	Pizza	450°F	4 to 6	
Vegetables	Baked Potatoes	450°F	23 to 26	Pierce skin with a fork before baking. Place on rack.

CONVENIENT FEATURES

USER REFERENCE

This section gives instructions for operating each function. Please read this section carefully.


USER PREF

The microwave oven has settings that allow you to customize the operation for your convenience. Below is the table showing the various settings. Touch the User Pref key multiple times to scroll to the desired setting function.

Key	Food	Level
User Pref x 1	Control Lock	ON / OFF
User Pref x 2	Energy Savings	ON / OFF
User Pref x 3	Audio	Low / Med / High / OFF
User Pref x 4	Weight	Lbs / KG
User Pref x 5	Language	English / French
User Pref x 6	Demo Mode	ON / OFF

SETTING CONTROL LOCK ON/OFF



- Suppose you want to turn on the Control Lock

Touch	Display Shows:
1. 	CONTROL LOCK
2. OK/START +30 SEC	OFF
3. >	ON
4. OK/START +30 SEC	ON

Display for 2 seconds then clear.

SETTING ENERGY SAVINGS

- Suppose you want to turn on energy savings. Turning On energy savings turns off the time of day clock display

Touch	Display Shows:
1. 	CONTROL LOCK
2. 	ENERGY SAVINGS
3. OK/START +30 SEC	OFF
4. >	ON
5. OK/START +30 SEC	ON

Display for 2 seconds then clear.

SETTING AUDIO LOW/MED/HIGH/OFF

- Suppose you want to turn on the Audio Off

Touch	Display Shows:
1. 	CONTROL LOCK
2. 	ENERGY SAVINGS
3. 	AUDIO
4. OK/START +30 SEC	Lo
5. >	MED
6. >	HI
7. >	OFF
8. OK/START +30 SEC	OFF

Display for 2 seconds then clear.

SETTING WEIGHT LBS/KG

- Suppose you want to toggle weight between pounds & kilograms.

Touch	Display Shows:
1. 	CONTROL LOCK
2. 	ENERGY SAVINGS
3. 	AUDIO
4. 	WEIGHT
5. OK/START +30 SEC	LbS
6. >	KG
7. OK/START +30 SEC	KG

Display for 2 seconds then clear.

SETTING LANGUAGE MODE

- Suppose you want to enter Language Mode.

Touch	Display Shows:
1. 	CONTROL LOCK
2. 	ENERGY SAVINGS
3. 	AUDIO
4. 	WEIGHT
5. 	LANGUAGE
6. OK/START +30 SEC	ENGLISH
7. >	FRENCH
8. OK/START +30 SEC	FRANCAIS

Display for 2 seconds then clear.

SETTING DEMO MODE

- Suppose you want to enter Demo Mode. When Demo mode is ON programming functions will work in a rapid countdown mode with no cooking power.

Touch	Display Shows:
1. 	CONTROL LOCK
2. 	ENERGY SAVINGS
3. 	AUDIO
4. 	WEIGHT
5. 	LANGUAGE
6. 	DEMO
7. OK/START +30 SEC	OFF
8. >	ON
9. OK/START +30 SEC	ON

Display for 2 seconds then clear.

CLEANING AND CARE

EXTERIOR

The outside surface is precoated steel and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

DOOR

Disconnect the power cord or deactivate the oven with setting Child Lock before cleaning to prevent unexpected manipulation. Wipe the window on both sides with a soft cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a soft cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

EASY CARE™ STAINLESS STEEL / SMUDGE _PROOF™ STAINLESS STEEL /BLACK STAINLESS STEEL(SOME MODELS)

Your microwave oven(some models) may have a Stainless Steel finish or coating. Clean the stainless with warm soapy water using a clean sponge or cloth. Rinse with clean water and dry with a soft clean cloth. DO NOT use ANY store bought cleaners like Stainless Steel cleaners or any other types of cleaners containing any abrasive, chlorides, chlorines or ammonia. It is recommended to use mild dish soap and water or a 50/50 solution of water and vinegar.

INTERIOR

Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or splattering. To clean the interior surfaces, wipe with a soft cloth and warm water. DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. The rack can be cleaned with hot soapy water, rinsed and dried

WAVEGUIDE COVER

The waveguide cover is located on the ceiling in the microwave oven cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good microwave oven performance. Carefully wipe with a damp cloth any food splatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. DO NOT REMOVE THE WAVEGUIDE COVER

ODOR REMOVAL

Occasionally, a cooking odor may remain in the microwave oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup

glass measuring cup. Boil for several minutes using 100% power. Allow to set in microwave oven until cool. Wipe interior with a soft cloth.

METAL TURNTABLE TRAY AND CERAMIC TRAY

The metal turntable tray and ceramic tray can be removed for easy cleaning. Wash them in mild, sudsy water. They are also dishwasher-proof. Use upper rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

TOUCH CONTROL PANEL

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the microwave oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch STOP/CLEAR

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1750W 20A (for FPMO3077TF)
Output Power*:	1000 W
Output Power*(convection):	1750 W
Frequency:	2450 MHz (Class B/Group2)**
Outside Dimensions (including handle):	19.60" X 29.72" X 22.36"
Cavity Dimensions:	9.84" X 16.53" X 16.54"
Microwave oven Capacity***:	1.6 Cu.Ft.
Cooking Uniformity:	Turntable
Weight:	Approx. (net) 89.29 lb, (gross) 100.31 lb
Oven Light:	1* 2 W LED

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.