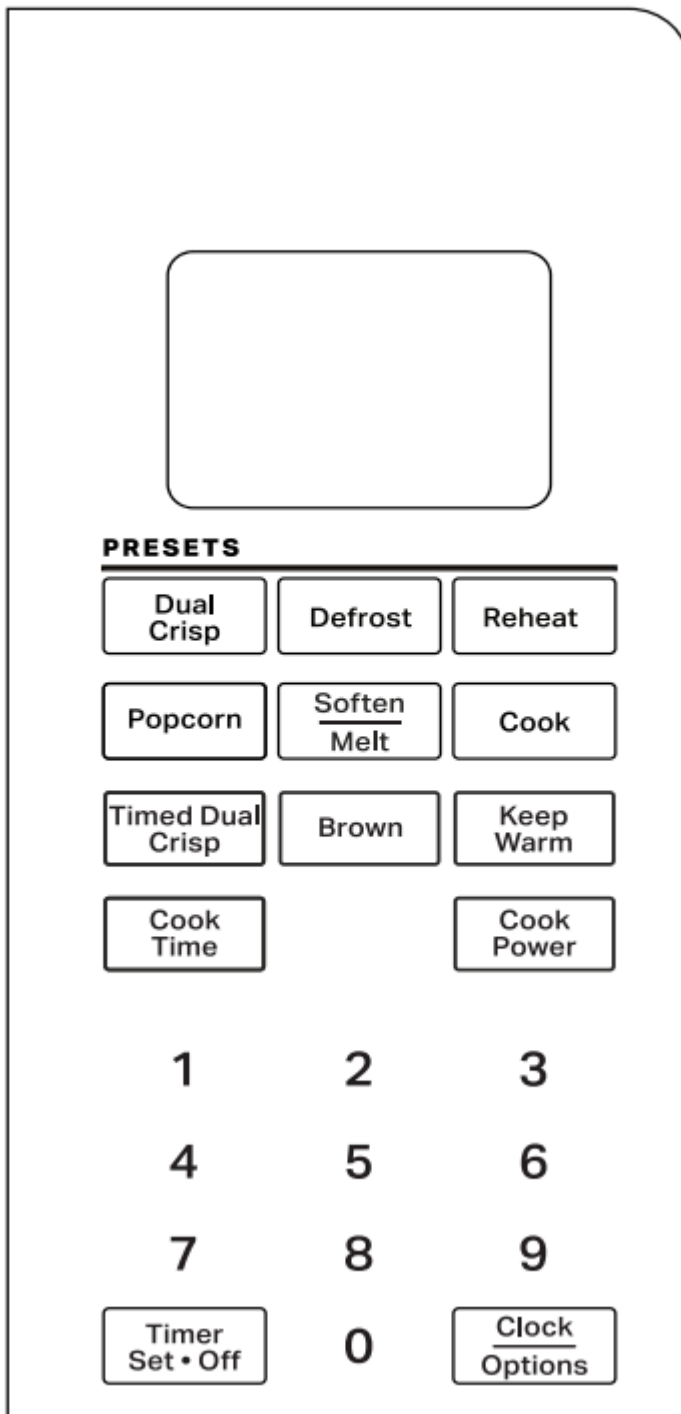
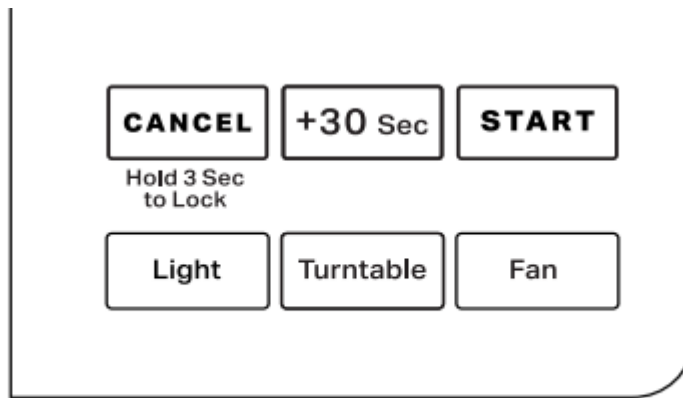


## PARTS AND FEATURES

### WARNING: Food Poisoning Hazard

- Do not let food sit in oven more than one hour before or after cooking.
- Doing so can result in food poisoning or sickness.








