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Thank you for purchasing a GoldStar microwave oven.

Please record the model number and serial number of this unit for future reference. We also suggest you record the details of your contact with GoldStar (LG Electronics U.S.A., Inc.) concerning this unit.

Staple your receipt here for proof of retail purchase.

Model No: _____

Serial No: _____

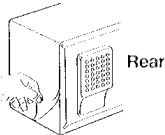
Dealer: _____

Dealer Phone No: _____

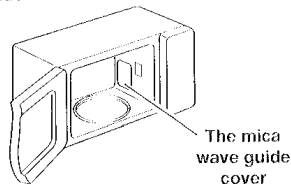
Customer Relations
LG Electronics U.S.A., Inc.
Service Division Bldg. #3
201 James Record Rd.
Huntsville, AL 35824-0126

Important Notes:

1. If your microwave oven cabinet is covered with a vinyl film (used as protection during shipping), remove the vinyl before you use the oven for the first time. Otherwise, moisture will build up inside and the vinyl will become difficult to remove. Peel the vinyl film off by starting at the bottom edge.



2. DO NOT remove the mica wave guide cover inside the oven.





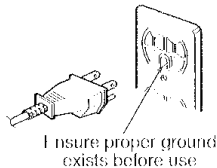
SAFETY

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- **Do not attempt to operate this oven with the door open**, since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- **Do not place any object between the oven front face and the door**, or allow soil or cleaner residue to accumulate on sealing surfaces.
- **Do not operate the oven if it is damaged.** It is particularly important that the oven door closes properly and that there is no damage to the:
 - door (bent),
 - hinges and latches (broken or loosened),
 - door seals and sealing surfaces.
- **The oven should not be adjusted or repaired** by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.



⚠ WARNING ⚠

Improper grounding can result in a risk of electric shock. Consult a qualified electrician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and either:

1. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall

be equal to or greater than the electrical rating of the appliance, or . . .

2. Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

NOTES:

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.



SAFETY

IMPORTANT SAFETY INSTRUCTIONS

The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

- WARNING** - To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:
1. Read all instructions before using the appliance.
 2. Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** found on page 3 of this manual.
 3. This appliance must be grounded. Connect only to properly grounded outlet. See **GROUNDING INSTRUCTIONS** found on page 3 of this manual.
 4. Install or locate this appliance only in accordance with the provided installation instructions.
 5. Some products, such as whole eggs and sealed containers – for example, closed glass jars – may explode and should not be heated in this oven.
 6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
 7. As with any appliance, close supervision is necessary when used by children.
 8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
 9. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair, or adjustment.
 10. Do not cover or block any openings on the appliance.
 11. Do not store this appliance outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
 12. Do not immerse cord or plug in water.
 13. Keep cord away from heated surfaces.
 14. Do not let cord hang over the edge of a table or counter.
 15. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
 16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, **KEEP OVEN DOOR CLOSED**, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
 - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
 17. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.
 18. Avoid heating small-necked containers such as syrup bottles.
 19. Avoid using corrosive and vapors, such as sulfide and chloride.
 20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become over-heated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

UNDERSTANDING YOUR MICROWAVE OVEN

SPECIFICATIONS

MODEL	M5-114YE
Power Supply	120 V AC, 60 Hz
Rated Power Consumption	1550 W
Microwave Output	*1150 W
Frequency	2450 MHz
Rated Current	13.6 A
Overall Dimensions (WxHxD)	20 ⁵ / ₆ × 12 ¹ / ₂ × 15 ¹ / ₂
Oven Cavity Dimensions (WxHxD)	13 ¹ / ₆ × 9 ¹ / ₄ × 14 ¹ / ₄
Capacity of Oven Cavity	1.1 Cu.ft

*IEC 705 RATING STANDARD

Specifications subject to change without prior notice.

INSTALLATION

A. Circuits

For safety purposes this oven must be plugged into a 15 or 20 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

B. Voltage Warning

The voltage used at the wall receptacle must be the same as specified on the oven name plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case your microwave oven does not perform normally in spite of proper voltage, remove and reinsert the plug.

