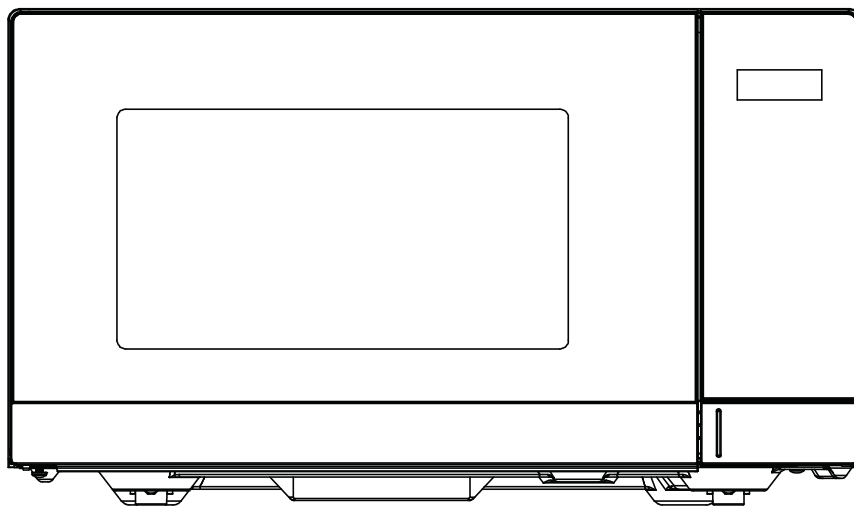


MAINSTAYS™



Model No.
MS8636127995-01

Customer Assistance:
1-866-321-9509

MAINSTAYS 0.9 cu.ft. Air Fry Microwave Oven

User Guide

120V/60Hz

IMPORTANT: RETAIN FOR FUTURE REFERENCE

CONTENTS

Important Safety Instructions.....	1
Warning.....	1
Precautions to Avoid Possible Exposure to Excessive Microwave Energy.....	2
How to recognize the parts of your digital microwave.....	3
How to assemble your microwave.....	3
How to best place your microwave.....	4
Grounding Instructions.....	5
Cooking Utensils Guide.....	6
How to recognize the microwave control panel.....	7
How to operate your microwave oven.....	8
Before Using for the First Time.....	8
Product Specifications.....	8
Setting the Clock.....	9
Setting the Kitchen Timer.....	9
Child Safety Lock.....	10
Deactivate and Reactivate the Child Safety Lock.....	11
Express Cook.....	12
Start/+30 SEC. Function.....	12
Microwave Cooking.....	13
Weight Defrost.....	14
Time Defrost.....	15
Bake.....	16-17
Air Fry.....	18-19
Roast.....	21-21
Convection.....	22
Microwave + Convection.....	23
Auto Cook.....	24
Auto Reheat.....	25
Popcorn.....	26
Control Panel Lock.....	26
Cooking Techniques.....	27
Cleaning And Care.....	28
Troubleshooting.....	29
Product Warranty.....	30

About this guide

We've written this manual to help you get the most from your microwave. Please hold on to it for future reference.

WARNINGS:

To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Read all instructions before using the appliance.
- Read and follow the specifics "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 5.
- Do not operate the oven when empty.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Some products such as whole eggs and sealed containers -for example, closed glass jars could explode and should not be heated in this oven.
- Use this appliance only for its intended use as described in this 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.
- **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.** Use caution when removing hot items.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - If materials inside the oven should ignite, keep oven door closed, turn oven off using the circuit breaker panel, and call emergency services.
- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
- Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. This could result in very hot liquids suddenly boiling over when a spoon or other utensil is inserted into the liquid.
- To reduce the risk of injury to person:
 - Do not overheat the liquid.
 - Stir the liquid both before and halfway through heating it.
 - Do not use straight-sided containers with narrow necks.
 - After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - Use extreme care when inserting a spoon or other utensil into the container.
- Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in a microwave oven.
- Do not cover or block any openings on the appliance.
- Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.

- Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.
- This appliance should be serviced only by qualified service personnel, contact nearest authorized service facility for examination, repair, or adjustment.
- When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.
- Oversized food or oversized metal utensils should not be inserted in a microwave/toaster oven as they may create a fire or risk of electric shock.
- Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
- Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts involving a risk of electric shock.
- Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
- Do not cover glass turntable, pans or any other part of the oven with metal foil. This will cause overheating of the oven.
- This equipment has been tested and found to comply with Part 18 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

- This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.

