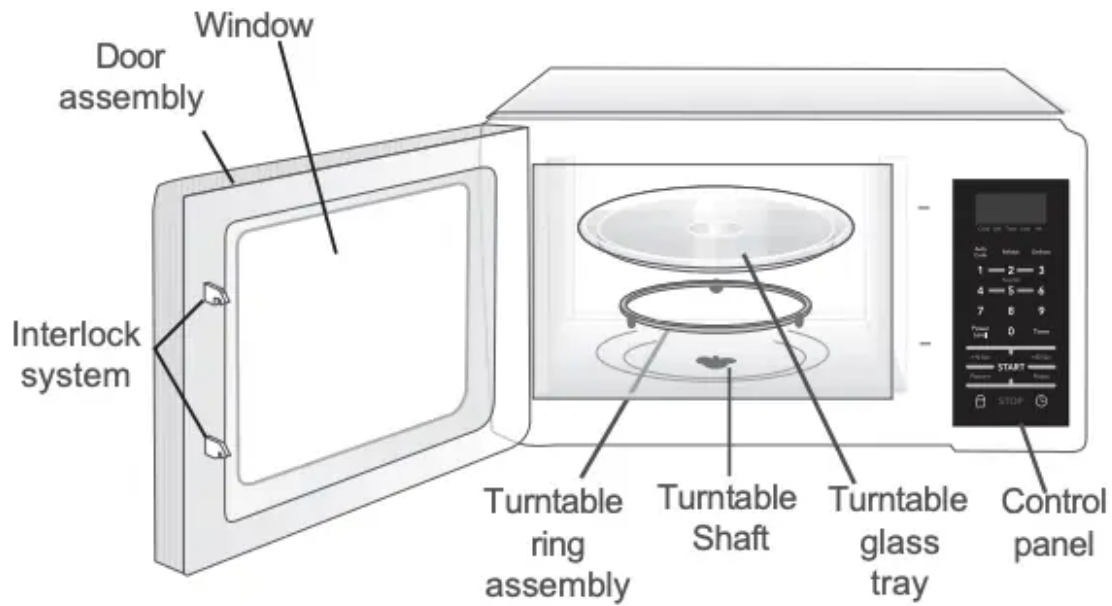


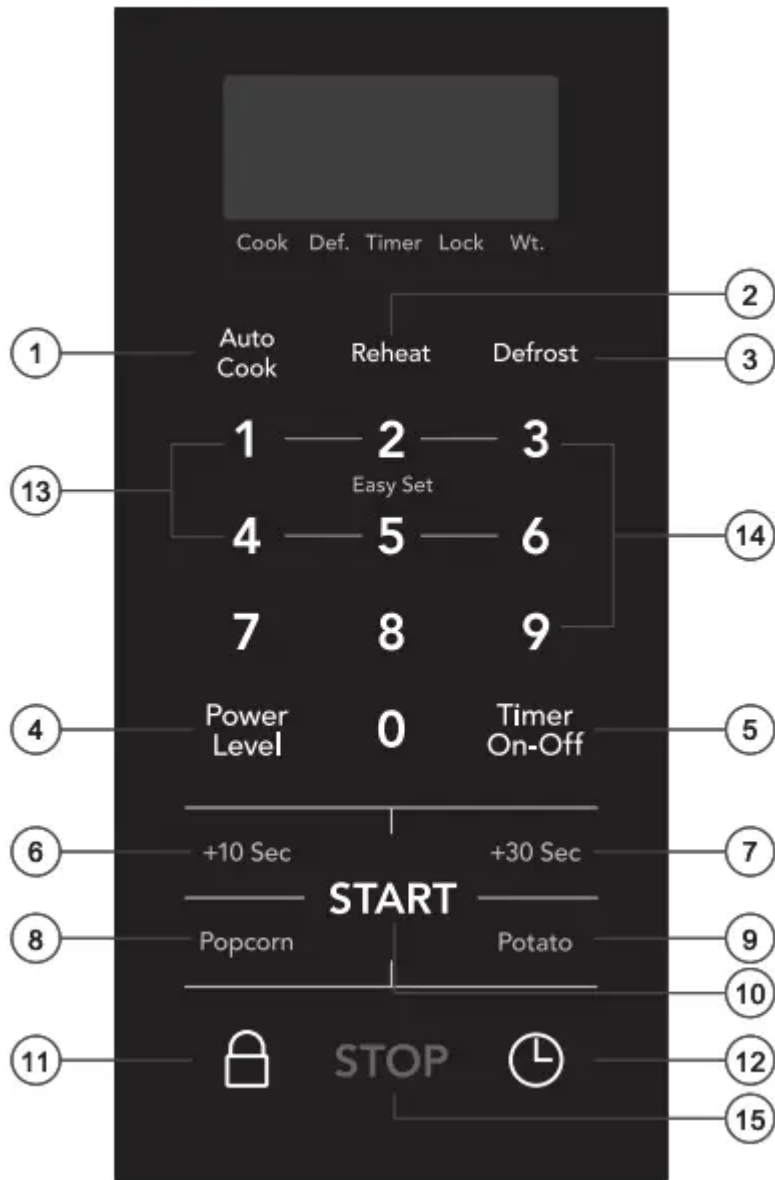
# Features & Specifications

## Microwave features



## Control panel





(1) Auto Cook

(2) Reheat

(3) Defrost

(4) Power Level (10 power levels available)

(5) Timer On-Off

(6) +10 Sec

(7) +30 Sec

(8) Popcorn

(9) Potato



(10) START ~ Begin cooking time.

(11) Safety Lock

(12) Clock/Options

(13) Easy Set (6 instant settings)

(14) Number Pads (0-9)

(15) STOP ~ Before cooking: clears all previous settings.

During cooking: press this pad once to pause cooking function, press this pad twice to cancel cooking and any other entries.

## Before Operating

### Learn more about your microwave oven



#### CAUTION

- To avoid risk of personal injury or property damage, do not operate the microwave oven empty.
- To avoid risk of personal injury or property damage, do not use stoneware, aluminum foil, metal utensils, or metal trimmed utensils in the microwave oven.

### Setting the clock

The clock can be disabled when the microwave is first plugged in and the STOP pad is selected. To re-enable the clock follow clock instructions

**Example:** setting clock display for 9:00:

1. Press Clock/Options pad.
2. Enter time using number pads.
3. Press START pad.



#### NOTE:

1. If you begin to enter in an incorrect time (e.g. 2:89) the 8 is an invalid digit and cannot be entered. Enter the correct time.
2. If you press STOP pad while setting the clock, the display will show the last time of day set.

## Microwave utensil guide

### Use

- Oven proof glass (specifically treated for high intensity heat): Utility dishes, loaf dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.
- China: Bowls, cups, serving plates and platters without metallic trim.
- Plastic: Plastic wrap (as a cover) - lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that the plastic wrap will not touch the food. Use plastic dishes, cups, semirigid freezer containers and plastic bags for short cooking times. Use these with care because the plastic may soften from the heat of the food.
- Paper: Paper towels, waxed paper, paper napkins and paper plates with no metallic trim or design. Look for the manufacturer's label for any special instructions for use in the microwave oven.