Keypad	Feature	Instructions
CLOCK/ OPTIONS	Set the Clock	<p>The Clock is a 12 hour (1:00-12:59) or 24 hour (0:00-23:59) clock. Touch CLOCK/ OPTIONS to reach Clock submenu, and follow the prompts to set the clock. For example, to 2:25 with AM mode.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS twice to reach Clock/ Energy submenu.</li> <li>2. Use the number keypads to enter 3 to set the clock with AM/PM/24HR mode.</li> <li>3. Use the number keypads to enter 1 to set the clock with AM.</li> <li>4. Use the number keypads to enter 2:25.</li> <li>5. Touch Start.</li> </ol>
CLOCK/ OPTIONS	Set the Energy Save	<p>To conserve energy, the Clock will automatically turn off when the microwave oven goes into standby mode. For example, to set the clock on when standby mode.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS twice to reach the Clock/Energy submenu.</li> <li>2. Use the number keypads to enter 2 for Energy Save.</li> <li>3. Use the number keypads to enter 1 to show Clock</li> </ol>
CLOCK/ OPTIONS	Set Scroll Speed	<p>Scroll speed of the text may be adjusted.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS repeatedly to reach Scroll Speed submenu.</li> <li>2. Use the number keypads to set the scrolling speed.</li> <li>3. Touch Start.</li> </ol>
CLOCK/ OPTIONS	Set the Sound (Tones)	<p>Programming tones and signals. Key beep tones may be turned off, or all tones may be turned off.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS repeatedly to reach Sound submenu.</li> </ol>



		<ol style="list-style-type: none"> <li>2. Use the number keypads to set the tones you desire.</li> <li>3. Touch Start.</li> </ol>
CLOCK/ OPTIONS	Language	Language of the display text may be changed. Touch CLOCK/OPTIONS repeatedly to reach the language submenu and follow the prompts to set language to English or French.
CLOCK/ OPTIONS	Set Filter Reset	<p>Reset the filter status after replacing and/or cleaning the filter.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS repeatedly to reach Filter Reset submenu.</li> <li>2. Touch Start to reset.</li> </ol>
CLOCK/ OPTIONS	Set Fan Timer	<p>Various speeds, ranging from high to low, and off. Comes on automatically as cooling fan during any cook function. Set vent fan to run for exactly 30 minutes, or to run for only 30 minutes more(off after 30 minutes). The vent fan may be turned off at any time using the Fan control. For example set the vent fan on.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS repeatedly to reach Fan Timer submenu.</li> <li>2. Use the number keypads 2 to set the vent fan on.</li> <li>3. Touch Start.</li> </ol>
CLOCK/ OPTIONS	Set Light Timer	<p>Set the cooktop light to turn on and off at certain times. Touch CLOCK/OPTIONS follow the prompts to set the light. For example set the light timer on 2:30 AM, light timer off on 3:00 PM.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS repeatedly to reach Light Timer submenu.</li> <li>2. Use the number keypads 1 to set.</li> <li>3. Use the number keypads 1 to set AM.</li> <li>4. Use the number keypads 2:30 for when the light timer on, touch Start.</li> <li>5. Use the number keypads 2 to set PM.</li> </ol>



		<p>6. Use the number keypads 3:00 for when the light timer off, touch Start.</p> <p><b>NOTE:</b> Hood light timer uses 12 Hr AM/PM mode only. If the timer was set, changing Clock to the 24 Hr mode or 12 Hr w/o AM/PM will automatically cancel the timer.</p>
CLOCK/ OPTIONS	Activate Demo Mode	<p>Activate to practice using the control without actually turning on the magnetron.</p> <ol style="list-style-type: none"> <li>1. Touch CLOCK/OPTIONS repeatedly to reach Demo Mode submenu.</li> <li>2. Use the number keypads 2 to set Demo Mode on</li> <li>3. Touch Start.</li> </ol>
CLOCK/ OPTIONS	Factory Reset	User may set microwave oven back to default state.
TIMER SET/OFF	Kitchen Timer	<ol style="list-style-type: none"> <li>1. Touch TIMER SET/OFF</li> <li>2. Touch the number keypads to set the length of time.</li> <li>3. For example, to set 12 minutes length time, touch TIMER SET/OFF.</li> <li>4. User the number keypads to enter 12:00.</li> <li>5. Touch Start.</li> </ol> <p>To Cancel the timer, touch TIMER SET/OFF or Cancel control while the timer count down is active in the display</p>
	Microwave Oven Cancel	<p>The CANCEL keypad stops any microwave oven function except for the clock and control lock.</p> <p>The microwave oven will also turn off when the door is opened. When the door is opened, the element(s) will turn off, but the microwave oven light and fan will remain on. Close the door and touch the Start keypad to resume the preset cycle.</p>
	Activate Control Lock	Activate to avoid unintended start. Touch and hold the CANCEL keypad for about 3 seconds until two tones