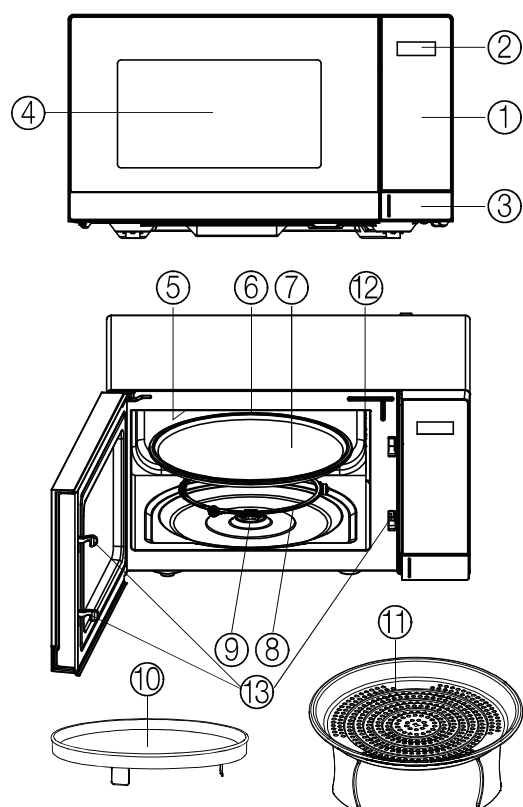
PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. 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.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - 1) Door (bent).
 - 2) Hinges and latches (broken or loosened).
 - 3) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

SAVE THESE INSTRUCTIONS

How to...

...recognize the parts of your digital microwave

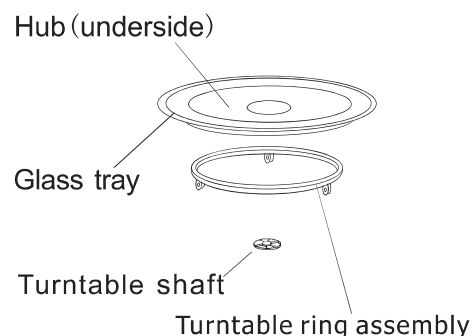


1. Control Panel
2. Display Screen
3. Door Release Button
4. Oven Window
5. Top Heating Element
6. Upper Convection Fan
7. Glass Turntable
8. Roller Ring
9. Turntable Shaft
10. Baking and Roasting Pan
11. Air Fry Kit
12. Wave Guide (Please do not remove the mica plate covering the wave guide)
13. Door Lock System

How to...

...assemble your microwave

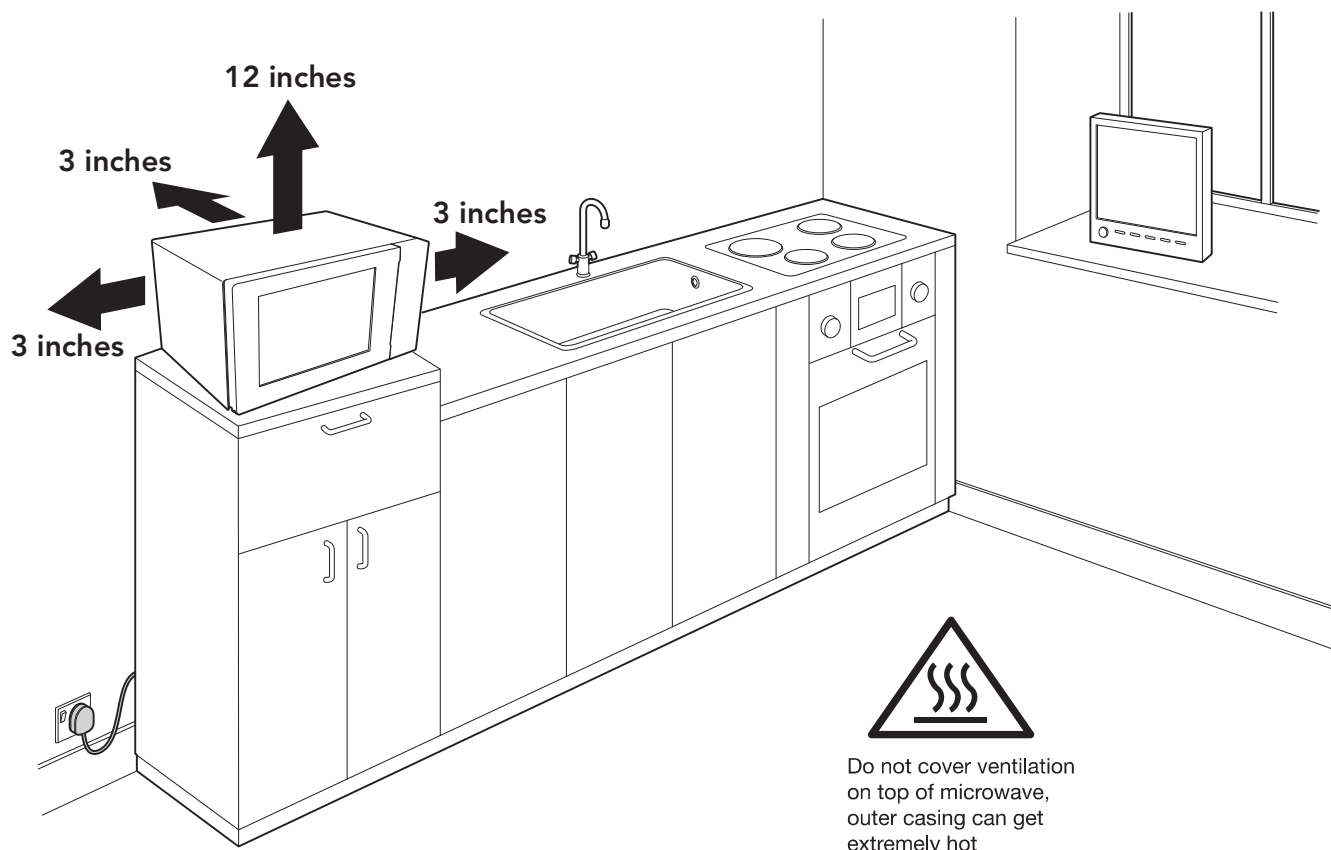
1. Never place the glass upside down. The glass tray should never be restricted.
2. Both glass tray and turntable ring assembly must always be used during cooking.
3. All food and containers of food are always placed on the glass tray for cooking.
4. The glass tray rotates either clockwise or counter-clockwise; this is normal.
5. If the glass tray or turntable ring assembly cracks or breaks, contact service support:
1-866-321-9509



