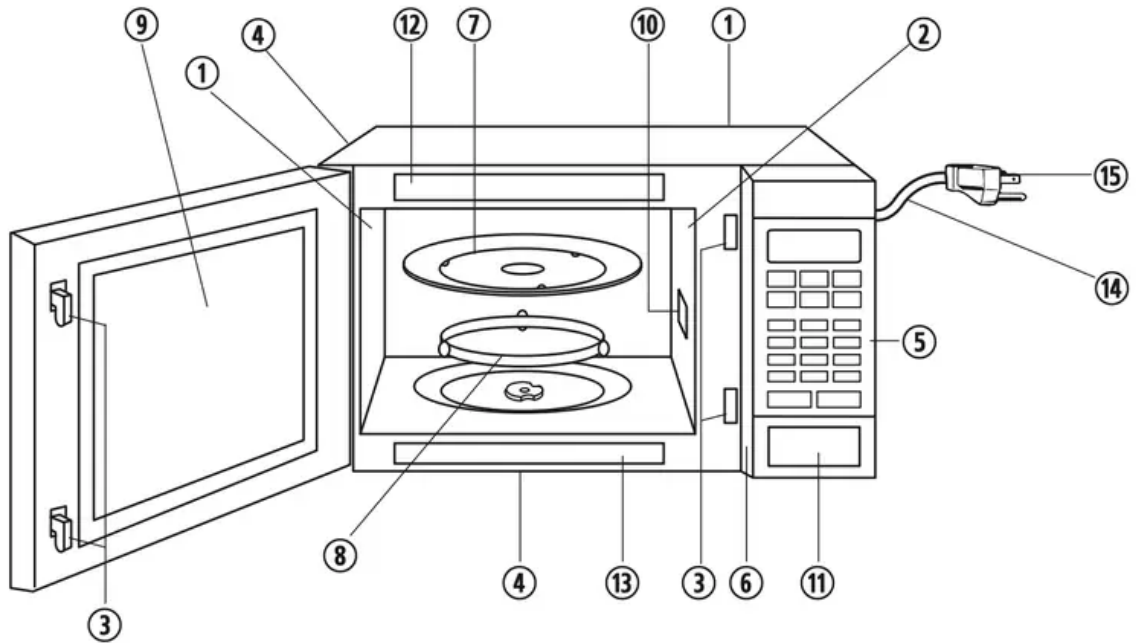


Operation

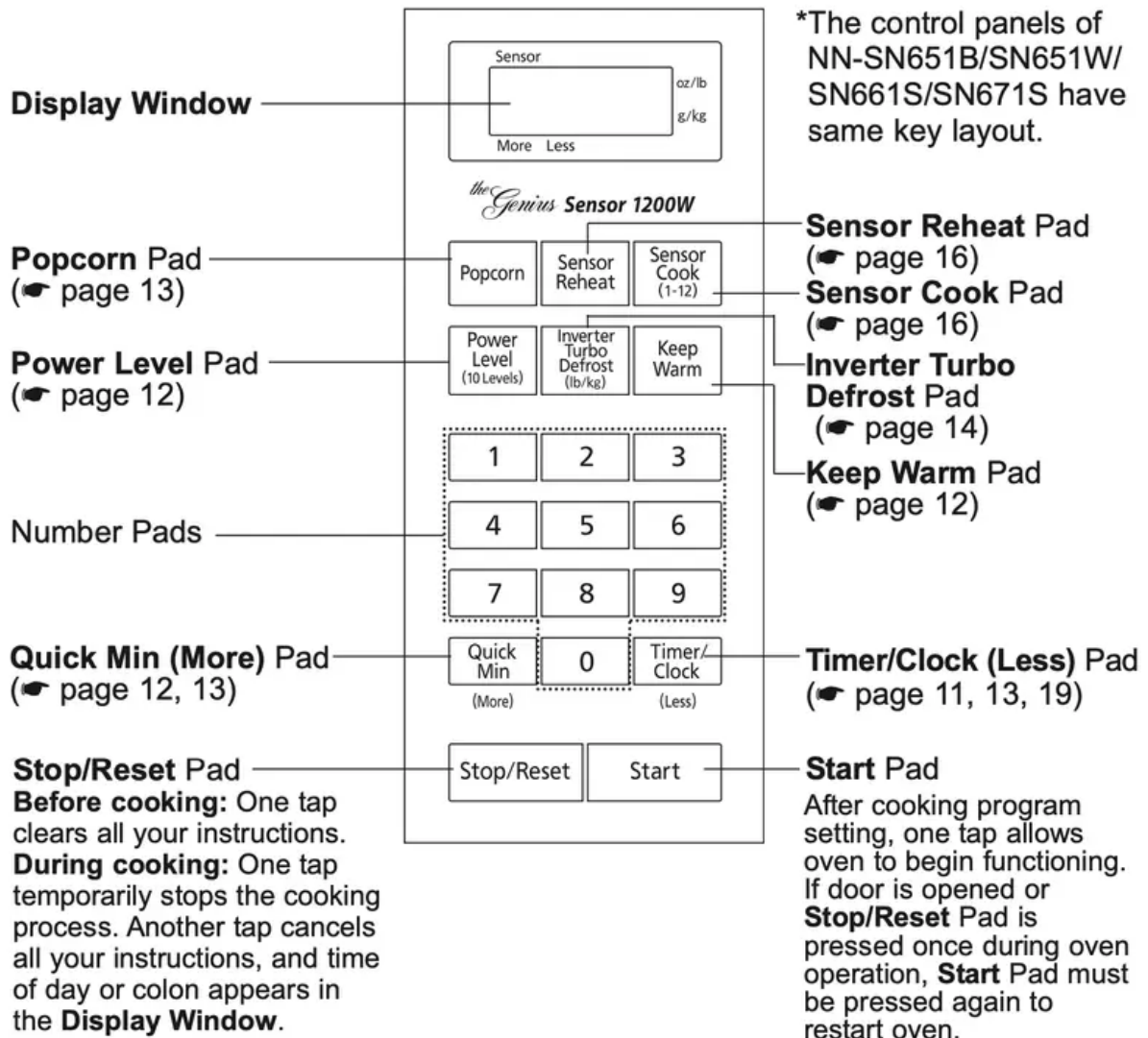
Oven Components Diagram



1. External Air Vent
2. Internal Air Vent
3. Door Safety Lock System
4. Exhaust Air Vent
5. Control Panel
6. Identification Plate
7. Glass Tray
8. Roller Ring
9. Heat/Vapor Barrier Film
(do not remove)
10. Waveguide Cover
(do not remove)
11. Door Release Button
12. Warning Label
13. Menu Label
14. Power Supply Cord

15. Power Supply Plug

Control Panel



Beep Sound:

When a pad is pressed correctly, a beep will be heard.

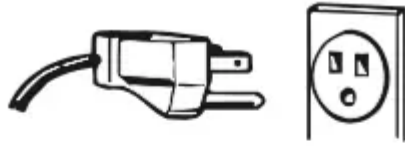
If a pad is pressed and no beep is heard, the unit did not or cannot accept the instruction. When operating, the oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

Note: If no operation after cooking program setting, 6 minutes later, the oven will automatically cancel the cooking program. The display will return to clock or colon display.

Starting To Use Your Oven!

1. Plug into a properly grounded electrical outlet.

The oven automatically defaults to the imperial measure system (oz/lb).



Display Window



2. If you wish to use metric system (g/kg):



Press start to convert to metric. Verify your selection in the display window.

3. Press stop/reset.

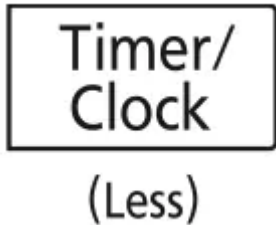
Colon appears in the display window.



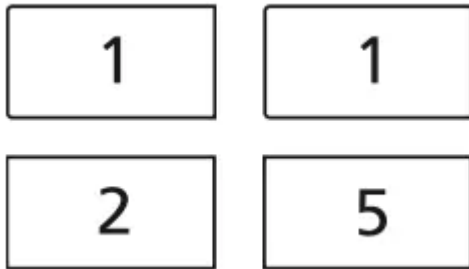
Setting the clock