		sound and the CONTROL LOCKED appears in the display. Repeat to unlock control.
+ 30 Sec	Add 30 Seconds	Touch the + 30 SEC keypad will start 30 seconds of cook time.
	Start Function	Press the START keypad to start any cooking functions. If cooking is interrupted by opening the door, touch START after the door is closed again will resume the preset cycle.
LIGHT	Turn on Hood Light	Press the LIGHT keypad to turn the light beneath the hood on or off. Press the LIGHT keypad repeatedly to adjusts the hood light setting.
TURNTABLE	Turntable on/off	By touching the TURNTABLE keypad, it is possible to switch the turntable on and off during some microwave cycles. The turntable can be turned on or off only during Manual cooking cycles.
FAN	Turn on the Fan	Press the FAN keypad to turn the fan on or off. Press the FAN keypad repeatedly to change from low to high.
COOK TIME	Set Manual Cooking Time	Touch COOK TIME and then number keypads to set a length of time to cook. For example, to set the time to 2:30.  <ol style="list-style-type: none"> <li>1. Touch COOK TIME.</li> <li>2. Use the number keypads to enter 2:30.</li> <li>3. Touch Start.</li> </ol>
COOK POWER	Set Manual Cooking Power	Touch COOK POWER to set the power level, enter cook power with number keypad. (e.g., press 8 for 80%)
DUAL CRISP	Automatic Crisp	<ol style="list-style-type: none"> <li>1. Touch DUAL CRISP.</li> <li>2. Touch DUAL CRISP repeatedly to scroll through foods. For example, to select the Chicken Nuggets setting, DUAL CRISP must be touched twice.</li> <li>3. Add food with microwave safe dish as prompt in the display.</li> <li>4. Touch number keypads to enter the quantity.</li> </ol>

		<ol style="list-style-type: none"> <li>5. Touch the Start.</li> <li>6. Turn food over as prompt in the display (Not all foods require turning.). When remind tones sound, open the door and turn food over, close the door. If you don't open the door, around 2 minutes later, the cycle will continue.</li> <li>7. Touch the Start to resume.</li> </ol> <p>When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.</p>
TIMED DUAL CRISP	Manual Crisp	<ol style="list-style-type: none"> <li>1. Touch TIMED DUAL CRISP.</li> <li>2. For example, to set 12 minutes length time, touch TIMED DUAL CRISP.</li> <li>3. Touch number keypads to enter 12:00.</li> <li>4. Open the door, add food with the microwave safe dish, and insert into the microwave oven, close the door.</li> <li>5. Touch Start.</li> </ol> <p>When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.</p>
DEFROST	Automatic Defrost	<ol style="list-style-type: none"> <li>1. Touch DEFROST.</li> <li>2. Touch DEFROST repeatedly to scroll through foods. For example, to select the MEAT setting, DEFROST must be touched twice.</li> <li>3. Touch number keypads to enter the weight. For example, to enter 1.5 lbs, use the number keypads to enter 1.5.</li> <li>4. Touch the Start.</li> </ol> <p>The display will count down the defrost time. For better results, a preset standing time is included in the defrosting time. This may make the defrosting time seem longer than expected.</p> <p>When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.</p>
REHEAT	Automatic Reheat	<ol style="list-style-type: none"> <li>1. Touch REHEAT.</li> </ol>



		<ol style="list-style-type: none"> <li>2. Touch REHEAT repeatedly to scroll through foods. For example, to select the BEVERAGE setting, REHEAT must be touched twice.</li> <li>3. Touch number keypads to enter the quantity.</li> <li>4. Touch the Start.</li> </ol> <p>When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.</p>
POPCORN	Popcorn (Sensor)	<ol style="list-style-type: none"> <li>1. Touch POPCORN.</li> <li>2. Touch the Start.</li> </ol> <p>When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.</p>
SOFTEN/MELT	Soften	<ol style="list-style-type: none"> <li>1. Touch SOFTEN/MELT repeatedly to scroll through foods. For example, to select the SOFTEN BUTTER setting, SOFTEN/MELT must be touched twice.</li> <li>2. Touch number keypads to enter quantity (weight or sticks).</li> <li>3. Touch Start.</li> </ol> <p>When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.</p>
SOFTEN/MELT	Melt	<ol style="list-style-type: none"> <li>1. Touch SOFTEN/MELT repeatedly to scroll through foods. For example, to select the MELT BUTTER setting, SOFTEN/MELT must be touched three times.</li> <li>2. Touch number keypads to enter quantity (weight or sticks).</li> <li>3. Touch Start. When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.</li> </ol>
COOK	Auto Cook	<ol style="list-style-type: none"> <li>1. Touch COOK repeatedly to scroll through foods. For example, to select the SMALL POTATOES setting, COOK must be touched twice.</li> </ol>



		<ol style="list-style-type: none"> <li>2. Touch number keypads to enter quantity (weight or sticks).</li> <li>3. Touch Start</li> </ol>
BROWN	Manual Brown	<ol style="list-style-type: none"> <li>1. Touch BROWN.</li> <li>2. For example, to set 12 minutes length time, touch BROWN.</li> <li>3. Touch number keypads to enter 12:00.</li> <li>4. Touch Start.</li> </ol>
KEEP WARM	Keep Food Warm	<ol style="list-style-type: none"> <li>1. Touch KEEP WARM.</li> <li>2. For example, to set 30 minutes length time, touch KEEP WARM.</li> <li>3. Touch number keypads to enter 30:00.</li> <li>4. Touch Start.</li> </ol>

## Features

- Turntable
  - Turntable may be turned off for manual cooking only. This is helpful when cooking with plates that are bigger than the turntable, or when cooking with plates that are side by side. Turntable cannot be turned off during preset or sensor (on some models) function.
- Standby Mode
  - When no functions are working (12 hour clock is displayed or if the clock has not been set), microwave oven will switch to Standby Power mode and dim the LCD brightness after 5 minutes. Touch any keypad or open/close the door, and the display will return to the normal brightness.
- Dual Crisp/Brown Element
  - The crisp/Brown element is located on the ceiling of the microwave oven. The oven uses a 1250 W metal tube heater to crisp and brown foods.