### Do not use

- Metal utensils: Metal shields the food from microwave energy and produces uneven cooking. Also, avoid metal skewers, thermometers or foil trays. Metal utensils can cause arcing, which can damage your microwave oven.
- Metal decoration: Bowls, cups, serving plates and platters without metallic trim.
- Aluminum foil: Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep ALL aluminum foil at least 1 inch from the side walls of the oven cavity and door of the microwave.
- Wood: Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets made of wood will react in the same way.
- Tightly covered utensils: Be sure to leave openings for steam to escape from covered cookware. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed pouches may explode.
- Brown paper: Avoid using brown paper bags. They absorb heat and can burn.
- Flawed or chipped cooking utensils: Any utensil that is cracked, flawed or chipped may break in the oven.
- Metal twist ties: Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.

# Manual Operation

## Setting the timer

**Example:** setting timer for 5 minutes

1. Press Timer On-Off pad once.
2. Enter desired time using number pads. (timer may be set up to 99 minutes and 99 seconds).



Timer  
On-Off  
500



Timer  
On-Off

3. Press Timer On-Off pad.

When finished, you will hear a series of beeps.

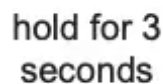
**NOTE :** Timer count down does not stop even if the door is open. To cancel the timer, press Timer On-Off pad once again.

## Safety Lock

You may lock the control panel to prevent the microwave from being accidentally started or used by children. The safety lock feature is very useful when cleaning the control panel. The lock will prevent accidental programming when wiping the control panel.

**Example:** to set the safety lock ON:

Press and hold the Safety Lock pad for more than 3 seconds. The lock chevron will appear in the

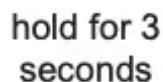


hold for 3  
seconds

display window with 1 beep.

**Example:** to change the safety lock from ON to OFF

Press and hold the Safety Lock pad for more than 3 seconds. The lock chevron will disappear in



hold for 3  
seconds

the display window with 1 beep.