C. Placement of the Oven

Your microwave oven can be placed easily in your kitchen, family room, or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart. Do not place oven above a gas or electric range. Free air flow around the oven is important. Allow at least 4 inches of space at the top, sides, and back of the oven for proper ventilation.

D. Do not block the air vents

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case, a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

E. Radio interference

1. Microwave oven operation may interfere with TV or radio reception.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean the door and the sealing surfaces of the oven.
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven in relation to the TV or radio.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

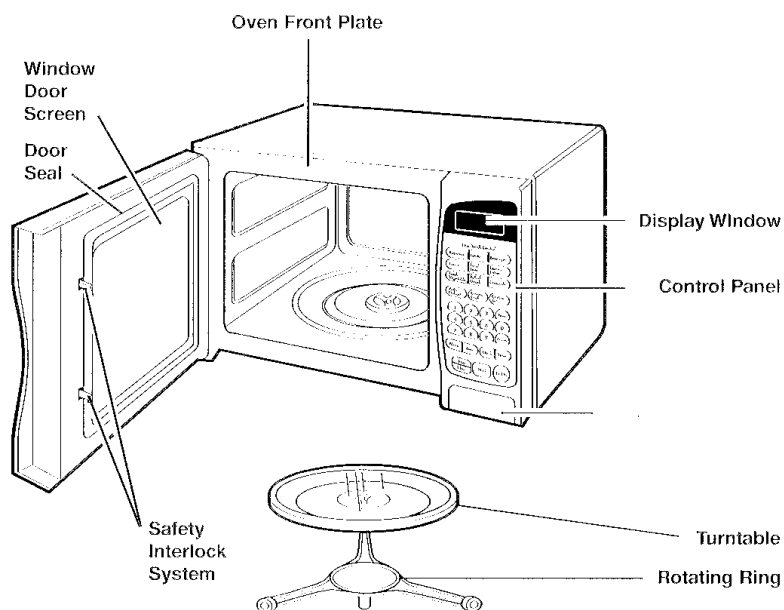


UNDERSTANDING YOUR MICROWAVE OVEN

PARTS AND ACCESSORIES

Your oven comes with the following accessories:

- 1 Use and Care Manual
- 1 Glass Turntable
- 1 Rotating Ring



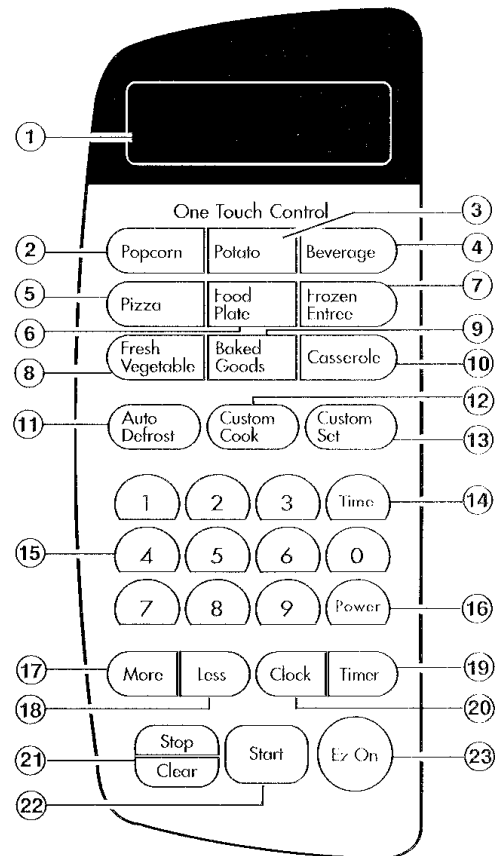
NOTE: This microwave oven is designed for household use only. It is not recommended for commercial use.



