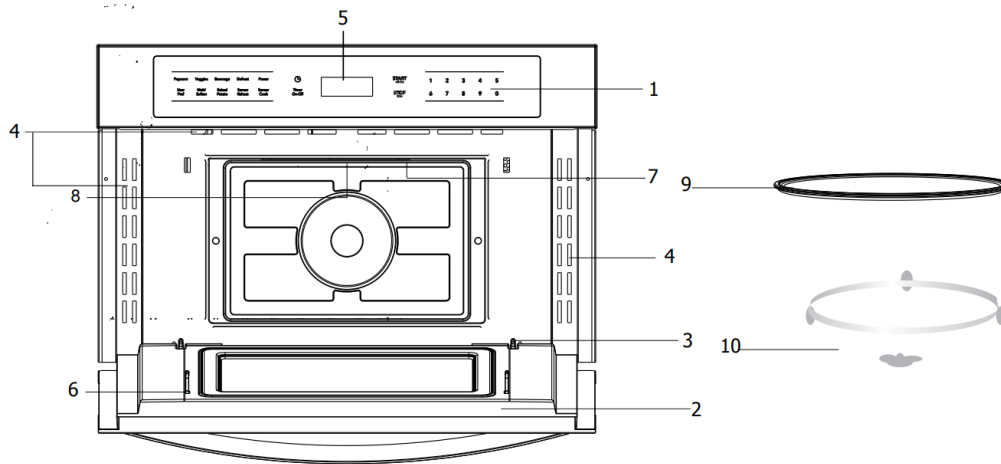


## PART NAMES



1. Auto-Touch control panel

2. Door gasket

3. Door hinges

4. Oven vents

Warm air may be released from the top and bottom vents before, during and after cooking. It is normal to see steam escaping from these vents, and condensation may collect in this area. Do not block any vents, since they are important for air circulation.

5. Time display

Digital display, 99 minutes, 99 seconds.

6. Safety door latches

The oven will not operate unless the door is securely closed.

7. Oven light

The oven light turns off to save energy after one minute with the door open. To turn the light back on, close the door and open it again.

8. Waveguide cover

DO NOT REMOVE

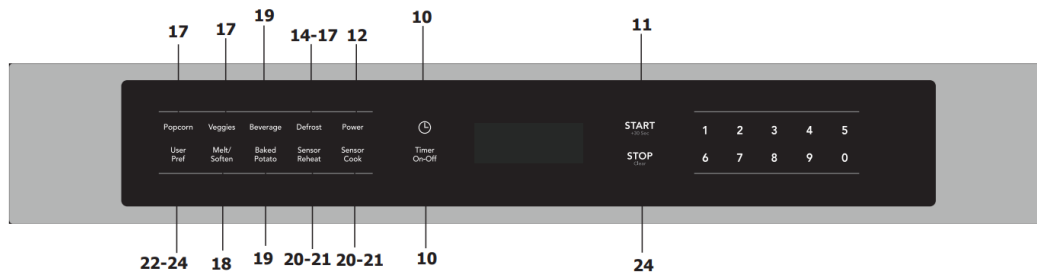
9. Glass microwave tray

Use for microwave cooking. Food like potatoes can be directly placed on the glass tray

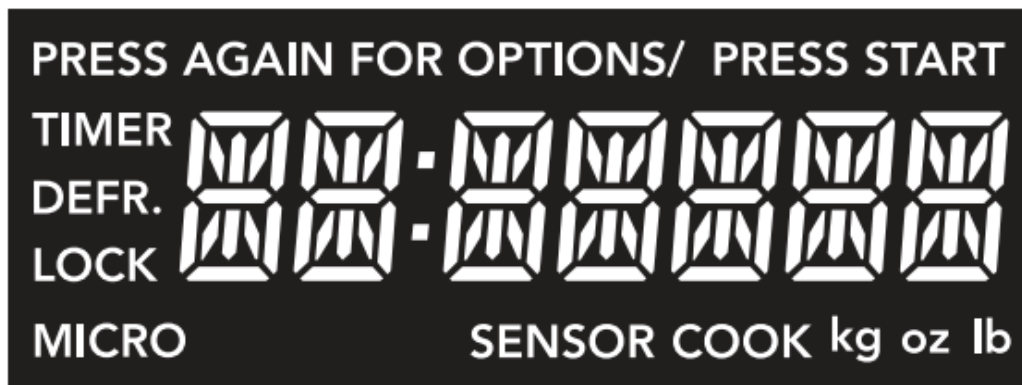
10. Turntable

## CONTROL PANEL

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



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








## BEFORE OPERATING

1. Before operating your new oven make sure you read and understand this Use and Care Guide completely.
2. Before the Built-in Convection Microwave Oven can be used, follow these procedures:
  - Plug in the oven. Close the door. The oven display will show 12:00.
  - If no operation after 3 seconds, the oven will show 12:00.
3. Set clock. See below.




### TO SET THE CLOCK

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

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

**TO SET THE TIMER**

- Set the timer for 3 minutes.