## Using Easy Set

1 2 3  
4 5 6

Microwave heating or cooking may be quickly set at 100% power level for 1, 2, 3, 4, 5 or 6 minutes. Use the number pads 1, 2, 3, 4, 5 or 6 to choose the desired minutes of cook time (this option will only work using the 1, 2, 3, 4, 5 or 6 numeric pads.)

**Example:** to quickly heat for 2 minutes at 100% power:

2

Press number pad for desired minute(s). The microwave will start after 2 second delay

**NOTE:** "Food" will be displayed if a Easy Set cooking cycle or press +30 sec or +10 Sec pad is not selected within 5 minutes of placing food in the microwave. You must open then close the door again to clear "Food" from the display

## Heating with high power level

**Example:** to heat for 5 minutes and 30 seconds at 100% power:

1. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds).

530

**NOTE:** For time sets that start with numbers 1 - 6, the remaining numbers must be entered within 2 second from the first pad press, otherwise the Easy Set time will be used.

**START**

2. Press START pad.

When finished, you will hear a series of beeps

## Heating with lower power levels

Using the highest power level to heat foods does not always give the best results when some types of food need slower cooking, such as roasts, baked goods or custards. Your oven has nine other power levels you may choose.

**Example:** to heat for 4 minutes and 30 seconds at 70% power:

1. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds).

# 430

**NOTE:** For time sets that start with numbers 1 - 6, the remaining numbers must be entered within 2 second from the first pad press, otherwise the Easy Set time will be used.

Power  
Level

2. Press Power Level pad 4 times more (70 % power). P-70 appears in the display

## START

3. Press START pad.

When finished, you will hear a series of beeps.

### Heating with multiple cooking stages

For best results, some microwave recipes call for different power levels or different lengths of time for cooking. Your microwave may be set to change from one stage to another automatically (2 stages maximum).

**Example:** to cook food at 80%power for 3 minutes and then 50% power for 6 minutes 30 seconds:

1. Use the number pads to enter desired heating time for the first stage (cook time may be set up

# 300

to 99 minutes and 99 seconds).

**NOTE:** For time sets that start with numbers 1 - 6, the remaining numbers must be entered within 2 second from the first pad press, otherwise the Easy Set time will be used.

2. Press Power Level pad 3 times for power level 80 (80% power) for first stage. P-80 appears in

Power  
Level

the display.

3. Use the number pads to enter desired heating time for the second stage (cook time may be set

# 630

up to 99 minutes and 99 seconds).

4. Press Power Level pad 6 times for power level 50 (50% power) for the second stage. P-50

Power  
Level

appears in the display.

## START

5. Press START pad.

When finished, you will hear a series of beep.

Press <b>Power Level</b> pad	Power level (Display)	Approximate Percentage of Power
once	P-HI	100%
twice	P-90	90%
3 times	P-80	80%
4 times	P-70	70%
5 times	P-60	60%
6 times	P-50	50%
7 times	P-40	40%
8 times	P-30	30%
9 times	P-20	20%
10 times	P-10	10%
11 times	P-00	0%

### **Adding cook time (+30 Sec)**

Pressing the +30 Sec pad once starts 30 seconds of cooking at a 100% power level. Pressing the +30 Sec pad during cooking adds 30 seconds (for each press) to the cook time..

**Example:** to add 1 minute of cook time at the power level of 100%:

1. Press +30 Sec pad 2 times.

**NOTE:** "Food" will be displayed if a Easy Set cooking cycle or press +30 sec or +10 Sec pad is not selected within 5 minutes of placing food in the microwave. You must open then close the door again to clear "Food" from the display.

### **Adding cook time (+10 Sec)**

Pressing the +10 Sec pad once starts 10 seconds of cooking at a 100% power level. Pressing the +10 Sec pad during cooking adds 10 seconds (for each press) to the cook time.

**Example:** to add 20 seconds of cook time at the power level of 100%:

1. Press +10 Sec pad 2 times.

**NOTE:** "Food" will be displayed if a Easy Set cooking cycle or press +30 sec or +10 Sec pad is not selected within 5 minutes of placing food in the microwave. You must open then close the door again to clear "Food" from the display.

### **Setting Defrost by Weight**

**Example:** to defrost 0.5 lbs. of food using the automatic defrost cycle (cook time determined automatically)

1. Press Defrost pad once. **Defrost**
2. Use the number pads to enter weight of food to defrost in pounds. You may enter weight from 0.5 to 7.0 pounds. (0.2 to 3.2 kg) **5**

3. Press **START** pad. When finished, you will hear a series of beeps.

**NOTE:**

1. The weight amount must be a valid entry for this feature to start. A valid weight entry is 0.5 to 7.0 pounds. A decimal point is assumed before the right-most digit. For example, enter 5 for 0.5 pounds and enter 50 for 5.0
2. The oven will beep during the Defrost cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and press **START** pad to resume the defrost cycle.