Example: to set 11:25 a.m. or p.m.

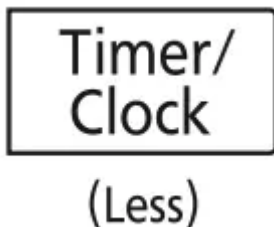
1. Press timer/clock twice.
Colon flashes.



2. Enter time of day using the number pads.
Time appears in the display window; colon continues flashing.



3. Press timer/clock once.
Colon stops flashing; time of day is entered.



Notes:

1. To reset the clock, repeat step 1-3.
2. The clock will retain the time of day as long as the oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.
4. Oven will not operate while colon is flashing.

Child safety lock

This feature prevents the electronic operation of the oven until cancelled. It does not lock the door.

To set: Press start 3 times. "Child" appears in the display window. "Child" continues to be displayed until Child Lock is cancelled. Any pad may be pressed but the microwave will not start.



To cancel: Press stop/reset 3 times. The display will return to colon or time of day when Child Lock has been cancelled.

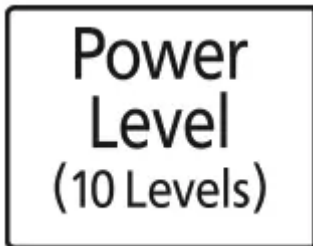


Note: You can set Child Lock feature when the display shows a colon or time of day.

Selecting Power & Cook Time

Example: To cook at P 6 (Medium) power for 1 minute 30 seconds

1. Press Power level until the desired power level appears in the display window.



Press 5 times.

2. Set Cooking Time using number pads.



3. Press start. Cooking will start.

The time in the display window will count down.