## MICROWAVE OVEN USE

A magnetron in the microwave oven produces microwaves which reflect off the metal floor, walls, and ceiling and pass through the turntable and appropriate cookware to the food. Microwaves are

attracted to and absorbed by fat, sugar, and water molecules in the food, causing them to move, producing friction and heat which cooks the food.

- To avoid damage to the microwave oven, do not lean on or allow children to swing on the microwave oven door.
- To avoid damage to the microwave oven, do not operate microwave oven when it is empty.
- The turntable must be in place and correct side up when microwave oven is in use. Do not use if turntable is chipped or broken. See the “Accessories” section to reorder.
- Baby bottles and baby food jars should not be heated in microwave oven.
- Clothes, flowers, fruit, herbs, wood, gourds, and paper, including brown paper bags and newspaper, should not be dried in the microwave oven.
- Paraffin wax will not melt in the microwave oven because it does not absorb microwaves.
- Use oven mitts or pot holders when removing containers from microwave oven.
- Do not overcook potatoes. At the end of the recommended cook time, potatoes should be slightly firm. Let potatoes stand for 5 minutes. They will finish cooking while standing.
- Do not cook or reheat whole eggs inside the shell. Steam buildup in whole eggs may cause them to burst. Cover poached eggs and allow a standing time.

## **Food Characteristics**

When microwave cooking, the amount, size and shape, starting temperature, composition, and density of the food affect cooking results.

### **Amount of Food**

The more food heated at once, the longer the cook time needed. Check for doneness and add small increments of time if necessary.

### **Size and Shape**

Smaller pieces of food will cook more quickly than larger pieces, and uniformly shaped foods cook more evenly than irregularly shaped food.

### **Starting Temperature**

Room temperature foods will heat faster than refrigerated foods, and refrigerated foods will heat faster than frozen foods.

### **Composition and Density**

Foods high in fat and sugar will reach a higher temperature and will heat faster than other foods. Heavy, dense foods, such as meat and potatoes, require a longer cook time than the same size of a light, porous food, such as cake.

## **Cooking Guidelines**

### **Covering**

Covering food helps retain moisture, shorten cook time, and reduce spattering. Use the lid supplied with cookware. If a lid is not available, wax paper, paper towels, or plastic wrap approved for microwave ovens may be used. Plastic wrap should be turned back at one corner to provide an opening to vent steam. Condensation on the door and cavity surfaces is normal during heavy cooking.

### **Stirring and Turning**

Stirring and turning redistributes heat evenly to avoid overcooking the outer edges of food. Stir from outside to center. If possible, turn food over from bottom to top.

### **Arranging**

If heating irregularly shaped or different-sized foods, arrange the thinner parts and smaller-sized items toward the center. If cooking several items of the same size and shape, place them in a ring pattern, leaving the center of the ring empty

### **Piercing**

Before heating, use a fork or small knife to pierce or prick foods that have a skin or membrane, such as potatoes, egg yolks, chicken livers, hot dogs, and sausage. Prick in several places to allow steam to vent.

### **Shielding**

Use small, flat pieces of aluminum foil to shield the thin pieces of irregularly shaped foods, bones, and foods such as chicken wings, leg tips, and fish tails. See the "Aluminum Foil and Metal" section first.

### **Standing Time**

Food will continue to cook by the natural conduction of heat, even after the microwave cooking cycle ends. The length of standing time depends on the volume and density of the food.

### **Reheat**

Times and cooking powers have been preset for reheating a number of food types. Use the following chart as a guide.

### **REHEAT CHART**

<b>Food</b>	<b>Quantity</b>
<b>Beverage</b> Do not cover.	1-2 cups (250 mL-500 mL)
<b>Casserole</b> Place in microwave-safe container. Cover with plastic wrap and vent. Stir and let stand 2-3 minutes after reheating.	1-4 cups (250 mL-1 L)
<b>Dinner Plate</b> Place food on plate. Cover with plastic wrap and vent. Let stand 2-3 minutes after reheating.	Senses 1 plate, about 8-16 oz (227-454 g)
<b>Soup</b> Place in microwave-safe container. Cover with plastic wrap and vent. Stir and let stand 2-3 minutes after reheating.	Senses 1-4 cups (250 mL-1 L)
<b>Sauce</b> Place in microwave-safe container. Cover with plastic wrap and vent. Stir and let stand 2-3 minutes after reheating.	Senses 1-4 cups (250 mL-1 L)
<b>Baked Goods</b> Place on paper towel.	1-6 pieces, 2 oz (57 g) each Two small rolls may be counted as 1 piece.

### **Defrost**

- For optimal results, food should be 0°F (-18°C) or colder when defrosting.
- Unwrap foods and remove lids (from fruit juice) before defrosting.
- Shallow packages will defrost more quickly than deep blocks.
- Separate food pieces as soon as possible during or at the end of the cycle for more even defrosting.