UNDERSTANDING YOUR MICROWAVE OVEN

CONTROL PANEL

1. **DISPLAY.** The display includes a clock and indicators that tell you time of day, cooking time settings, and cooking functions selected.
2. **ONE TOUCH POPCORN.** Touch this pad to pop a bag of microwave popcorn without entering a cook power or time.
3. **ONE TOUCH POTATO.** Touch this pad to cook up to 4 potatoes without entering a cook power or time.
4. **ONE TOUCH BEVERAGE.** Touch this pad to heat up to 2 cups of beverage without entering a cook power or time.
5. **ONE TOUCH PIZZA.** Touch this pad to heat up to 3 slices of refrigerated pizza without entering a cook power or time.
6. **ONE TOUCH FOOD PLATE.** Touch this pad to heat a plate of food without entering a cook power or time.
7. **FROZEN ENTRÉE.** Touch this pad to cook a 10 oz. frozen entrée without entering a cook power or time.
8. **FRESH VEGETABLE.** Touch this pad to cook fresh vegetables without entering a cook power or time.
9. **BAKED GOODS.** Touch this pad to heat up to 4 items without entering a cook power or time.
10. **CASSEROLE.** Touch this pad to heat up to 4 cups of casserole without entering a cook power or time.
11. **AUTO DEFROST.** Touch this pad to ground meat, poultry, or steaks/chops by entering a weight.
12. **CUSTOM COOK.** Touch this pad to set and execute frequently-used, single-stage cooking programs.
13. **CUSTOM SET.** Touch this pad to select sound Off or On, Clock Off or On, Scroll speed, or lbs/kg.
14. **TIME.** Touch this pad to set a cooking time.
15. **NUMBER PADS.** Touch number pads to enter cooking time, power level, quantities, or weights.
16. **POWER.** Touch this pad to set a cooking power.
17. **MORE.** Each time you touch this pad, you add 10 seconds to the cooking time.
18. **LESS.** Each time you touch this pad, you subtract 10 seconds from the cooking time.
19. **TIMER.** Touch this pad to use your microwave oven as a kitchen timer.
20. **CLOCK.** Touch this pad to enter the time of day.
21. **STOP/CLEAR.** Touch this pad to stop the oven or clear entries.



22. **START.** Touch this pad to start all entries (except the ONE TOUCH and EZ ON functions, which start automatically) and to turn Child Lock on or off.
23. **EZ ON.** Touch this pad to cook at 100% cook power for 1 to 99 minutes, 59 seconds.



UNDERSTANDING YOUR MICROWAVE OVEN

TIPS FOR MICROWAVE COOKING

BROWNING

Meat and poultry with high fat content that are cooked for 10 or 15 minutes or longer will brown lightly. Foods cooked a shorter time can be brushed with a browning agent, such as Worcestershire sauce, soy sauce, or barbecue sauce.

COVERING

A cover traps heat and steam and causes the food to cook more quickly. Use a lid or microwave-safe plastic wrap with one corner folded back to vent the excess steam. Lids on glass casseroles can become hot during cooking. Handle carefully. Waxed paper will prevent the food from splattering in the oven and help retain heat. When warming bread items, use waxed paper, napkins, or paper towels. To absorb extra moisture, wrap sandwiches and fatty foods in paper towels.

SPACING

Arrange individual foods, such as baked potatoes, cupcakes, and hors d'oeuvres in a circle and at least 1 inch apart. This will help the food cook more evenly.

STIRRING

Stirring blends flavors and redistributes the heat in foods. Always stir from the outside toward the center of the dish. Food at the outside of the dish heats first.

TURNING

Large foods, such as roasts and whole poultry, should be turned so that the top and bottom cook evenly. Also turn over chicken pieces and chops.

ARRANGEMENT

Do not stack food. Arrange in a single layer in the dish for more even cooking. Because dense foods cook more slowly, place thicker portions of meat, poultry, fish, and vegetables toward the outside of the dish.

TESTING FOR DONENESS

Because foods cook quickly in a microwave oven, you need to test frequently for doneness.

STANDING TIME

Food often needs to stand from 2 to 15 minutes after you remove it from the oven. Usually, you need to cover food during standing time to retain heat. Remove most foods when they are slightly undercooked and they will finish cooking during standing time. The internal temperature of food will rise about 10 °F during standing time.