Press	Power Level
once	P10 (HIGH)
twice	P9
3 times	P8
4 times	P7 (MED-HIGH)
5 times	P6 (MEDIUM)
6 times	P5
7 times	P4
8 times	P3 (MED-LOW)/DEFROST
9 times	P2
10 times	P1 (LOW)

Notes:

1. For more than one stage cooking, repeat steps 1 and 2 for each stage of cooking before pressing start Pad. The maximum number of stages for cooking is 3. When operating, two beeps will sound between each stage. Five beeps will sound at the end of the entire sequence.
2. When selecting P10 (hIGH) power for the first stage, you may begin at step 2.
3. When selecting P10 (hIGH) power, the maximum programmable time is 30 minutes. For other power levels, the maximum time is 99 minutes and 99 seconds.
4. For reheating, use P10 (hIGH) for liquids, P7 (MED-hIGH) for most foods and P6 (MEDIUM) for dense foods.
5. For defrosting, use P3 (MED-LOW).

Do not over cook. This oven requires less time to cook than an older unit. Over cooking will cause food to dry out and may cause a fire. A microwave oven's cooking power tells you the amount of microwave power available for cooking.

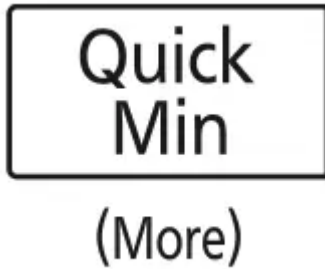
Quick Min Feature

This feature allows you to set or add cooking time in 1 minute increments up to 10 minutes.



To set cooking time:

1. Press Quick Min until the desired cooking time (up to 10 minutes) appears in the display window. Power Level is pre-set at P10.



2. Press Start. Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.



Notes:

1. If desired, you can use other power levels. Select desired power level before setting cooking time.
2. After setting the time by quick Min Pad, you cannot use Number Pads.
3. Quick Min Pad can be used to add more time during manual cooking.

Keep Warm feature

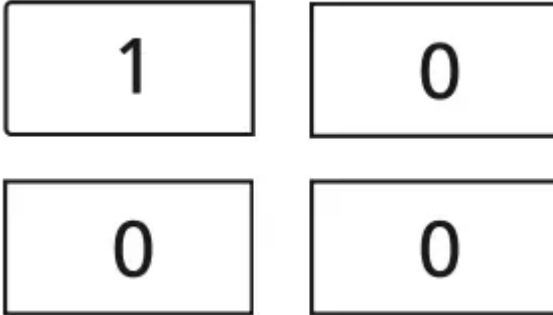
This feature will keep food warm for up to 30 minutes after cooking.

Example: To keep 2 cups of gravy warm for 10 minutes

1. Press Keep Warm.



2. Set warming time using number pads, up to 30 minutes.



3. Press start.

Keep Warm will start. The time in the display window will count down.



Note: Keep Warm can be programmed as the final stage after cook time/s have been manually entered. It cannot be used in combination with sensor or auto features.

Popcorn Feature

Example: to pop 3.5 oz. of popcorn

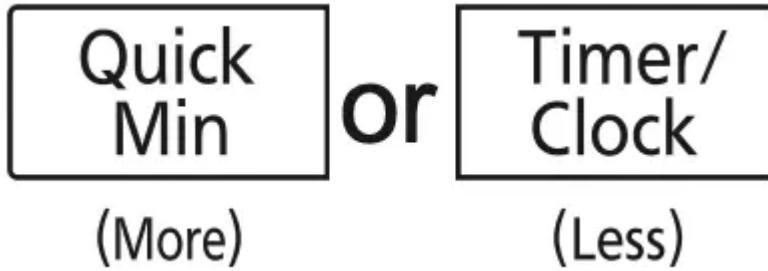
1. Press once



Press Popcorn until the desired size appears in the display window.

Press	Weight
once	3.5 oz. (99 g)
twice	3.0 oz. (85 g)
3 times	1.75 oz. (50 g)

2. (see More/less Feature) (* page 13)



3. Press start.

After several seconds, cooking time appears in the display window and begins to count down.



Notes on Popcorn feature:

1. Pop one bag at a time.
2. Place bag in oven according to manufacturers' directions.
3. Start with popcorn at room temperature.
4. Allow popped corn to sit unopened for a few minutes.
5. Open bag carefully to prevent burns, because steam will escape.
6. Do not reheat unpopped kernels or reuse bag.

Note: If popcorn is of a different weight than listed, follow instructions on popcorn package. never leave the oven unattended. If popping slows to 2 to 3 seconds between pops, stop oven. overcooking can cause fire.

Remarks: When popping multiple bags one right after the other, the cooking time may vary slightly. This does not affect the popcorn results.

More/Less feature

For Popcorn: By using the More/less Pad, the programs can be adjusted to cook popcorn for a longer or shorter time if desired.

Quick
Min

(More)

: Adds time

More 1 = Adds Approx. 10 secs.

More 2 = Adds Approx. 20 secs.

Timer/
Clock

(Less)

: Subtracts time

Less 1 = Subtracts Approx. 10 secs.

Less 2 = Subtracts Approx. 20 secs.

Press More/less pad before pressing start.

For sensor reheat/cook: Preferences for food doneness vary with each individual. After having used the sensor reheat/cook feature a few times, you may decide you would prefer your food cooked to a different doneness.

Quick
Min

(More)

: Adds time

More = Adds Approx. 10% time

Timer/
Clock

(Less)

: Subtracts time

Less = Subtracts Approx. 10% time

Press More/less pad before pressing start.