### Setting Defrost by Time

**Example:** to defrost food with the automatic defrost cycle for 5 minutes:

1. Press Defrost pad twice. **Defrost**
2. Use the number pads to enter desired defrost time (defrost time may be set up to 99 minutes and 99 seconds). **500**

3. Press **START** pad.
- When finished, you will hear a series of beeps.

**NOTE:** The oven will beep during the Defrost cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and press **START** pad to resume the defrost cycle.

### Convenience Operation One Touch

#### Popcorn



**CAUTION**

- DO NOT leave microwave oven unattended while popping corn

The popcorn feature lets you pop 3 different commercially packaged microwave popcorn sized bags. Use the table below to determine the setting to use:

**Amount Press POPCORN pad**

3.3 oz. 1

3.0 oz 2

1.75 oz. 3

**Example:** to pop a 3.0 oz. bag of popcorn automatically:

1. Press POPCORN pad twice (refer to table above).
2. Press START pad.

When cooking is finished, you will hear a series of beeps.

Important Information About Microwave Popcorn Feature:

- If / when the popcorn bag expands and no longer rotates properly, please press STOP pad once. Open the oven door and adjust the bag position to ensure even cooking. Close the oven door, press START pad to continue cooking.



**Potato**

The potato feature cooks 1, 2, or 3 potatoes automatically (cooking times based on 8 to 24 oz.). Use the table below to determine the setting to use:

**Amount Press POTATO pad**

1 potato 1

2 potatoes 2

3 potatoes 3

**Example:** to cook 1 potato automatically.

1. Press POTATO pad (refer to table above).
2. Press START pad. When cooking is finished, you will hear a series of beeps.

**NOTE:**

- Before cooking, pierce potato with fork several times..
- After cooking, let potatoes stand for 5 minutes.



# Convenience Operation Auto Cook

## Bacon

The bacon feature cooks 2 slices or 4 slices of bacon automatically.

Use the table below to determine the setting to use:

### Amount Numeric Pad

2 slices (default) 2

4 slices 4

**NOTE:** Be sure to separate the slices before cooking.

1. Press Auto Cook pad once. Ac-1 appears in the display.
2. Press numeric pad per the table above. (If you are using the default amount, you may skip this step).
3. Press START pad.

When finished, you will hear a series of beeps

## Frozen Entree

The frozen entree feature allows you to cook frozen entrees that are 9, 12, or 18 ounces. Use the table below to determine the setting to use:

### Amount Numeric Pad

9 ounces (default) 9

12 ounces 12

18 ounces 18

1. Press Auto Cook pad twice. Ac-2 appears in the display
2. Press numeric pad per the table above. (If you are using the default amount, you may skip this step).
3. Press START pad.

When finished, you will hear a series of beeps.

## Meat

The meat feature cooks 1, 2, or 3 servings of meat automatically. Use the table below to determine the setting to use:

### Amount Numeric Pad

1 serving-4 oz. (default) 4

2 servings-8 oz. 8

3 servings-16 oz. 16

1. Press Auto Cook pad three times. Ac-3 appears in the display.
2. Press numeric pad per the table above. (If you are using the default amount, you may skip this step).
3. Press START pad.

When finished, you will hear a series of beeps.

## **Seafood**

The seafood feature cooks 1, 2, or 3 servings of seafood automatically. Use the table below to determine the setting to use:

### **Amount Numeric Pad**

1 serving-8 oz. (default). 8

2 servings-12 oz. 12

3 servings-16 oz. 16

1. Press Auto Cook pad 4 times. Ac-4 appears in the display.
2. Press numeric pad per the table above. (If you are using the default amount, you may skip this step).
3. Press START pad.

When finished, you will hear a series of beeps

## **Convenience Operation Reheat**

### **Dinner Plate**

The Dinner Plate feature allows you to reheat a 9, 12 or 18 oz. meal.

### **Amount Numeric Pad**

9 oz. (default) 9

12 oz. 12

18 oz. 18

1. Press Reheat pad once. Ar-1 appears in the display.
2. Press numeric pad per the table. (If you are using the default amount, you may skip this step).
3. Press START pad.

When finished, you will hear a series of beeps.

## **Pizza**

The Auto Reheat feature lets you reheat 1, 2, or 3 slices of pizza automatically (based on 4.0-14.0 oz. portion). Use the table below to determine the setting to use.