- Foods left outside the freezer for more than 20 minutes or frozen ready-made food should not be defrosted using the Defrost feature but should be defrosted manually.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, and fish tails. See the “Aluminum Foil and Metal” section first.
- Times and cooking powers have been preset for defrosting a number of food types.

<b>Food</b>	<b>Weight</b>
<b>Meats*</b>	0.2 to 6.6 lbs (90 g to 3 kg)
<b>Poultry*</b>	0.2 to 6.6 lbs (90 g to 3 kg)
<b>Fish*</b>	0.2 to 4.4 lbs (90 g to 2 kg)
<b>Quick</b>	1.0 lb only

\* See the Defrost Preparation Chart at end of the “Defrost” section for cuts, sizes, and instructions.

Use the following chart as a guide when defrosting meat, poultry, or fish.

#### DEFROST PREPARATION CHART

<b>MEAT</b>	
<b>Beef: ground, steaks, roast, stew</b>	The narrow or fatty areas of irregular-shaped cuts should be shielded with foil before defrosting.
<b>Lamb: stew and chops</b>	
<b>Pork: chops, ribs, roasts, sausage</b>	Do not defrost less than 1/4 lb (113 g) or two 4 oz (113 g) patties. Place all meats in a microwave-safe baking dish.
<b>POULTRY</b>	
<b>Chicken: whole and cut up</b>	Place in a microwave-safe baking dish, chicken breast-side up. Remove giblets from whole chicken.
<b>Cornish hens</b>	
<b>Turkey: breast</b>	
<b>FISH</b>	
<b>Fillets, Steaks, Whole, Shellfish</b>	Place in a microwave-safe baking dish.

## Soften/Melt

Soften and Melt functions may be used to soften or melt your food. Times and cooking powers have been preset for a number of food types. Use the following chart as a guide.

<b>Food</b>	<b>Quantity</b>	<b>Preparation</b>
<b>Soften Butter</b>	0.5, 1.0, 1.5, 2.0 sticks	Unwrap and place in microwave-safe container.
<b>Melt Butter</b>	0.5, 1.0, 1.5, 2.0 sticks	Unwrap and place in microwave-safe container.
<b>Soften Ice Cream</b>	16, 32, or 64 oz (473, 946 or 1893 mL)	Place ice cream container on turntable.
<b>Soften Cream Cheese</b>	3 or 8 oz (85 g or 227 g)	Unwrap and place in microwave-safe container.
<b>Soften Frozen Juice</b>	12, 16 oz (340 or 454 g)	Remove lid.
<b>Melt Chocolate</b>	4, 6, 8 or 12 oz (113, 170, 227 or 340 g)	Cut squares into small pieces or use chips. Place in microwave-safe container.
<b>Melt Cheese</b>	8 or 16 oz (227 or 454 g)	Cut into small pieces and place in microwave-safe container.
<b>Melt Marshmallows</b>	5 or 10 oz (142 or 283 g)	Place in microwave-safe container.

## Cook

<b>Food</b>	<b>Quantity</b>
<b>Small Potatoes</b> Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.	1-4 pieces, 4-7 oz (113-198 g)
<b>Large Potatoes</b> Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.	Senses 1-4 pieces, 8-10 oz (227-283 g).
<b>Bacon</b> Average thickness: Follow directions on package. For best results, place bacon on microwave-safe bacon rack.	1-6 slices

<p><b>Rice</b> Follow measurements on package for ingredient amounts. Place rice and liquid in microwave-safe dish. Cover with loose fitting lid. Let stand 5 minutes after cooking, or until liquid is absorbed. Stir.</p>	<p>Senses 0.5-2.0 cups (125-500 mL) (dry, white long grain)</p>
<p><b>Fresh Vegetable</b> Place in microwave-safe container and add 2-4 tbs water. Cover with plastic wrap and vent. Stir and let stand 2-3 minutes after cooking.</p>	<p>Senses 1-4 cups (250 mL-1 L)</p>
<p><b>Frozen Vegetable</b> Place in microwave-safe container and add 2-4 tbs water. Cover with plastic wrap and vent. Stir and let stand 2-3 minutes after cooking.</p>	<p>Senses 1-4 cups (250 mL-1 L)</p>
<p><b>Canned Vegetable</b> Place in microwave-safe container. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.</p>	<p>1, 2, 3 or 4 cups (250, 500, 750 mL or 1 L)</p>

## Popcorn

Senses 3.0- 3.5 oz bags.

- Do not use regular paper bags or glassware.
- Pop only one package of popcorn at a time.
- Follow manufacturer's instructions when using a microwave popcorn popper.
- Listen for popping to slow to one pop every 1 or 2 seconds, and then stop the cycle. Do not repop unpopped kernels.
- For best results, use fresh bags of popcorn.
- Cooking results may vary by brand and fat content.

**NOTE:** Follow the instructions provided by the microwave popcorn manufacturer.

## Dual Crisp

Dual Crisp is an automatic crisp function. Always use ovenproof microwave-safe dish, and turn food over at prompt.

