

Operating Instructions

About the features of your oven.

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

Features of the Oven

1. Door Handle.
2. Door Latches.
3. Window with Metal Shield.

Screen allows cooking to be viewed while keeping microwaves confined in the oven

4. Control Panel.
5. Removable Turntable.

Do not operate the oven in the microwave mode without the turntable and turntable support seated and in place.

6. Removable Turntable Support.

Do not operate the oven in the microwave mode without the turntable and turntable support seated and in place.

About the time features.

	<p>Cook Time</p> <p>Allows you to microwave for any time up to 99 minutes and 99 seconds.</p> <p>Power level 10 (HIGH) is automatically set, but you may change it for more flexibility.</p> <ol style="list-style-type: none">1. Press Cook Time.2. Enter cooking time.3. Press START. <p><i>Cooking will start when the countdown begins in the display.</i></p> <p>You may open the door during Cook Time to check the food. Close the door and press START to resume cooking.</p>
	<p>Express Cook</p> <p><i>This is a quick way to set cooking time for 1-6 minutes.</i></p> <ol style="list-style-type: none">1. Press one of the Express Cook pads (from 1-6) for 1-6 minutes of cooking at power level 10. <p>For example, press the 2 pad for 2 minutes of cooking time.</p> <p>The power level can be changed as time is counting down. Press POWER LEVEL and enter 1-10.</p> <p>NOTE: Express Cook function pertains to pads 1-6 only</p>

	<p>Add 30 Sec</p> <p>This will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds</p> <p>Add 30 sec can also be used like an express 30 seconds button. The microwave oven will start immediately when pressed.</p>
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About the defrost features.

	<p>Weight Defrost</p> <p>Use Weight Defrost for meat, poultry and fish.</p> <p>Use Time Defrost for most other frozen foods.</p> <ol style="list-style-type: none"> 1. Press DEFROST once for Weight Defrost. 2. Enter the weight in pounds. 3. Press START. <p><i>Cooking will start when the countdown begins in the display</i></p> <p>Defrosting Tips</p> <ul style="list-style-type: none"> • Remove meat from package and place on microwave-safe dish. • When the oven signals, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil. • After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes. <p><i>Conversion Guide</i></p>
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Time Defrost

Allows you to defrost for a selected length of time. See the Defrosting Guide on page 14 for suggested times (Weight Defrost is explained on page 12).

1. Press DEFROST twice for Time Defrost.
2. Enter defrosting time in minutes and seconds.
3. Press START.

Cooking will start when the countdown begins in the display

At one half of selected defrosting time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food.

Noises may be heard during defrosting. This is normal when oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room

temperature promotes the growth of harmful bacteria.

- For more even defrosting of larger foods, such as roasts, use Time Defrost. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.

About the Power Level features.

Changing the Power Level

The power level may be entered or changed before or during cooking. Power Level is set for Level 10 (High) unless it is changed.

1. Press Power Level button.
2. Enter new power level by using the number pads or press the Power Level button multiple times until you find the level you want.
3. After you have selected the power level, wait five seconds. The display will go back to the Cook Time screen.
4. Enter cooking time and press START.

OR

1. Press Cook Time button.
2. Enter your cooking time.
3. Press Power Level button.
4. Enter new power level by using the number pads or press the Power Level button multiple times until you find the level you want.
5. After you have selected the power level, wait five seconds. The display will go back to the Cook Time (Enter Time) screen.
6. Press START.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time. Most cooking will be done on High (power level 10) which gives

you 100% power. Power level 10 will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes and some casseroles.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with Power level 3. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

High 10 (100%): Fish, bacon, vegetables, boiling liquids.

Med-High 7 (70%): Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 5 (50%): Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3 (20 or 30%): Defrosting; simmering; delicate sauces.

Warm 1 (10%): Keeping food warm; softening butter.

NOTE: You can also change the power level during many cooking modes by pressing the power level button entering a valid power level.

About the other features.

	<p>Clock</p> <p>To change the time of day.</p> <ol style="list-style-type: none"> 1. Press the Set Clock button. (The microwave should not be running.) 2. Enter the appropriate time of day. Clock is on a 12-hour scale. 3. Press Set Clock or Start to accept the time.
	<p>Start/Pause</p> <p>In addition to starting many functions, START/ PAUSE allows you to stop cooking without opening the door or clearing the display and resume cooking later.</p>