### **Amount Numeric Pad**

4 oz. (default) 1

8 oz. 2

14 oz. 3

1. Press Reheat pad twice. Ar-2 appears in the display.
2. Press the numeric pad per the table. (If you are using the default amount, you may skip this step).
3. Press START pad.

When finished, you will hear a series of beeps.

## **Soup**

The soup feature cooks 1, 2, or 3 servings of soup automatically. Use the table below to determine the setting to use.

### **Amount Numeric Pad**

1 serving-7 oz. (200 ml) (default) 7

2 servings-14 oz. (400 ml) 14

3 servings-21 oz. (600 ml) 21

1. Press Reheat pad 3 times. Ar-3 appears in the display.
2. Press numeric pad per the table above. (If you are using the default amount, you may skip this step).
3. Press START pad.

When finished, you will hear a series of beeps.

## **Convenient Features**

### **Clock & Options**

The microwave oven has settings that allow you to customize the operation for your convenience. Below is the table showing the various settings. Press Clock & Options pad multiple times to the desired setting function.

## Pad press Option

Clock/Options x 1 Clock

Clock/Options x 2 Sound On/Off

Clock/Options x 3 Weight lb/kg

Clock/Options x 4 Power save

Clock/Options x 5 Demo

### (1) Setting Clock

The clock can be disabled when the microwave is first plugged in and the STOP pad is selected. To re-enable the clock follow clock instructions.

**Example:** setting clock display for 9:00:

1. Press Clock/Options pad once.



2. Enter time using number pads.

0900

3. Press START pad.

START

#### NOTE:

1. If you begin to enter in an incorrect time (e.g. 2:89) the 8 is an invalid digit and cannot be entered. Enter the correct time.

2. If you press STOP while setting the clock, the display will show the last time of day set.

### (2) Turning Sound On/Off

Audible signals are available to guide you when setting and using your oven.

- A key press tone
- Three tones signal the end of a Kitchen Timer count down or end of a cooking cycle.

1. Press Clock/Options pad twice to turn Sound On/Off. oP-2 appears in the display.



2. Press START pad. oP-2 appears in the display during 2 seconds. Auto scroll every 2 seconds

through on, oFF selection.

START

3. Press START pad to active displayed selection. Display selection for 2 seconds.

START

### (3) Setting Weight Lb / Kg

Setting weight between pounds or kilograms.



1. Press Clock/Options pad 3 times to set weight Lb/Kg. oP-3 appears in the display.
2. Press START pad. oP-3 appears in the display during 2 seconds. Auto scroll every 2 seconds

**START**

through lb, G (kg) selection.

**START**

3. Press START pad to active displayed selection. Display selection for 2 seconds.

#### **(4) Setting Power Save On/Off**

Turning ON power save turns off the time of day clock display.

1. Press Clock/Options pad 4 times to set Power Save On/Off. oP-4 appears in the display.



2. Press START pad. oP-4 appears in the display during 2 seconds. Auto scroll every 2 seconds

**START**

through on, oFF selection.

**START**

3. Press START pad to active displayed selection. Display selection for 2 seconds.

#### **(5) Setting Demo Mode On/Off**

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

1. Press Clock/Options pad 5 times to set Demo Mode On/Off. oP-5 appears in the display.



2. Press START pad. oP-5 appears in the display during 2 seconds. Auto scroll every 2 seconds

**START**

through on, oFF selection.

**START**

3. Press START pad to active displayed selection. Display selection for 2 seconds.

## Cooking Charts

### Cooking meat in your microwave

Be sure to place prepared meats on a microwave-safe roasting rack in a microwave-safe dish. Start cooking the meat fat side down and if necessary, use narrow strips of aluminum foil to shield any bone tips or thin meat areas. After cooking, check the temperature in several places before letting the meat stand the recommended time. Please note that the temperatures in the following charts are temperature at removal time; the temperature will rise during the standing period.

#### Meat Power level Cook time Directions

<ul style="list-style-type: none"> <li>• <b>Roast beef boneless</b> (up to 4 lbs.)</li> </ul>	High (10) for first 5 minutes, then medium (5)	<ul style="list-style-type: none"> <li>• 12-17 min./lb. For 160° F (<b>Medium</b>)</li> </ul>	Place roast beef fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand * 10-15 minutes.
		<ul style="list-style-type: none"> <li>• 14-19 min./lb. For 170° F (<b>Well Done</b>)</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Roast pork boneless or bone-in</b> (up to 4 lbs.)</li> </ul>	High (10) for first 5 minutes, then medium (5)	15-20 min/lb. For 170° F ( <b>Well Done</b> )	Place roast pork fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand * 10-15 minutes.