**NOTE:** Microwave oven cavity, inside of the door and ovenproof microwave-safe dish will be hot. Use the oven mitts to remove the dish.

<b>Food</b>	<b>Quantity</b>
<b>Chicken Nuggets</b>	5-15 pieces
<b>Frozen Chicken Wings</b>	2-6 pieces
<b>Frozen Fries</b>	12-36 pieces
<b>Frozen Pizza</b>	6-9 inch
<b>Refrigerated Pizza Reheat</b>	1-3 slices
<b>Pizza rolls</b>	6-18 pieces
<b>Fish Sticks</b>	5-15 pieces

## Timed Dual Crisp

Timed Dual Crisp is a manual crisp mode. Ideal for crisping leftovers and frozen foods. Always use ovenproof microwave safe dish.

**NOTE:** Microwave oven cavity, inside of the door and microwave safe dish will be hot. Use the oven mitts to remove the dish.

### To use Timed Dual Crisp

1. Touch TIMED DUAL CRISP.
2. Touch number keypads to enter crisp time up to 99 minutes and 59 seconds.
3. Open the door, add food with microwave safe dish into the microwave oven, close the door.
4. Touch Start.

## Brown

Brown is a manual brown mode. Ideal for top browning cooked foods such as casseroles. Use ovenproof microwave-safe dish or plate.

**NOTE:** Microwave oven cavity, inside of the door, ovenproof microwave-safe dish or plate will be hot. Use oven mitts to remove dish or plate.

### **To use Brown:**

1. Touch Brown.
2. Touch number keypads to enter brown time up to 99 minutes and 59 seconds
3. Touch Start. When the stop time is reached, the microwave oven will shut off automatically, and end tones will sound.

### **Keep Warm**

#### **WARNING:** Food Poisoning Hazard

- Do not let food sit in oven more than one hour before or after cooking.
- Doing so can result in food poisoning or sickness

Hot cooked food can be kept warm in the microwave oven.

- Keep Warm uses the crisp/brown element. Use oven proof dishes or plates.
- Food must be at serving temperature before placing it in the warmed oven. Food may be held up to 1 hour.
- For best results, cover food.

#### **To Use:**

1. Touch KEEP WARM.
2. Touch number keypads to set a length of time up to 60 minutes to warm.

### **Cookware and Dinnerware**

Cookware and dinnerware must fit on the turntable. Always use oven mitts or pot holders when handling because any dish may become hot from heat transferred from the food. Do not use cookware and dinnerware with gold or silver trim. Use the following chart as a guide, then test before using.

<b>Material</b>	<b>Recommendations</b>
Aluminum Foil, Metal	See the “Aluminum Foil and Metal” section.
Browning Dish	Bottom must be at least 3/16" (5 mm) above the turntable. Follow manufacturer’s recommendations.
Ceramic Glass, Glass	Acceptable for use.
China, Earthenware	Follow manufacturer’s recommendations.
Melamine	Follow manufacturer’s recommendations.
Paper: Towels, Dinnerware, Napkins	Use non-recycled and those approved by the manufacturer for microwave oven use.
Plastic: Wraps, Bags, Covers, Dinnerware, Containers	Use those approved by the manufacturer for microwave oven use.
Pottery and Clay	Follow manufacturer’s recommendations.
Silicone Bakeware	Follow manufacturer’s recommendations.
Straw, Wicker, Wooden Containers	Do not use in microwave oven.
Styrofoam <sup>®†</sup>	Do not use in microwave oven.
Wax Paper	Acceptable for use.

**To Test Cookware or Dinnerware for Microwave Use:**

1. Place cookware or dinnerware in microwave oven with 1 cup (250 mL) of water beside it.
2. Cook at 100% cooking power for 1 minute.

Do not use cookware or dinnerware if it becomes hot and the water stays cool.

**Aluminum Foil and Metal**

Always use oven mitts or pot holders when removing dishes from the microwave oven. Aluminum foil and some metal can be used in the microwave oven. If not used properly, arcing (a blue flash of light) can occur and cause damage to the microwave oven.



## **OK for Use**

Racks and bakeware supplied with the microwave oven (on some models), aluminum foil for shielding, and approved meat thermometers may be used with the following guidelines:

- To avoid damage to the microwave oven, do not allow aluminum foil or metal to touch the inside cavity walls, ceiling, or floor.
- Always use the turntable.
- To avoid damage to the microwave oven, do not allow contact with another metal object during microwave cooking.

## **Do Not Use**

Metal cookware and bakeware, gold, silver, pewter, nonapproved meat thermometers, skewers, twist ties, foil liners, such as sandwich wrappers, staples, and objects with gold or silver trim or a metallic glaze, should not be used in the microwave oven.

## **For Use Crisp, Brown and Keep Warm Functions**

- Use heat safe dishes to hold foods.

## **Microwave Cooking Power**

Many recipes for microwave cooking specify which cooking power to use by percent, name, or number. For example, 70%=Medium-High=7. Use the following chart as a general guide for the suggested cooking power of specific foods.