SHIELDING

To prevent some portions of rectangular or square dishes from overcooking, you may need to shield them with small strips of aluminum foil to block the microwaves. You can also cover poultry legs and wing tips with foil to keep them from overcooking. **Always keep foil at least 1 inch from oven walls** to prevent arcing.

PIERCING

Pierce the shell, skin, or membrane of foods before cooking to prevent them from bursting. Foods that require piercing include yolks and whites of eggs, hot dogs, clams, oysters, and whole vegetables, such as potatoes and squash.





UNDERSTANDING YOUR MICROWAVE OVEN

PRECAUTIONS

- Place the front surface of the door three inches or more from the countertop edge to avoid accidental tipping of the microwave oven during normal use.
- To program the oven, make sure you touch the center of each pad firmly since the areas between the pads will not activate the oven. A tone will sound each time a pad is touched correctly. Don't touch several pads at once.
- Do not strike the control panel with silverware, utensils, etc. Breakage may occur.
- Always use caution when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot. See Cookware Guide earlier in this section for more information.
- Do not rinse cooking utensils by placing them in water immediately after cooking. This may cause breakage. Also, always allow the turntable to cool before removing it from the oven.
- Never operate the oven when it is empty. Food or water should always be in the oven during operation to absorb the microwave energy.
- Do not use the oven to dry newspapers or clothes. They may catch fire.
- Use thermometers that have been approved for microwave oven cooking.
- The turntable must always be in place when you operate the oven.
- Do not use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell, causing it to burst.
- There are several precautions to follow when microwaving popcorn:
 - Do not pop popcorn, except in a microwave-safe container or commercial packages designed for microwave ovens.
 - Never try to pop popcorn in a paper bag that is not microwave-approved.
 - Overcooking may result in smoke and fire.
 - Do not repop unpopped kernels.
 - Do not reuse popcorn bags.
 - Listen while corn pops. Stop oven when popping slows to 2-3 seconds between pops.
 - Do not leave microwave unattended while popping corn.
 - Follow directions on bag.

CLEANING

NOTE: Before cleaning the oven, unplug the power cord. If this is impossible, open the oven door to prevent an accidental oven start.

INTERIOR

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done weekly or more often, if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

REMOVABLE PARTS

The turntable and rotating ring are removable. They should be hand-washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse well and dry with a soft cloth. Never use cleaning powders, steel wool, or rough pads.

- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The rotating ring should be cleaned regularly.

DOOR

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe often with a mild detergent; then rinse and wipe dry. Never use cleaning powders or rough pads.

After cleaning the control panel, touch STOP/CLEAR to clear any entries that might have been entered accidentally while cleaning the panel. Also make sure that the turntable and rotating ring are in the right position.



USING YOUR MICROWAVE OVEN

CUSTOM SET

You can program your microwave oven to turn the sound and clock on or off, adjust the scroll speed of the display, and switch between pounds and kilograms.

Example 1: To turn off the sound (tones).

Touch:

1.  once.

Display Shows:

The display will scroll the 5 feature choices. (See the Custom Set Chart below.)

2. 

SOUND ON TOUCH 1
OFF TOUCH 2

3. 

SOUND OFF
(Display will then show the time of day.)

NOTE: To turn sound back on, repeat Steps 1-3.

Example 2: To turn off the clock.

Touch:

1.  once.

Display Shows:

The display will scroll the 5 feature choices. (See the Custom Set Chart below.)

2. 

CLOCK ON TOUCH 1
OFF TOUCH 2

3. 

CLOCK OFF

NOTE: To turn the clock back on, repeat Steps 1-3.

Custom Set Chart

Function	Touch keypad	Choice
Sound ON/OFF	1	Sound On or Sound Off
Clock ON/OFF	2	Clock On or Clock Off
Scroll speed	3	Slow, Normal, or Fast scroll
LBS/KG	4	Lbs or Kg
NOTE: When the power cord is first plugged in, the default settings are: Sound ON, Clock ON, Normal Speed, LBS.		

USING YOUR MICROWAVE OVEN

TIMER

Your microwave oven can be used as a kitchen timer. You can set up to 99 minutes, 99 seconds.