\* Expect a 10° F rise in the temperature during the standing period.

#### Meat Doneness Remove from oven After standing (10-15 min.)

<ul style="list-style-type: none"> <li>• <b>Beef</b></li> </ul>	<b>Medium Well Done</b>	150° F 160° F	150° F 160° F
<ul style="list-style-type: none"> <li>• <b>Pork</b></li> </ul>	<b>Medium Well Done</b>	150° F 160° F	150° F 160° F
<ul style="list-style-type: none"> <li>• <b>Poultry</b></li> </ul>	<b>Dark meat</b> <b>Light meat</b>	170° F 160° F	170° F 160° F

### Cooking poultry in your microwave

Be sure to place poultry on a microwave-safe roasting rack in a microwave-safe dish. Cover poultry with wax paper to prevent splattering. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas, or areas that start to overcook. After cooking, check the temperature in several places before letting the meat stand the recommended time.

#### Poultry. Cook time / power level Directions

<ul style="list-style-type: none"> <li>• <b>Whole chicken</b> (up to 4 lbs.)</li> </ul>	Cook time: 7-10 min. / lb. 180° F dark meat 170° F light meat Power level: medium high (7)	Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5-10 min.
<ul style="list-style-type: none"> <li>• <b>Chicken pieces</b> (up to 4 lbs.)</li> </ul>	Cook time: 7-10 min. / lb. 180° F dark meat 170° F light meat Power level: medium high (7)	Place chicken bone-side down on dish, with thickest portions toward the inside of dish. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5-10 min.

## **Cooking eggs in your microwave**

- Never cook eggs in the shell and never warm hardcooked eggs in the shell; they can explode.
- Always pierce whole eggs to keep them from bursting.
- Cook eggs just until set; they will become tough if overcooked.

## **Suggested power levels for cooking**

The 11 power levels available with this microwave will help you to adjust to the power output best suited for the food type you are preparing. As with any food preparation in the microwave, it is best to follow the microwave instructions that are printed on food packaging. The table below provides suggested power levels for various types of food that you can be prepare in the microwave.

**Power level Microwave output Use to prepare when:**

10 High	100%	<ul style="list-style-type: none"> <li>• Boiling water</li> <li>• Cooking ground beef</li> <li>• Making candy</li> <li>• Cooking fresh fruits &amp; vegetables</li> <li>• Cooking fish &amp; poultry</li> <li>• Preheating browning dish</li> <li>• Reheating beverages</li> <li>• Cooking bacon slices</li> </ul>
9	90%	<ul style="list-style-type: none"> <li>• Reheating meat slices quickly</li> <li>• Saute onions, celery &amp; green peppers</li> </ul>
8	80%	<ul style="list-style-type: none"> <li>• All reheating</li> <li>• Cooking scrambled eggs</li> </ul>
7	70%	<ul style="list-style-type: none"> <li>• Cooking breads &amp; cereal products</li> <li>• Cooking cheese dishes &amp; veal</li> <li>• Cakes, muffins, brownies &amp; cupcakes</li> </ul>
6	60%	<ul style="list-style-type: none"> <li>• Cooking pasta</li> </ul>
5	50%	<ul style="list-style-type: none"> <li>• Cooking meats &amp; whole poultry</li> <li>• Cooking custard</li> <li>• Cooking spare ribs, rib roast &amp; sirloin roast</li> </ul>
4	40%	<ul style="list-style-type: none"> <li>• Cooking less tender cuts of meat</li> <li>• Reheating frozen packages foods</li> </ul>
3	30%	<ul style="list-style-type: none"> <li>• Thawing meat, poultry &amp; seafood</li> <li>• Cooking small quantities of food</li> <li>• Finish cooking casseroles, stew &amp; some sauces.</li> </ul>
2	20%	<ul style="list-style-type: none"> <li>• Softening butter &amp; cream cheese</li> <li>• Heating small amounts of food</li> </ul>
1	10%	<ul style="list-style-type: none"> <li>• Softening ice cream</li> <li>• Raise yeast dough</li> </ul>
0	0%	<ul style="list-style-type: none"> <li>• To remove the odor of the oven</li> </ul>

## **Suggestions for getting the best results**

To help you achieve the best possible results from your microwave oven, read the following suggestions below;

### **Storage temperature**

Foods taken from the freezer or refrigerator take longer to cook than the same foods would at room temperature.