	<p>Cancel/Off</p> <p>Press the CANCEL/OFF button to stop and cancel cooking at any time.</p>
	<p>Control Lock-Out</p> <p>You may lock the control panel to prevent the oven from being accidentally started during cleaning or being used by children.</p> <p>To lock or unlock the controls, press and hold the CANCEL/OFF button for three seconds. When the control panel is locked, L will be displayed briefly anytime a button or dial is pressed. "L" will show in the display.</p>
	<p>Surface Light</p> <p>Press SURFACE LIGHT once for bright light, twice for the night light or a third time to turn the light off</p>
<p><i>NOTE: The Timer indicator will be lit while the timer is operating.</i></p> <p>Timer</p> <p>The Timer operates as a minute timer and can be used at any time, even when the oven is operating.</p>	<ol style="list-style-type: none"> 1. Press the Timer button. 2. Enter a time. 3. Press the Timer 3 Start button to start <p><i>To cancel, press the Timer button or Cancel button.</i></p> <p>NOTE: If you press the Cancel button to cancel the timer and you are cooking at the same time, it will cancel your cooking selection also.</p> <p>When time is up, the oven will signal.</p> <p>To turn off the timer signal, press Timer or Cance</p>



Care and cleaning

Care and cleaning of the oven

Helpful Hints

	<p>An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.</p> <p>Be sure the power is off before cleaning any part of this microwave oven.</p>
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How to Clean the Inside

	<p><i>Walls, Floor, Inside Window, Metal and Plastic Parts on the Door</i></p> <p>Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.</p> <p><i>Never use a commercial oven cleaner on any part of your microwave.</i></p>
	<p><i>Removable Turntable and Turntable Support</i></p> <p>To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven in the microwave mode without the turntable and support seated and in place.</p>

How to Clean the Outside



We recommend against the use of spray cleaners and using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

Control Panel

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel - they can damage it. Some paper towels can also scratch the control panel.

Door Panel

Before cleaning the front door panel, make sure you know what type of panel you have. Refer to the eighth digit of the model number. "S" is stainless steel "B", "W" or "C" are plastic colors.

Stainless Steel (on some models)

The stainless steel panel can be cleaned with Stainless Steel Magic or a similar product using a clean, soft cloth. Apply stainless cleaner carefully to avoid the surrounding plastic parts. Do not use appliance wax, polish, bleach or products containing chlorine on Stainless Steel finishes.

Plastic Color Panels

Use a clean, soft, lightly dampened cloth, then dry thoroughly.

Door Seal



It's important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Bottom

Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.

Troubleshooting Tips

Things That Are Normal With Your Microwave Oven

- Moisture on the oven door and walls while cooking. Wipe the moisture off with a paper towel or soft cloth.
- Moisture between the oven door panels when cooking certain foods. Moisture should dissipate shortly after cooking is finished.
- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Noises while oven is operating.
- TV-radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible or check the position and signal of the TV/radio antenna.

Troubleshooting Tips

Problem	Possible Cause	What To Do
Oven will not start	A fuse in your home may be blown or the circuit breaker tripped.	<ul style="list-style-type: none"> • Replace fuse or reset circuit breaker.
	Power surge.	<ul style="list-style-type: none"> • Unplug your microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet	<ul style="list-style-type: none"> • Make sure 3-prong plug on oven is fully inserted into wall receptacle
	Door not securely closed.	<ul style="list-style-type: none"> • Open the door and close securely
Control panel lighted, yet oven will not start	Door not securely closed.	<ul style="list-style-type: none"> • Open the door and close securely
	START/PAUSE button not pressed after entering cooking selection.	<ul style="list-style-type: none"> • Press START/PAUSE.
	Another selection entered already in oven and CANCEL/ OFF button not pressed to cancel it	<ul style="list-style-type: none"> • Press CANCEL/OFF.
	Cooking time not entered after pressing COOK TIME	<ul style="list-style-type: none"> • Make sure you have entered cooking time after pressing Cook Time.
	CANCEL/OFF was pressed accidentally.	<ul style="list-style-type: none"> • Reset cooking program and press START/ PAUSE.
CONTROL LOCKED appears on display	The control has been locked	<ul style="list-style-type: none"> • Press and hold Cancel/ Off for about 3 seconds

Problem	Possible Cause	What To Do
		to unlock the control panel.
Floor of the oven is warm even when the oven has not been used	The cooktop light is located below the oven floor. When light is on, the heat it produces may make the oven floor get warm.	<ul style="list-style-type: none"> • This is normal
You hear an unusual low-tone beep	You have tried to change the power level when it is not allowed	<ul style="list-style-type: none"> • Many of the oven's features are preset and cannot be changed.
Vent fan comes on automatically	The vent fan automatically turns on to protect the microwave if it senses too much heat rising from the cooktop below.	<ul style="list-style-type: none"> • This is normal

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.