Inverter turbo defrost feature

This feature allows you to defrost foods such as: meat, poultry and seafood simply by entering the weight.

Example: To defrost 1.5 pounds of meat

Place food on microwave safe dish.

1. Press inverter turbo defrost.



2. Enter weight of the food using the number pads.



3. Press start. Defrosting will start. The time will count down. Larger weight foods will cause a signal midway through defrosting. If 2 beeps sound, turn over, rearrange foods or shield with aluminum foil.



Conversion chart: Follow the chart to convert ounces or hundredths of a pound into tenths of a pound. To use Inverter Turbo Defrost, enter the weight of the food in lbs. (1.0) and tenths of a lb. (0.1). If a piece of meat weighs 1.95 lbs. or 1 lb. 14 oz., enter 1.9 lbs.

Ounces	Hundredths of a Pound	Tenths of a Pound
0	.01 - .05	0.0
1 - 2	.06 - .15	0.1
3 - 4	.16 - .25	0.2
5	.26 - .35	0.3
6 - 7	.36 - .45	0.4
8	.46 - .55	0.5
9 - 10	.56 - .65	0.6
11 - 12	.66 - .75	0.7
13	.76 - .85	0.8
14 - 15	.86 - .95	0.9

Note: The maximum weight for Inverter Turbo Defrost is 6 lbs. (3 kg).

Defrosting Tips & Techniques

Preparation for freezing:

1. Freeze meats, poultry, and fish in packages with only 1 or 2 layers of food. Place wax paper between layers.
2. Package in heavy-duty plastic wraps, bags (labeled "For Freezer"), or freezer paper.
3. Remove as much air as possible.
4. Seal securely, date, and label.

To defrost:

1. Remove wrapper. This helps moisture to evaporate. Juices from food can get hot and cook the food.
2. Set food in microwave safe dish.
3. Place roasts fat-side down. Place whole poultry breast-side down.
4. Select power and minimum time so that items will be under-defrosted.
5. Drain liquids during defrosting.

6. Turn over (invert) items during defrosting.
7. Shield edges and ends if needed. (See Cooking Techniques).

After defrosting:

1. Large items may be icy in the center. Defrosting will complete during STANDING TIME.
2. Let stand, covered, following stand time directions on page 15.
3. Rinse foods indicated in the chart.
4. Items which have been layered should be rinsed separately or have a longer stand time.

FOOD	DEFROST TIME at P3 mins (per lb)	DURING DEFROSTING	AFTER DEFROSTING	
			Stand Time	Rinse (cold water)
Fish and Seafood [up to 3 lbs. (1.4 kg)]				
Crabmeat	6	Break apart/Rearrange	5 min.	YES
Fish Steaks	4 to 6	Turn over		
Fish Fillets	4 to 6	Turn over/Rearrange/Shield ends		
Sea Scallops	4 to 6	Break apart/Remove defrosted pieces		
Whole fish	4 to 6	Turn over		
Meat				
Ground Meat	4 to 5	Turn over/Remove defrosted portion/Shield edges	10 min.	NO
Roasts [2½-4 lbs. (1.1-1.8 kg)]	4 to 8	Turn over/Shield ends and defrosted surface	30 min. in refrig.	
Chops/Steak	6 to 8	Turn over/Rearrange/Shield ends and defrosted surface	5 min.	
Ribs/T-bone	6 to 8	Turn over/Rearrange/Shield ends and defrosted surface		
Stew Meat	4 to 8	Break apart/Rearrange/Remove defrosted pieces		
Liver (thinly sliced)	4 to 6	Drain liquid/Turn over/Separate pieces		
Bacon (sliced)	4	Turn over	----	
Poultry				
Chicken, Whole [up to 3 lbs. (1.4 kg)]	4 to 6	Turn over/Shield	20 min. in refrig.	YES
Cutlets	4 to 6	Break apart/Turn over/Remove defrosted Pieces	5 min.	
Pieces	4 to 6	Break apart/Turn over/Shield	10 min.	
Cornish Hens	6 to 8	Turn over/Shield		
Turkey Breast [5-6 lbs. (2.3-2.7 kg)]	6	Turn over/Shield	20 min. in refrig.	

Sensor Reheat Feature

This sensor feature allows you to reheat cooked, refrigerated food without setting time. The oven simplifies programming.

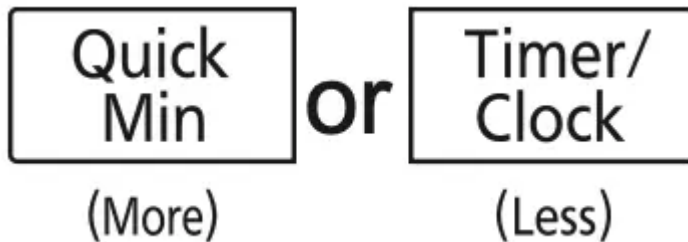


Example: To reheat a plate of food

1. Press sensor reheat.



2. (see More/less Feature) (*page 13)



3. Press start. Cooking starts.



Cooking is complete when 5 beeps sound. (When steam is detected by the Genius Sensor and 2 beeps sound, the remaining cooking time will appear in the display window.)