### **Size**

Small pieces of food cook faster than large ones. Pieces similar in size and shape will cook more evenly when cooked together. For more even results, reduce the power levels when cooking large pieces of food.

### **Natural moisture**

Very moist foods cook more evenly because microwave energy heats water molecules very efficiently.

### **Stirring**

Stir foods such as casseroles and vegetable from the outside to the center to distribute the heat more evenly.

This will allow the food to cook faster. Constant stirring is not necessary.

### **Turn over items**

Turn over foods such as pork chops, roasts or whole cauliflower halfway through the cook time. This will help to expose all sides equally to microwave energy.

### **Food placement**

Place delicate areas of food items, such as asparagus tips, toward the center of the turntable tray.

### **Food arrangement**

Arrange unevenly shaped foods, such as chicken pieces or salmon, with the thicker or meatier parts toward the outside of the turntable tray.

### **Let the food stand**

After removing the food from the microwave, cover the food with foil or a casserole lid and let it stand to finish cooking. This will help the food finish in the center and avoids overcooking the out edges. The length of stand time depends on the density and surface area of the food items.

### **Wrapping in paper towels or waxed paper**

Sandwiches and many other food types containing prebaked bread should be wrapped prior to placing in the microwave to help prevent the food items from drying out while heating.

## Convenience cooking suggestions

### Convenience Category Amount Suggestions

Bacon	1, 2 servings (2 slices, 4 slices)	Place 2 paper towels on plate and arrange bacon on towel, do not overlap. Cover with additional paper towel. Remove paper towel immediately after cooking.
Frozen Entrée	<b>9, 12, 18 oz</b>	Use this pad for frozen, convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered for 1 to 3 minutes.
Meat	1, 2, 3 servings <b>(4, 8, 16 oz)</b>	Place ground meat in a casserole and cover with lid, plastic wrap. After cooking, let stand, covered, for 2 to 3 minutes.
Seafood	1, 2, 3 servings <b>(8, 12, 16 oz)</b>	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with plastic wrap. After cooking, let stand, covered, 3 minutes.
Dinner Plate	<b>9, 12, 18 oz</b>	Use to reheat precooked foods from the refrigerator. Place meaty portions and bulky vegetables to outside of plate. Cut large items like baked potatoes in smaller pieces. Flatten foods such as mashed potatoes and other dense foods. cover with lid, plastic wrap. ONE PLATE ONLY. After cooking, let stand, covered, 1 to 3 minutes.
Pizza 1-3 slices	1, 2, 3 slices <b>(4, 8, 14 oz)</b>	Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disk.
Soup 1-3 servings	1, 2, 3 servings <b>(7, 14, 21 oz)</b>	Place in bowl or casserole. Cover with lid or plastic wrap. stir, recover and let stand 1 to 3 minutes.
Popcorn	1.75 oz, 3.0 oz, 3.3 oz.	Cook a single "microwave-only" bag of popcorn at a time. Use caution when removing and opening the hot popcorn bag from the oven. Let microwave oven cool down at least 5 minutes before using again.
Potato	1, 2, 3 potatoes <b>(8, 16, 24 oz.)</b>	Pierce each potato several times using a fork. Place on paper towel on turntable. After cooking, let stand for 3-5 minutes. Let oven cool for at least 5 minutes before using again.

### Cooking vegetables in your microwave

- Vegetables should be washed just before cooking. Rarely is extra water needed. If dense vegetables such as potatoes, carrots and greens are being cooked, add about ¼ cup of water.
- Small vegetables (sliced carrots, peas, lima beans, etc.) will cook faster than larger vegetables.
- Whole vegetables, such as potatoes, acorn squash or corn on the cob, should be arranged in a circle on the turntable before cooking. The vegetables cook more evenly if turned over halfway through cooking.
- Always place vegetables like asparagus and broccoli with the stem ends pointing towards the edge of the dish and the tips toward the center.

- When cooking cut vegetables, always cover the dish with a lid or vented microwavable plastic wrap.
- Whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., should have their skin pricked in several locations before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cook time.
- Most of the time, the denser the food the longer the required standing time. For example, a baked potato should stand for 5 minutes before serving, while a dish of peas may be served immediately

### Cooking seafood in your microwave

Place fish on a microwave-safe roasting rack in a microwave-safe dish. Be sure to always cook fish until it flakes easily with a fork. Use a tight cover to steam fish; a lighter cover of wax paper or paper towel provides less steaming. And be sure not to overcook fish; check it for doneness at a minimum cooking time before cooking longer.