Example: To set 3 minutes.

Touch: **Display Shows:**

1.  once. **ENTER TIME**
2.    **TOUCH START**
3.  to start the timer. **Time counting down.**

EZ ON

This time-saving feature lets you cook at 100% power for up to 99 minutes, 59 seconds. One minute is added to the cook time each time you press EZ On.

Example: To cook for 2 minutes.

Touch: **Display Shows:**

1.  twice. 
(time counting down)
2. At the end of the cook time, four tones will sound. The oven will stop. 

TIMED COOKING

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH power (100%). Refer to the Microwave Power Level Chart on page 14 for more information.

NOTE: If you do not select a power level, the oven will automatically cook at HIGH (100%) power.

Example: To cook for 5 minutes, 30 seconds at 80% power.

Touch: **Display Shows:**

1.  once. **ENTER COOKING TIME**
2.    
to set a cook time of 5 minutes, 30 seconds. **TOUCH START OR POWER**
3.  once. **ENTER POWER LEVEL 1 TO 10**
4.  to set a cook power of 80%. 
TOUCH START
5.  to start oven. 
(time counting down)
6. At the end of the cook time, four tones will sound. The oven will stop. 

USING YOUR MICROWAVE OVEN

MULTI-STAGE COOKING

For best results, some recipes call for different cook powers during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to 3 stages.

NOTE: If you are using the AUTO DEFROST feature as one of the cooking stages, it must be programmed as the first stage.

Example: To set a 2-stage cook cycle.

Touch:

Display Shows:

1. once. ENTER COOKING TIME

2. to set a 3 minute cook time for the first stage. TOUCH START OR POWER

3. once. ENTER POWER LEVEL 1 TO 10

4. to set an 80% cook power for the first stage.

5. once. ENTER COOKING TIME

6. to set a 7 minute cook time for second stage. TOUCH START OR POWER

7. once. ENTER POWER LEVEL 1 TO 10

8. to set a 50% cook power for the second stage. TOUCH START

9. to start the overt.

10. When the first stage is over, you will hear two short tones as the oven begins the second cook stage.

11. At the end of the cooking time, four tones will sound.

MICROWAVE POWER LEVELS

Your microwave oven has 10 cook power levels to let you cook or heat a wide variety of foods. Refer to the chart below for suggestions:

Microwave Power Level Chart

Power Level	Use
10 (High)	- Boiling water. - Making candy. - Cooking poultry pieces, fish, & vegetables. - Cooking tender cuts of meat. - Whole poultry.
9	Reheating rice, pasta, & vegetables.
8	- Reheating prepared foods quickly. - Reheating sandwiches.
7	- Cooking egg, milk, & cheese dishes. - Cooking cakes, breads. - Melting chocolate.
6	- Cooking veal. - Cooking whole fish. - Cooking puddings & custard.
5	- Cooking ham, whole poultry, & lamb. - Cooking rib roast, sirloin tip.
4	Thawing meat, poultry, & seafood.
3	- Cooking less tender cuts of meat. - Cooking pork chops, roast.
2	- Taking chill out of fruit. - Softening butter.
1	- Keeping casseroles & main dishes warm. - Softening butter & cream cheese.
0	Standing time.

USING YOUR MICROWAVE OVEN

MULTI-STAGE COOKING

For best results, some recipes call for different cook powers during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to 3 stages.

NOTE: If you are using the AUTO DEFROST feature as one of the cooking stages, it must be programmed as the first stage.

Example: To set a 2-stage cook cycle.

Touch:

Display Shows:

1. once. ENTER COOKING TIME

2. to set a 3 minute cook time for the first stage. TOUCH START OR POWER

3. once. ENTER POWER LEVEL 1 TO 10

4. to set an 80% cook power for the first stage.

5. once. ENTER COOKING TIME

6. to set a 7 minute cook time for second stage. TOUCH START OR POWER

7. once. ENTER POWER LEVEL 1 TO 10

8. to set a 50% cook power for the second stage. TOUCH START

9. to start the overt.