Note:

Casseroles - Add 3 to 4 tablespoons of liquid, cover with lid or vented plastic wrap. Stir when time appears in the display window.

Canned foods - Empty contents into casserole dish or serving bowl, cover dish with lid or vented plastic wrap. After reheating, let stand for a few minutes.

Plate of food - Arrange food on plate; top with butter, gravy, etc. Cover with lid or vented plastic wrap. After reheating, let stand for a few minutes.

Do not use sensor reheat:

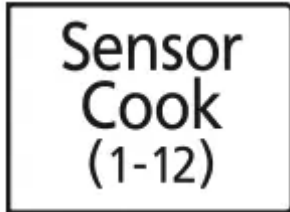
1. To reheat bread and pastry products. Use manual power and time for these foods.
2. For raw or uncooked foods.
3. If oven cavity is warm.
4. For beverages.
5. For frozen foods.

Sensor cook feature

This sensor feature allows you to cook food without setting time. The oven simplifies programming.

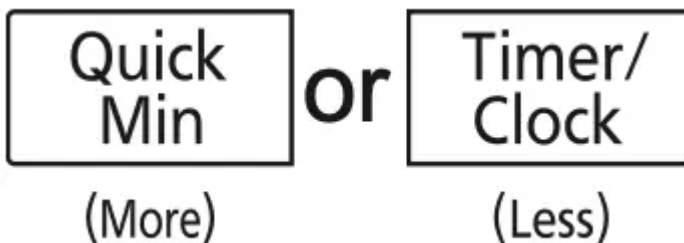
Example: To cook frozen entrées

1. Press until the desired food number appears in the display window.



Press 5 times

2. (see More/less Feature) (*page 13)



3. Press start. Cooking starts.



Cooking is complete when 5 beeps sound. (When steam is detected by the Genius Sensor and 2 beeps sound, the remaining cooking time will appear in the display window.)

For the best results with the GENIUS SENSOR, follow these recommendations.

Before Reheating/Cooking:

1. The room temperature surrounding the oven should be below 95 °F (35 °C).
2. Food weight should exceed 4 oz. (110 g).
3. Be sure the glass tray, the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
4. Cover food with lid, or with vented plastic wrap. Never use tightly sealed plastic containers—they can prevent steam from escaping and cause food to overcook.

During Reheating/Cooking: DO NOT open the oven door until 2 beeps sound and cooking time appears on the Display Window. Doing so will cause inaccurate cooking since the steam from food

is no longer contained within the oven cavity. Once the cooking time begins to count down, the oven door may be opened to stir, turn or rearrange foods.

After Reheating/Cooking: All foods should have a stand time.

Sensor Cook Chart

Recipe	Serving/Weight	Hints
1. Oatmeal	1/2 - 1 cup (40 - 80 g)	Place oatmeal in a microwave safe serving bowl with no cover. Follow manufacturers' directions for preparation.
2. Breakfast Sausage	2 - 8 links	Follow manufacturers' directions for preparation of pre-cooked breakfast sausage. Place in a radial pattern.
3. Omelet	2 - 4 eggs	Follow basic Omelet recipe on page 18.
4. Soup	1 - 2 cups (250 - 500 ml)	Pour soup into a microwave safe serving bowl. Cover with lid or vented plastic wrap. Stir after cooking.
5. Frozen Entrées	8 - 28 oz. (220 - 800 g)	Follow manufacturers' directions for preparation. After 2 beeps, stir or rearrange. Be careful when removing the film cover after cooking. Remove facing away from you to avoid steam burns. If additional time is needed, continue to cook manually.
6. Frozen Pizza (single)	8 oz. (220 g)	Follow manufacturers' directions for preparation. Add more time of cooking if needed.
7. Potatoes	1 - 4 potatoes (6 - 8 oz. each) (170 - 220 g)	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined glass tray (Turntable), at least 1 inch (2.5 cm) apart. Do not cover. Turn over after 2 beeps. Let stand 5 minutes to complete cooking.
8. Fresh Vegetables	4 - 16 oz. (110 - 450 g)	All pieces should be the same size. Wash thoroughly, add 1 tbsp. of water per 1/2 cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
9. Frozen Vegetables	6 - 16 oz. (170 - 450 g)	Wash thoroughly, add 1 tbsp. of water per 1/2 cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking. (Not suitable for vegetables in butter or sauce.)
10. Frozen Dinners	11 - 16 oz. (300 - 450 g)	Follow manufacturers' directions for covering or removing covers. Do not use frozen foods packaged in foil trays. After 2 beeps, stir or rearrange.
11. Pasta	2 - 8 oz. (55 - 220 g)	Place 2 oz. pasta with 3 cups hot tap water in a microwave safe 2 qt casserole, salt and oil, if desired, covered with lid or vented plastic wrap. For 4 oz. pasta use 4 cups water, for 6 oz. pasta use 6 cups water in 3 qt casserole, for 8 oz. pasta use 7 cups water.
12. Fish Fillets	4 - 16 oz. (110 - 450 g)	Arrange in a single layer. Cover with lid or vented plastic wrap.