To order a replacement turntable, please call service support: **1-866-321-9509**

How to...

...best place your microwave



1. Remove all packing materials and accessories. Examine the oven for any damage such as dents or broken door. If there is any damage, do not operate the oven but contact qualified service personnel.
2. Select a level surface that provides enough open space for ventilation. Allow for 3 inches of open space next to the sides and back of the microwave. Allow for 12 inches of open space above the microwave. Do not place any items on the top of the microwave and do not remove the legs from the bottom of the microwave.
3. Place the microwave as far away as possible from radios and televisions. Microwave may cause interference to these appliances.
4. Plug the microwave into a grounded household outlet. Check the rating label of the microwave to ensure the voltage and frequency are compatible with the outlet.
5. Do not install microwave oven over a range cook top or other heat-producing appliance. Heat can damage the microwave and void the warranty.

GROUNDING INSTRUCTIONS

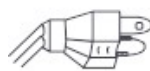
This appliance must be grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current.

WARNING: Improper use of the grounding plug can result in a risk of electric shock.

Consult a qualified electrician or serviceman 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.
- 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.

Three-pronged
(grounding) plug



properly polarized
and grounded outlet

ELECTRICAL REQUIREMENT

- The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp.
- It is recommended that a separate circuit serving only the oven be provided.
- The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded.

POWER SUPPLY CORD

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

NOTE:

- If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
- Neither manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

RADIO OR TV INTERFERENCE

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different circuit, relocate the radio or TV as far away from the oven as feasible, or check position and signal of receiving antenna. This device complies with part 18 of the FCC Rules.

COOKING UTENSILS GUIDE

This section lists which utensils can be used in the microwave, which ones have limited use for short periods, and which ones should not be used in the microwave.

RECOMMENDED

Microwave browning dish — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided on your browning dish.

Microwaveable plastic wrap — Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Paper towels and napkins — Use for short-term heating and covering; these absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and could ignite.

Glass and glass-ceramic bowls and dishes — Use for heating or cooking.

Paper plates and cups — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and could ignite.

Wax paper — Use as a cover to prevent spattering.

Thermometers — Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used on microwave food once the food has been removed from the oven.

LIMITED USE

Aluminum foil — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful. You should keep at least 1 inch (2.54 cm) of distance between the aluminum foil and the cavity wall to reduce the risk of arcing.

Ceramic, porcelain, and stoneware — Use these if only they are labeled "Microwave Safe".

Plastic — Use only if labeled "Microwave Safe". Other plastics can melt.

NOT RECOMMENDED

Glass jars and bottles — Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.

Paper bags — These are a fire hazard, except for popcorn bags that are designed for microwave use.

Styrofoam plates and cups — These can melt and leave an unhealthy residue on food.

Plastic storage and food containers — Containers such as margarine tubs can melt in the microwave.

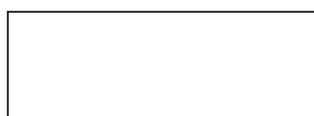
Metal utensils — These can damage your oven. Remove all metal before cooking.