### **MICROWAVE COOKING POWER CHART**

<b>Percent/ Name</b>	<b>Number</b>	<b>Use</b>
100%, High (default setting)	10	Quick heating convenience foods and foods with high water content, such as soups, beverages, and most vegetables.
90%	9	Cooking small, tender pieces of meat, ground meat, poultry pieces, and fish fillets. Heating cream soups.
80%	8	Heating rice, pasta, or casseroles. Cooking and heating foods that need a cook power lower than high, for example, whole fish and meat loaf.
70%, Medium- High	7	Reheating a single serving of food.
60%	6	Cooking sensitive foods such as cheese and egg dishes, pudding, and custards. Cooking non-stirrable casseroles, such as lasagna.
50%, Medium	5	Cooking ham, whole poultry, and pot roasts. Simmering stews.
40%	4	Melting chocolate. Heating bread, rolls, and pastries.
30%, Medium- Low, Defrost	3	Defrosting bread, fish, meats, poultry, and precooked foods.
20%	2	Softening butter, cheese, and ice cream.
10%, Low	1	Taking chill out of fruit.

## Doneness

Doneness is a function used for adjusting the cook time. This feature can be used on automatic functions. Doneness cannot be adjusted for Defrost functions. Doneness can be changed within the first 20 seconds of starting the cook cycle.

**To Change Doneness Setting:** After starting the cooking cycle, press COOK TIME repeatedly to scroll through “NORMAL,” “MORE DONE,” or “LESS DONE”.

## Sensor Cook

A sensor in the microwave oven detects moisture released from food as it heats and adjusts the cooking time accordingly. Use microwave-safe dish with loose-fitting lid or cover microwave-safe dish with plastic wrap and vent.

**For Best Cooking Performance:** Before using a Sensor Cook function, make sure power has been supplied to the microwave oven for at least 2 minutes, the room temperature is not above 95°F (35°C), and the outside of the cooking container and the microwave oven cavity are dry. For optimal performance, wait at least 30 minutes after the crisp/ brown element has been used before sensor cooking.

## Manual Cooking/Stage Cooking

### Manual Cooking

Touch COOK TIME, touch the number keypads to enter time, touch COOK POWER (if not 100%), touch number keypads to enter power level (10-90), then touch the Start control.

### Stage Cooking

If programming additional stages (up to three). Touch COOK TIME, touch number keypads to enter time, touch COOK POWER (if not 100%), touch number keypads to enter power level (10-90), then touch CLOCK/ OPTIONS to enter programming for the next stage, then enter the cook time and cook power of each, finally touch the Start control.

### Add More Time

At the end of any cycle, “Press 0~9 to Add More Time” scrolls in the display. Enter the additional time, if desired, and start the microwave oven. The cook power for all non-sensor cycles will be the same as in the finished cycle but may be changed. If Add More Time is used after a sensor cycle, the power will be 100% but may be changed

# MICROWAVE OVEN CARE

## General Cleaning

**IMPORTANT:** Before cleaning, make sure all controls are off and the microwave oven is cool. Always follow label instructions on cleaning products. Soap, water, and a soft cloth or sponge are suggested first, unless otherwise noted.

### STAINLESS STEEL (on some models)

**NOTE:** To avoid damage to stainless steel surfaces, do not use soap-filled scouring pads, abrasive cleaners, cooktop polishing creme, steel-wool pads, gritty washcloths, or abrasive paper towels. Damage may occur to stainless steel surfaces, even with one-time or limited use.

Rub in direction of grain to avoid damaging.

Cleaning Method:

- Affresh® Stainless Steel Cleaner Part Number W10355016 (not included): See the “Accessories” section to order.
- Vinegar for hard water spots.

### MICROWAVE OVEN DOOR EXTERIOR

Cleaning Method:

- Glass cleaner and a soft cloth or sponge: Apply glass cleaner to soft cloth or sponge, not directly on panel.
- Affresh® Kitchen Appliance Cleaner Part Number W10355010 (not included): See the “Accessories” section to order.

### MICROWAVE OVEN CAVITY

To avoid damage to microwave oven cavity, do not use soapfilled scouring pads, abrasive cleaners, steel-wool pads, gritty washcloths, or some paper towels.

On stainless steel models, rub in direction of grain to avoid damaging. The area where the microwave oven door and frame touch when closed should be kept clean.

**Cleaning Method:**

Average soil

- Mild, nonabrasive soaps and detergents: Rinse with clean water and dry with soft, lint-free cloth.

Heavy soil

- Mild, nonabrasive soaps and detergents: Heat 1 cup (250 mL) of water for 2 to 5 minutes in microwave oven. Steam will soften soil. Rinse with clean water and dry with soft, lint-free cloth.

## Odors

- Lemon juice or vinegar: Heat 1 cup (250 mL) of water with 1 tbs (15 mL) of either lemon juice or vinegar for 2 to 5 minutes in microwave oven

## TURNTABLE

Replace turntable immediately after cleaning. Do not operate the microwave oven without the turntable in place.