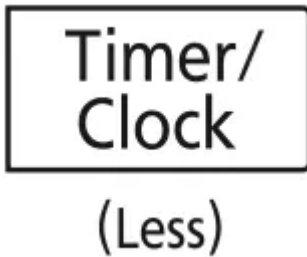
Timer Feature

This feature allows you to program the oven as a kitchen timer. It can also be used to program a standing time after cooking is completed and/or to program a delay start.

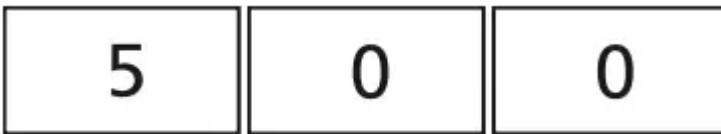
To use as a Kitchen timer:

Example: to count down 5 minutes.

1. Press timer/clock once.



2. Set desired amount of time using number pads.
(up to 99 minutes and 99 seconds).



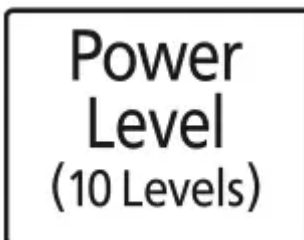
3. Press start. Time will count down without oven operating.



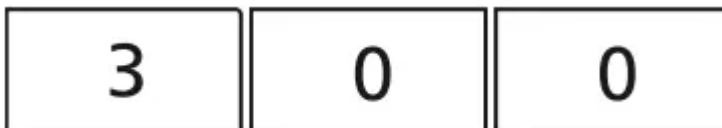
To set stand time:

Example: to cook at P6 power for 3 minutes, with stand time of 5 minutes.

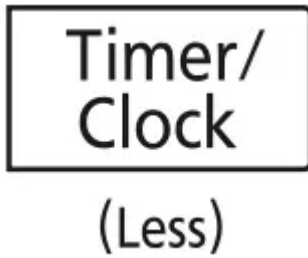
1. Enter the desired Power level (see page 12 for directions).



2. Set desired cooking time using number pads.



3. Press timer/clock once.



4. Set desired amount of Stand Time using number pads. (up to 99 minutes and 99 seconds)



5. Press start. Cooking will start.

After cooking, stand time will count down without oven operating.

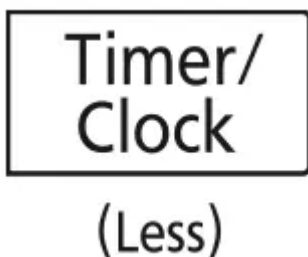


Caution: If oven lamp is lit while using the timer feature, the oven is incorrectly programed. Stop oven immediately and re-read instructions.

To set delay start:

Example: To delay the start of cooking for 5 minutes, and cook at P6 power for 3 minutes.

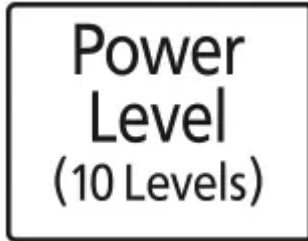
1. Press timer/clock once.



2. Enter desired amount of delay time using number pads. (up to 99 minutes and 99 seconds)



3. Enter the desired Power level (see page 12 for directions).



Press 5 times

4. Set desired cooking time using number pads.



5. Press start. Delay time will count down. Then cooking will start.



Note:

1. When each stage finishes, a two-beep signal sounds. At the end of the program, the oven will beep five times.
2. If the oven door is opened during Stand Time, Kitchen Timer or Delay Time, the time on the display will continue to count down.
3. Stand time and Delay start cannot be programmed before any automatic Function. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.

Microwave Shortcuts

FOOD	POWER	TIME (in mins.)	DIRECTIONS
To separate refrigerated Bacon , 1 pound (450 g)	P10 (HIGH)	30 sec.	Remove wrapper and place in microwave safe dish. After heating, use a plastic spatula to separate slices.
To soften Brown Sugar 1 cup (250 ml)	P10 (HIGH)	20 - 30 sec.	Place brown sugar in microwave safe dish with a slice of bread. Cover with lid or plastic wrap.
To soften refrigerated Butter , 1 stick, 1/4 pound (110 g)	P3 (MED-LOW)	1	Remove wrapper and place butter in a microwave safe dish.
To melt refrigerated Butter , 1 stick, 1/4 pound (110 g)	P6 (MEDIUM)	1 1/2 - 2	Remove wrapper and place butter in a microwave safe dish covered with lid or vented plastic wrap.
To melt Chocolate , 1 square, 1 oz. (28 g)	P6 (MEDIUM)	1 - 1 1/2	Remove wrapper and place chocolate in a microwave safe dish. After heating, stir until completely melted. <i>NOTE: Chocolate holds its shape even when softened.</i>
To melt Chocolate , 1/2 cup (125 ml) chips	P6 (MEDIUM)	1 - 1 1/2	
To toast Coconut , 1/2 cup (125 ml)	P10 (HIGH)	1	Place in a microwave safe dish. Stir every 30 seconds.
To soften Cream Cheese , 8 oz. (220 g)	P3 (MED-LOW)	1 - 2	Remove wrapper and place in a microwave safe bowl.
To brown Ground Beef , 1 pound (450 g)	P10 (HIGH)	4 - 5	Crumble into a microwave safe colander set into another dish. Cover with plastic wrap. Stir twice. Drain grease.
To cook Vegetables , Fresh (1/2 lb.) (225 g)	P8	3 1/2 - 4	All pieces should be the same size. Wash thoroughly, add 1 tbsp of water per 1/2 cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
Frozen (10 oz.) (280 g)	P8	3 1/2 - 4	
Canned (15 oz.) (430 g)	P8	3 1/2 - 4	