10. When the first stage is over, you will hear two short tones as the oven begins the second cook stage.

11. At the end of the cooking time, four tones will sound.

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6	- Cooking veal. - Cooking whole fish. - Cooking puddings & custard.
5	- Cooking ham, whole poultry, & lamb. - Cooking rib roast, sirloin tip.
4	Thawing meat, poultry, & seafood.
3	- Cooking less tender cuts of meat. - Cooking pork chops, roast.
2	- Taking chill out of fruit. - Softening butter.
1	- Keeping casseroles & main dishes warm. - Softening butter & cream cheese.
0	Standing time.

USING YOUR MICROWAVE OVEN

AUTO DEFROST

AUTO DEFROST thaws frozen food without entering a cook time or cook power. Three defrost categories are preset in your oven: Ground Meat, Poultry, and Steaks/Chops. See the Auto Defrost Chart below.

NOTES:

- For added convenience, AUTO DEFROST has a built-in reminder tone to tell you when to check, turn over, separate, or rearrange food. The oven will sound a tone twice during the defrost cycle. At each tone, open the door and turn, separate, or rearrange food. Remove any portions that have thawed. Return frozen portion to the oven and touch START to resume the defrost cycle.
- You can defrost foods that weigh 0.1 to 6.0 lbs (0.1-4.0 kgs).

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.
- Shape ground meat into the form of a doughnut before freezing. When defrosting, remove thawed meat when the reminder tone sounds and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

Example: To defrost 1.2 lbs. of ground beef.

Touch:

1.  once.

Display Shows:

GROUND MEAT
TOUCH 1
POULTRY
TOUCH 2
STEAKS/CHOPS
TOUCH 3

2. 

ENTER WEIGHT

3.  

1.2 LBS TOUCH START

to enter 1.2 lbs.

4.  to start the oven.

Time counting down.

5. At the end of the defrost time, four tones will sound. The oven will stop.

END

Auto Defrost Chart

Category	Touch keypad	Food to be Defrosted	At Reminder Tone	Standing Time
GROUND MEAT	1	Beef		
		Ground beef	Turn over. Remove thawed portions and break apart. Return remainder to oven.	5 min.
		Cubes for stew	Turn over. Remove thawed portions with fork.	5 min.
		Hamburger patties	Turn over.	5 min.
		Pot roast	Turn over. Cover warm areas with aluminum foil.	10-20 min.
		Rib roast, Rump roast, Chuck roast	Same as above.	10-20 min. 10-20 min.
		Pork		
		Bacon, Hot dogs	Turn over.	2 min.
		Sausage links	Turn over.	5 min.
		Sausage patties	Turn over.	5 min.
		Ribs, Roast	Turn over. Cover warm areas with aluminum foil.	10-20 min.
		Lamb		
		Ribs	Turn over. Cover warm areas with aluminum foil.	10-20 min.
		Roasts	Same as above.	10-20 min.

Continued on next page

USING YOUR MICROWAVE OVEN

MULTI-STAGE COOKING

For best results, some recipes call for different cook powers during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to 3 stages.

NOTE: If you are using the AUTO DEFROST feature as one of the cooking stages, it must be programmed as the first stage.

Example: To set a 2-stage cook cycle.

Touch:

Display Shows:

1. once. ENTER COOKING TIME

2. to set a 3 minute cook time for the first stage. TOUCH START OR POWER

3. once. ENTER POWER LEVEL 1 TO 10

4. to set an 80% cook power for the first stage.

5. once. ENTER COOKING TIME

6. to set a 7 minute cook time for second stage. TOUCH START OR POWER

7. once. ENTER POWER LEVEL 1 TO 10

8. to set a 50% cook power for the second stage. TOUCH START

9. to start the overt.