Touch	Display Shows:
1. Timer On-Off	0:00
2.   	3:00
3. Timer On-Off	3:00

Time counting down

**STOP/CLEAR**

## STOP Clear

Press the to:


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

## MANUAL COOKING

### USING ONE TOUCH START

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

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

Touch	Display Shows:
2. 	3:00
	Time counting down automatically after 2 seconds

### USING ADD 30 SEC.

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

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

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

## SETTING TIMED COOKING WITH POWER LEVEL

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

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

Touch	Display Shows:
1. (5) (0) (0)	5:00
2. POWER	PL-HI
3. (7)	PL-70
3. START +30 SEC	5:00

Time counting down

## SETTING TWO-STAGE COOKING

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

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

Touch	Display Shows:
1. (2) (0) (0)	2:00
2. POWER	PL-HI
3. (3)	PL-30
4. POWER	
"ENTER STAGE 2 POWER" will show on the display.	
5. (7)	PL-70
6. START +30 SEC	
"ENTER STAGE 2 COOK TIME" will show on the display.	
7. (4) (0) (0)	4:00

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

# AUTO COOKING

## USING AUTO DEFROST

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

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

1. MEAT
2. POULTRY
3. FISH

Available weight is 0.1-6.0 lbs.

- Suppose you want to defrost 0.6 lbs of meat.

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

## OPERATING TIPS

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

This table shows food type selections and the weights you can set for each type. For best results, loosen or remove covering on food.

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

### Weight conversion table

You are probably used to measuring food in pounds and ounces that are fractions of a pound (for example, 4 ounces equals 1/4 pound). However, in order to enter food weight in Auto Defrost, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following table to convert the weight to decimals.

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

### **DEFROSTING TIPS**

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

### **SETTING BEVERAGE**

Press key 1,2 or 3 to select the amount of beverage.

- **Suppose you want to have 1 cup of beverage.**

<b>Touch</b>	<b>Display Shows:</b>
--------------	-----------------------

1. Beverage

BEVERAGE

2. START  
+30 SEC

1 CUP

3. START  
+30 SEC

BEVERAGE

Then time will count down

## CONVENIENT FEATURES

### USER REFERENCE

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

### USER PREF

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

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

## SETTING CONTROL LOCK ON/OFF

- Suppose you want to turn on the Control Lock.

<b>Touch</b>	<b>Display Shows:</b>
1. User Pref	CONTROL LOCK
2. OK/START +30 SEC	ON

Display for 2 seconds then clear.

## SETTING ENERGY SAVINGS

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

<b>Touch</b>	<b>Display Shows:</b>
1. User Pref	CONTROL LOCK
2. User Pref	ENERGY SAVINGS OFF
3. START +30 SEC	ON

Display for 2 seconds then clear.

## SETTING AUDIO LOW/MED/HIGH/OFF

- Suppose you want to turn on the Audio Off.

	<b>Touch</b>	<b>Display Shows:</b>
1.	User Pref	CONTROL LOCK
2.	User Pref	ENERGY SAVINGS OFF
3.	User Pref	AUDIO OFF
4.	START +30 SEC	OFF

Display for 2 seconds then clear.

## SETTING WEIGHT LBS/KG

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

Touch		Display Shows:
1.	User Pref	CONTROL LOCK
2.	User Pref	ENERGY SAVINGS OFF
3.	User Pref	AUDIO OFF
4.	User Pref	Lb / Kg
5.	START +30 SEC	Kg
6.	START +30 SEC	Lb

Display for 2 seconds then clear.

### SETTING LANGUAGE MODE

- Suppose you want to enter Language mode.

Touch		Display Shows:
1.	User Pref	CONTROL LOCK
2.	User Pref	ENERGY SAVINGS OFF
3.	User Pref	AUDIO OFF
4.	User Pref	Lb / Kg
5.	User Pref	LANGUAGE FRANCH
6.	START +30 SEC	FRANCAIS

Display for 2 seconds then clear.

### SETTING DEMO MODE

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

Touch		Display Shows:
1.	User Pref	CONTROL LOCK
2.	User Pref	ENERGY SAVINGS OFF
3.	User Pref	AUDIO OFF
4.	User Pref	Lb / Kg
5.	User Pref	LANGUAGE FRANCH
6.	User Pref	DEMO OFF
7.	START +30 SEC	ON

Display for 2 seconds then clear.

## CLEANING AND CARE

### EXTERIOR

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

## **DOOR**

Disconnect the power cord or deactivate the oven with setting Child Lock before cleaning to prevent unexpected manipulation.

Wipe the window on both sides with a soft cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a soft cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

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

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

## **INTERIOR**

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

## **WAVEGUIDE COVER**

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

## **ODOR REMOVAL**

Occasionally, a cooking odor may remain in the microwave oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in microwave oven until cool. Wipe interior with a soft cloth.

## **TOUCH CONTROL PANEL**

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the microwave oven door before cleaning. Wipe the panel with a cloth

dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch STOP/CLEAR

## SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1650 W (for FGMO3067UF/FGMO3067UD)
Output Power*:	950 W
Frequency:	2450 MHz (Class B/Group2)**
Outside Dimensions (including handle):	30 X 22.2 X 19.2 inch ( L*D*H)
Cavity Dimensions:	16.54 X 16.54 X 9.84 inch ( L*D*H)
Microwave oven Capacity***:	1.6 Cu.Ft.
Cooking Uniformity:	Turntable
Weight:	Approx. (net) 77.38 lb, (gross) 95.87 lb
Oven Light:	1.2 W LED

\* The International Electrotechnical Commission's standardized method for measuring output wattage. This test method is widely recognized.

\*\* This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

\*\*\* Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

### 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.