FOOD	POWER	TIME (in mins.)	DIRECTIONS
To cook baked Potato , (6 - 8 oz. each) (170 - 220 g) 1 2	P8 P8	3½ - 4 6 - 7	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined glass tray (Turntable), at least 1 inch (2.5 cm) apart. Do not cover. Let stand 5 minutes to complete cooking.
To steam Hand Towels - 4	P10 (HIGH)	20 - 30 sec.	Soak in water, then wring out excess. Place on a microwave safe dish. Heat. Present immediately.
To soften Ice Cream , ½ gallon (2 L)	P3 (MED-LOW)	1 - 1½	Check often to prevent melting.
Cup of liquid To boil water, broth, etc. 1 cup, 8 oz. (250 ml) 2 cups, 16 oz. (500 ml)	P10 (HIGH) P10 (HIGH)	1½ - 2 2½ - 3	Heated liquids can erupt if not stirred. Do not heat liquids in microwave oven without stirring before heating.
Cup of liquid To warm Beverage , 1 cup, 8 oz. (250 ml) 2 cups, 16 oz. (500 ml)	P7 (MED-HIGH) P7 (MED-HIGH)	1½ - 2 2½ - 3	
To roast Nuts , 1½ cups (375 ml)	P10 (HIGH)	3 - 4	Spread nuts into a 9-inch (23 cm) microwave safe pie plate. Stir occasionally.
To toast Sesame Seeds , ¼ cup (60 ml)	P10 (HIGH)	2 - 2½	Place in a small microwave safe bowl. Stir twice.
To skin Tomatoes , (one at a time)	P10 (HIGH)	30 sec.	Place tomato into a microwave safe bowl containing boiling water. Rinse and peel. Repeat for each tomato.
To remove Cooking Odors ,	P10 (HIGH)	5	Combine 1 to 1½ cups (250 - 375 ml) water with the juice and peel of one lemon in a 2 quart microwave safe bowl. After water finishes boiling, wipe interior of oven with a cloth. You can also use a combination of several whole cloves and ¼ cup of vinegar with 1 cup of water.

Food Characteristics

Bone and Fat

Both bone and fat affect cooking. Bones may cause irregular cooking. Meat next to the tips of bones may overcook while meat positioned under a large bone, such as a ham bone, may be undercooked. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.



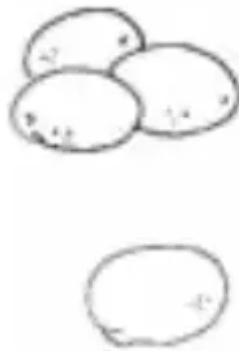
Density

Porous, airy foods such as breads, cakes or rolls take less time to cook than heavy, dense foods such as potatoes and roasts. When reheating donuts or other foods with different centers be very careful. Certain foods have centers made with sugar, water, or fat and these centers attract microwaves (For example, jelly donuts). When a jelly donut is heated, the jelly can become extremely hot while the exterior remains warm to the touch. This could result in a burn if the food is not allowed to cool properly in the center.



Quantity

Two potatoes take longer to cook than one potato. As the quantity of the food decreases so does the cooking time. Overcooking will cause the moisture content in the food to decrease and a fire could result. Never leave microwave unattended while in use.



Shape

Uniform sizes heat more evenly. The thin end of a drumstick will cook more quickly than the meaty end. To compensate for irregular shapes, place thin parts toward the center of the dish and thick pieces toward the edge.



Size

Thin pieces cook more quickly than thick pieces.



Starting Temperature

Foods that are at room temperature take less time to cook than if they are chilled, refrigerated, or frozen.



Cooking Techniques

Piercing

Foods with skins or membranes must be pierced scored or have a strip of skin peeled before cooking to allow steam to escape. Pierce clams, oysters, chicken livers, whole potatoes and whole vegetables. Whole apples or new potatoes should have a 1-inch strip of skin peeled before cooking. Score sausages and frankfurters. Do not Cook/Reheat whole eggs with or without the shell. Steam build up in whole eggs may cause them to explode, and possibly damage the oven or cause injury. Reheating SLICED hard-boiled eggs and cooking SCRAMBLED eggs is safe.



Browning

Foods will not have the same brown appearance as conventionally cooked foods or those foods which are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine and brush on before cooking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.



Spacing

Individual foods, such as baked potatoes, cupcakes and appetizers, will cook more evenly if placed in the oven equal distances apart. When possible, arrange foods in a circular pattern.