10. When the first stage is over, you will hear two short tones as the oven begins the second cook stage.

11. At the end of the cooking time, four tones will sound.

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Your microwave oven has 10 cook power levels to let you cook or heat a wide variety of foods. Refer to the chart below for suggestions:

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10 (High)	- Boiling water. - Making candy. - Cooking poultry pieces, fish, & vegetables. - Cooking tender cuts of meat. - Whole poultry.
9	Reheating rice, pasta, & vegetables.
8	- Reheating prepared foods quickly. - Reheating sandwiches.
7	- Cooking egg, milk, & cheese dishes. - Cooking cakes, breads. - Melting chocolate.
6	- Cooking veal. - Cooking whole fish. - Cooking puddings & custard.
5	- Cooking ham, whole poultry, & lamb. - Cooking rib roast, sirloin tip.
4	Thawing meat, poultry, & seafood.
3	- Cooking less tender cuts of meat. - Cooking pork chops, roast.
2	- Taking chill out of fruit. - Softening butter.
1	- Keeping casseroles & main dishes warm. - Softening butter & cream cheese.
0	Standing time.



USING YOUR MICROWAVE OVEN

One Touch Cook Chart (continued)

Pad	Touch keypad	Serving size	Directions
FOOD PLATE	1 2	1 serving (8 oz.) 2 servings (16 oz.)	• Arrange food on microwave plate. • Place meaty portions and bulky vegetable to the outside of the plate. • Cover with plastic wrap and vent. • After cooking, let stand for 2 minutes.
FRESH VEGETABLE	1 2 3 4	1 cup 2 cups 3 cups 4 cups	• Prepare vegetable (wash and cut into 1/2-inch pieces). • Most vegetables need 2 to 3 minutes standing time to finish cooking. 1 cup – Add 2 tablespoons water 2 cups – Add 1/4 cup water 3 cups – Add 1/3 cup water 4 cups – Add 1/2 cup water
BAKED GOODS	1 2 3 4	1 ea 2 ea 3 ea 4 ea	• Place in the center of the oven on a paper towel.
CASSEROLE	1 2 3 4	1 cup 2 cups 3 cups 4 cups	• Place in the center of the oven. • Cover with plastic wrap and vent.



USING YOUR MICROWAVE OVEN

MULTI-STAGE COOKING

For best results, some recipes call for different cook powers during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to 3 stages.

NOTE: If you are using the AUTO DEFROST feature as one of the cooking stages, it must be programmed as the first stage.

Example: To set a 2-stage cook cycle.

Touch:

Display Shows:

1. once. ENTER COOKING TIME

2. to set a 3 minute cook time for the first stage. TOUCH START OR POWER

3. once. ENTER POWER LEVEL 1 TO 10

4. to set an 80% cook power for the first stage.

5. once. ENTER COOKING TIME

6. to set a 7 minute cook time for second stage. TOUCH START OR POWER

7. once. ENTER POWER LEVEL 1 TO 10

8. to set a 50% cook power for the second stage. TOUCH START

9. to start the overt.

10. When the first stage is over, you will hear two short tones as the oven begins the second cook stage.

11. At the end of the cooking time, four tones will sound.

MICROWAVE POWER LEVELS

Your microwave oven has 10 cook power levels to let you cook or heat a wide variety of foods. Refer to the chart below for suggestions:

Microwave Power Level Chart

Power Level	Use
10 (High)	- Boiling water. - Making candy. - Cooking poultry pieces, fish, & vegetables. - Cooking tender cuts of meat. - Whole poultry.
9	Reheating rice, pasta, & vegetables.
8	- Reheating prepared foods quickly. - Reheating sandwiches.
7	- Cooking egg, milk, & cheese dishes. - Cooking cakes, breads. - Melting chocolate.
6	- Cooking veal. - Cooking whole fish. - Cooking puddings & custard.
5	- Cooking ham, whole poultry, & lamb. - Cooking rib roast, sirloin tip.
4	Thawing meat, poultry, & seafood.
3	- Cooking less tender cuts of meat. - Cooking pork chops, roast.
2	- Taking chill out of fruit. - Softening butter.
1	- Keeping casseroles & main dishes warm. - Softening butter & cream cheese.
0	Standing time.