Cleaning Method:

- Mild soap and water
- Dishwasher

## GREASE FILTERS

- Mild soap, water, and dishwasher

## TURNTABLE SUPPORT AND ROLLERS, HUB

- Mild soap and water or dishwasher

## INSTALLING/REPLACING FILTERS AND LIGHT BULBS

**NOTE:** A Filter Status indicator (on some models) appears in the display when it is time to replace the charcoal filter and clean or replace the grease filters. See the “Clock/Options” section to reset filter status.

**Grease filters:** Grease filters are on the underside of microwave oven. Clean monthly or as prompted by Filter Status indicator. Slide the filter away from the tab area and drop out the filter. To reinstall, place end of the filter into the opening opposite the tab area, swing up the other end, and slide it toward the tab area.

**Charcoal filter:** The charcoal filter is behind the vent grille at the top front of the microwave oven. The charcoal filter cannot be cleaned and should be replaced about every 6 months. Remove 2 screws on the vent grille, slide the vent grille to the left, tilt it forward, lift it out, and remove the filter. To reinstall, place the filter into its 2-hook area with the wire mesh side to the front. Replace the vent grille by inserting the 3 bottom latch hooks of the vent grille into the front holes, tilt the vent grille backwards, slide it to the right, and secure with screws.

**Cooktop light:** The cooktop light is located on the underside of the microwave oven and is replaceable. Remove bulb cover screw, and open the bulb cover. Replace bulb, close bulb cover, and secure with screw.

**Cavity light:** The cavity light bulb is located behind the vent grille at the top front of the microwave oven, under the bulb cover, and is replaceable. Remove 2 screws on the vent grille, slide the vent grille to the left, tilt it forward, and lift it out. Open the bulb cover and replace bulb. To reinstall, close bulb cover. Replace the vent grille by inserting the 3 bottom latch hooks of the vent grille into the front holes, tilt the vent grille backwards, slide it to the right, and secure with screws.

# TROUBLESHOOTING



If you experience	Recommended Solutions
Microwave oven will not operate	<p><b>Check the following:</b></p> <ul style="list-style-type: none"> <li>• Household fuse or circuit breaker: If a household fuse has blown or a circuit breaker has tripped, replace the fuse or reset the circuit breaker. If the problem continues, call an electrician.</li> <li>• Magnetron: Try to heat 1 cup (250 mL) of cold water for 2 minutes at 100% cooking power. If water does not heat, try the steps in the bullets below. If microwave oven still does not operate, call for service.</li> <li>• Door: Firmly close door. On some models, if a packaging spacer is attached to inside of the door, remove it, then firmly close door. If a message about the door appears in the display, the door has been closed for 5 minutes or more without the microwave oven being started. This occurs to avoid unintended starting of the microwave oven. Open and close the door, then start the cycle.</li> <li>• Control: Make sure control is set properly. Make sure Control Lock is off. Make sure Demo mode (on some models) is off.</li> </ul>
Arcing in the microwave oven	<p><b>Check the following:</b></p> <ul style="list-style-type: none"> <li>• Soil buildup: Soil buildup on cavity walls, microwave inlet cover, and area where the door touches the frame can cause arcing. See “General Cleaning” in the “Microwave Oven Care” section.</li> </ul>
Turntable alternates rotation directions	This is normal and depends on motor rotation at the beginning of the cycle.
Display shows messages	<ul style="list-style-type: none"> <li>• “Enter clock” with flashing digits means there has been a power failure. Reset the clock.</li> <li>• A letter followed by a number is an error indicator. Call for assistance</li> </ul>

<p>Fan running during cooktop usage</p>	<p>This is normal. The microwave oven's cooling fan, which is separate from the vent fan, automatically comes on during microwave oven operation to cool the microwave oven. It may also automatically come on and cycle on and off to cool the microwave oven's controls while the cooktop below is being used.</p>
<p>Radio, TV, or cordless phone interference</p>	<p>Check the following:</p> <ul style="list-style-type: none"> <li>• Proximity: Move the receiver away from the microwave oven, or adjust the radio or TV antenna.</li> <li>• Soil: Make sure the microwave oven door and sealing surfaces are clean.</li> <li>• Frequency: Some 2.4 GHz-based cordless phones and home wireless networks may experience static or noise while microwave oven is on. Use a corded phone, a different frequency cordless phone, or avoid using these items during microwave oven operation.</li> </ul>
<p>Odor and smoke coming from microwave oven during crisp/brown cooking</p>	<p>This is normal for the first few crisp/brown cycles. The odor will dissipate with repeated use.</p>
<p>Grill element does not appear to be on</p>	<ul style="list-style-type: none"> <li>• This is not unusual. See "Grill Element" in the "Features" section.</li> <li>• Is the element still working properly?</li> </ul> <p>Place 2 slices of bread on the tall grill rack, place the rack on the turntable and close the door. Program the microwave oven using manual grill - without microwave - for 10 minutes. The bread should toast dark brown. If it does not toast, call for service.</p>

**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.