Covering

As with conventional cooking, moisture evaporates during microwave cooking. Casserole lids or plastic wrap are used for a tighter seal. When using plastic wrap, vent the plastic wrap by folding back part of the plastic wrap from the edge of the dish to allow steam to escape. Loosen or remove plastic wrap as recipe directs for stand time. When removing plastic wrap covers, as well as any glass lids, be careful to remove them away from you to avoid steam burns. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

Shielding

Thin areas of meat and poultry cook more quickly than meaty portions. To prevent overcooking, these thin areas can be shielded with strips of aluminum foil. Wooden toothpicks may be used to hold the foil in place.

Caution is to be exercised when using foil. Arcing can occur if foil is too close to oven wall or door and damage to your oven will result.

Cooking time

A range of cooking time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature, and regional preferences. Always cook food for the minimum cooking time given in a recipe and check for doneness. If the food is undercooked, continue cooking. It is easier to add time to an undercooked product. Once the food is overcooked, nothing can be done.

Stirring

Stirring is usually necessary during microwave cooking. Always bring the cooked outside edges toward the center and the less cooked center portions toward the outside of the dish.

Rearranging

Rearrange small items such as chicken pieces, shrimp, hamburger patties or pork chops. Rearrange pieces from the edge to the center and pieces from the center to the edge of the dish.

Turning

It is not possible to stir some foods to distribute the heat evenly. At times, microwave energy will concentrate in one area of the food. To help insure even cooking, these food need to be turned. Turn over large foods, such as roasts or turkeys, halfway through cooking.

Stand time

Most foods will continue to cook by conduction after the microwave oven is turned off. In meat cookery, the internal temperature will rise 5 °F to 15 °F (3 °C to 8 °C), if allowed to stand, tented with foil, for 10 to 15 minutes. Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking to the center without overcooking on the edges.

Test for doneness

The same tests for doneness used in conventional cooking may be used for microwave cooking. Meat is done when fork-tender or splits at fibers. Chicken is done when juices are clear yellow and drumstick moves freely. Fish is done when it flakes and is opaque. Cake is done when a toothpick or cake tester is inserted and comes out clean.

About food safety and cooking temperature

Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

TEMP	FOOD
160 °F	...for fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
165 °F	...for leftover, ready-to-reheat refrigerated, and deli and carryout "fresh" food.
170 °F	...white meat of poultry.
180 °F	...dark meat of poultry.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

Care and Cleaning of your Microwave oven

Before cleaning: Unplug oven at wall outlet. If outlet is inaccessible, leave oven door open while cleaning.

After cleaning: Be sure to place the Roller Ring and the Glass Tray in the proper position and press stop/reset Pad to clear the Display.

Menu Label / Warning Label:
Do not remove, wipe with a damp cloth.

Glass Tray:
Remove and wash in warm soapy water or in a dishwasher.

Outside oven surfaces:
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.

Inside of the oven:
Wipe with a damp cloth after using. Mild detergent may be used if needed. Do not use harsh detergents or abrasives.

Oven Door:
Wipe with a soft dry cloth when steam accumulates inside or around the outside of the oven door. During cooking, especially under high humidity conditions, steam is given off from the food. (Some steam will condense on cooler surfaces, such as the oven door. This is normal.) Inside surface is covered with a heat and vapor barrier film. **Do not remove.**

Roller Ring and oven cavity floor:
Clean the bottom surface of the oven with mild detergent water or window cleaner, and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

Control Panel:
* Covered with a removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. (Hint - To remove film, apply masking or clear tape to an exposed corner and pull gently.)
* If the Control Panel becomes wet, clean it with a soft dry cloth. Do not use harsh detergents or abrasives.

Do not remove wave guide cover:
It is important to keep cover clean in the same manner as the inside of the oven.

Before requesting service

These things are normal:

<p>The oven causes interference with my TV.</p>	<p>Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.</p>
<p>Steam accumulates on the oven door and warm air comes from the oven vents.</p>	<p>During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal. After use, the oven should be wiped dry (see page 24).</p>



Problem	Possible cause	Remedy
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Main circuit breaker or main fuse is tripped or blown.	Reset main circuit breaker or replace main fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if it is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Start Pad was not pressed after programming.	Press start Pad.
	Another program is already entered into the oven.	Press stop/reset Pad to cancel the previous program and enter new program.
	The program is not correct.	Program again according to the Operating Instructions.
	Stop/Reset Pad has been pressed accidentally.	Program oven again.
The Glass Tray wobbles.	The Glass Tray is not positioned properly on the Roller Ring or there is food under the Roller Ring.	Take out Glass Tray and Roller Ring. Wipe with a damp cloth and reset Roller Ring and Glass Tray properly.
When the oven is operating, there is noise coming from the glass tray.	The Roller Ring and oven bottom are dirty.	Clean these parts according to care and cleaning of your Microwave oven (see page 24).
The word "Child" appears in the Display Window.	The CHILD LOCK was activated by pressing start pad 3 times.	Deactivate LOCK by pressing stop/reset pad 3 times.

Problem	Possible cause	Remedy
The oven stops cooking and "h00", "h97" or "h98" appears in the display window.	The oven unit power supply source failed.	Please contact an authorised Service Center (see page 26).

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.