OTHER HELPFUL INFORMATION

Shape of foods: Microwaves penetrate only about 1 inch (2.5cm) into foods; the interior portion of thick foods is cooked as the heat generated on the outside travels inward. In other words, only the outer edge of any foods is actually cooked by microwave energy; the rest is cooked by convection. It follows then that the worst possible shape for a food that is to be microwaved is a thick cube. The corners will burn long before the center is even warm. Round thin and ring shaped foods cook most successfully in the microwave.

Quantity of foods: The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one-third when halving a recipe.

COOKING UTENSILS

MICROWAVE-SAFE UTENSILS

Never use metal or metal-trimmed utensils in your microwave oven: Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightening. Most heat-resistant non-metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven.

Testing utensils for microwave use: Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

1. Dinner plates: Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test, above.

2. Glassware: Glassware that is heat-resistant is microwave-safe. This includes all brands of oven-tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

3. Paper: Paper plates and containers are convenient and safe to use in your microwave oven, provided the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods, such as bacon, are cooked. In general, avoid colored paper products as the color may run.

4. Plastic storage containers: These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

5. Plastic cooking bags: These are microwave-safe provided they are specially made for cooking. However, **be sure to make a slit in the bag** so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

6. Plastic microwave cookware: A variety of shapes and sizes of microwave cookware is available. For the most part, you can probably cook with items you already have on hand rather than investing in new kitchen equipment.

7. Pottery, stoneware, and ceramic: Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

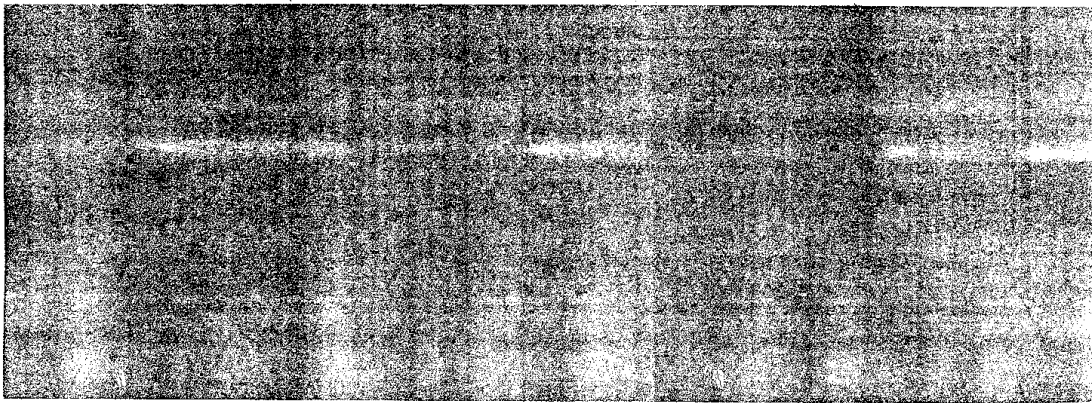
CAUTION: SOME ITEMS ARE NOT INTENDED FOR COOKING, INCLUDING SOME STONEWARE AND ITEMS WITH HIGH IRON OR LEAD CONTENTS.



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USING YOUR MICROWAVE OVEN

CUSTOM COOK

Use this function to set and then execute a frequently-used, single-stage program. Once the cooking program is set, you can use it by pressing Custom Cook.

Example: To set a cooking program to 10 minutes and 30 seconds at a power level of 80%.

Touch:	Display Shows:
1. 	TOUCH START OR ENTER NEW TIME
2.    	TOUCH START OR POWER
3. 	ENTER POWER LEVEL 1 TO 10
4. 	P.80 TOUCH START
5. 	Time counting down.

MORE/LESS

By using the More and Less functions, you can adjust the cook time for One Touch Cook, Defrost, Timer, and Custom Cook for a longer or shorter time. Pressing More will add 10 seconds to the cooking time each time you press it. Pressing Less will subtract 10 seconds from the cooking time each time you press it.

Example: To adjust the One Touch (Popcorn) cooking time.

Touch:	Display Shows:
1. 	1.75 OZ TOUCH 1 3.0 OZ TOUCH 2 3.5 OZ TOUCH 3
2. 	Time counting down.
3.  or 	Remaining time will increase or decrease by 10 seconds.