### Seafood Cook time/power level Directions

<b>Fish steaks</b> Up to 1½ lbs.	Cook time: 7-11 min./lb. Power level: med-high (7)	Arrange fish on roasting rack with meaty portions towards the outside of rack. Cover with wax paper. Turn over and rearrange halfway through cook time. Cook until fish flakes easily with fork. Let stand 3-5 mins.
<b>Fish fillets</b> Up to 1½ lbs.	Cook time: 4-8 min./lb. Power level: med-high (7)	Arrange fillets in a baking dish, turning any thin pieces under. Cover with wax paper. If over ½ inch thick, turn over and rearrange halfway through cook time. Cook until fish flakes easily with fork. Let stand 2-3 mins.
<b>Shrimp</b> Up to 1½ lbs.	Cook time: 4-6½ min./lb. Power level: med-high (7)	Arrange shrimp in a baking dish without overlapping or layering. Cover with wax paper. Cook until firm and opaque, stirring 2 or 3 times. Let stand 5 mins.

## Care & Cleaning

### Cleaning suggestions

For best performance and for safety reasons, keep the oven clean inside and outside. Take special care to keep the inner door panel and oven from frame free of food and grease build-up.

Never use rough scouring powder or pads on the microwave. Wipe the microwave oven inside and out with a soft cloth and warm (not hot) mild detergent solution. Then rinse and wipe completely dry.

Wipe spatters immediately with a wet paper towel, especially after cooking greasy foods like chicken or bacon.

Clean your microwave oven weekly or more often, if needed.

Follow these instructions to clean and care for your microwave oven:

- Keep the inside (cavity) of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.
- Wipe up spills immediately. Use a damp, clean cloth and mild soap. DO NOT use harsh detergents or abrasive cleaners.
- To help loosen baked-on food particles or liquids, heat 2 cups of water (add the juice of 1 lemon if you desire to keep the oven fresh smelling) in a 4 cup measuring glass at High power for 5 minutes or until boiling. Let stand in oven cavity for 1 or 2 minutes.
- Remove the glass turntable tray from the oven when cleaning the oven cavity or tray. To prevent the glass turntable from breaking, handle with care and do not put it in water immediately after cooking. Wash the turntable tray in warm sudsy water or in the dishwasher.
- 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. To prevent damage to the operating parts of the oven, do not let water seep into any vents or openings.
- 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 key.
- Wash the oven door window with very mild soap and water. Be sure to use a soft clean cloth to avoid scratching.
- If steam accumulates inside or outside the oven door, wipe with a soft cloth. Steam can accumulate when operating the oven in high humidity and in no way indicates microwave leakage.
- Never operate the oven without food in the oven cavity; this can damage the magnetron tube or glass tray. You may wish to leave a cup of water standing inside the oven when it is not in use to prevent damage if the oven is accidentally turned on.

## **Before You Call Solutions to Common Problems**

### **Troubleshooting guide**

If you have a problem you cannot solve, please do not hesitate to call our service line:

**Questions or for Service Call:**

**1-800-374-4432**

Before you call a repair person for your microwave, check the list below for possible easy solutions to some common problems.

**Neither the microwave's display or oven operates -**

- Properly insert the plug into a grounded power outlet.
- Remove the plug from the outlet, wait 10 seconds, then plug the microwave in again.
- Reset the household circuit breaker or replace any blown fuses.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

**The oven display works, but the oven will not operate -**

- Make sure the oven door is closed securely and completely.
- Check to see if packing material or other materials are stuck to the door seal.
- Check for damage to the oven door.
- Press the STOP pad twice and attempt to re-enter cooking instructions.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

**The power goes off before the cook time has elapsed -**

- If there has been a power interruption, remove the plug from the outlet; wait 10 seconds, then plug the microwave in again. If there was a power outage, the time indicator in the display will show 00:00.
- Reset the clock and any cooking instructions.
- Reset the household circuit breaker or replace any blown fuses.
- Press the STOP pad twice and attempt to re-enter cooking instructions.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

**Food is cooking too slowly -**

- Make sure the oven is on a separate 20 amp circuit line.

- Operating another appliance on the same circuit can cause a voltage drop. If necessary, move the microwave to its own circuit.

**You see sparks or arcing -**

- Remove any metallic utensils, cookware or metal ties from the oven cavity. If using aluminum foil, use only narrow strips and allow at least one inch between the foil and the interior oven walls.

**The turntable makes noises or sticks -**

- Clean the turntable, roller ring and oven cavity bottom.
- Make sure the turntable and roller ring are positioned correctly.

**Using your microwave causes TV or radio interference -**

- This is similar to the interference caused by other small appliances, such as hair dryers. Move your microwave further away from other appliances, like your TV or radio

**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.