NOTE:

- Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

How to...

...recognize the microwave control panel



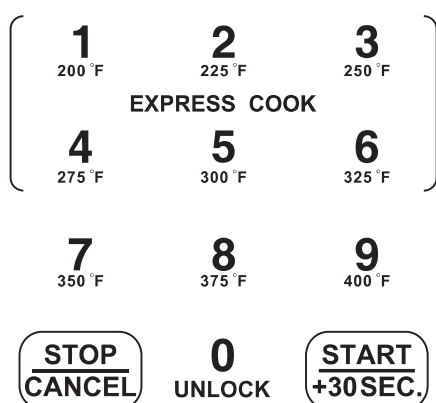
AIR FRY MICROWAVE

BAKE | AIR FRY | ROAST

MICRO | CONV | MICRO + CONV

AUTO COOK | POPCORN | AUTO REHEAT

CLOCK | KITCHEN TIMER | DEFROST TIME/WEIGHT



BAKE

Use to bake food (See Page 16).

AIR FRY

Use to air fry food (See Page 18).

ROAST

Use to roast food (See Page 20).

MICRO

Use to microwave food with selected power level (See Page 13).

CONV

Use to set convection program (See Page 22).

MICRO+CONV

Use to set combination cooking program (See Page 23).

AUTO COOK

Use to set automatic cooking programs (See Page 24).

POPCORN

Use to set popcorn program (See Page 26).

AUTO REHEAT

Use to set automatic reheating programs (See Page 25).

TIME/WEIGHT DEFROST

Press to set defrost program based on time (See Page 15).

Press to set defrost program based on weight (See Page 14).

CLOCK

Press to set clock time.

KITCHEN TIMER

Press to set timer function.

NUMBER PADS (0-9)

Press to set time or food weight and select cooking menus, portion, cooking temperature and power level. And use the number pads from 1-6 to set express cooking program.

0/UNLOCK

Press once to unlock when child safety door lock is activated. During function selection, the 0/UNLOCK pad serves as a number pad for 0.

START/+30 SEC.

Press to start a cooking program. It is also used to set quick start function or to increase cooking time during cooking.

STOP/CANCEL

Press once to temporarily stop cooking, or twice to cancel cooking altogether. It is also used to unlock the door and set the control panel lock.

How to...

...operate your microwave oven

Before Using for the First Time

If you are using your microwave for the first time, please be sure to:

- Clean the glass turntable, baking and roasting pan, air fry kit with hot water, a small amount of dishwashing liquid and a nonabrasive cleaning pad.
- When you plug in the unit, the display will show "12:00".
- While you are in the process of any setting, the oven will return to standby mode after 30 seconds without any operation.
- During cooking, if press **STOP/CANCEL** or **0/UNLOCK** pad once to open the door, the program will be paused. Press **START/+30 SEC.** to resume cooking, but if you press **STOP/CANCEL** twice, the program will be cancelled.
- When the cooking completes, the screen will display "End" with sound every two minutes until you press **STOP/CANCEL** or **0/UNLOCK** pad once to open the door.

NOTE: During initial startup, you may detect a slight smell and/or smoke. Use Convection function at 400 °F without food and let run for approximately 15 minutes.

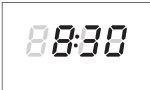
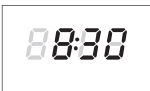
Product Specifications

Power Supply	120V/60Hz
Power Consumption (Microwave)	1350W
Power Consumption (Convection)	1450W
Rated Microwave Power Output	900W
Operating Frequency	2450MHz
Product Dimensions (WxHxD)	19.02*11.06*14.74 inches
Oven Cavity Dimensions	13.39*8.35*13.13 inches
Oven Capacity	0.9 Cu.Ft.
Net Weight	Approx. 34.42 lbs

Setting the Clock

This is a 12 or 24 hour clock, and you can select it by pressing **CLOCK** pad. During cooking, the current time can be checked by pressing the **CLOCK** pad.

Example: How to set the oven clock time to 8:30.

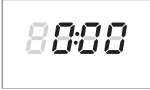
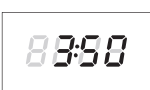
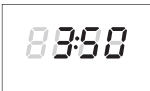
1 In standby mode, press the CLOCK pad once to select 12 hour clock, press again to select 24 hour clock.	
CLOCK	
2 Use the number pads to enter the correct time (press number pads 8, 3 then 0 in sequence to enter 8:30).	
8 375 °F 3 250 °F 0 UNLOCK	
3 Press the CLOCK or START/+30 SEC. pad once to confirm.	
CLOCK or START +30SEC.	

NOTE: While in the process of setting the clock, you can cancel the settings by pressing the **STOP/CANCEL**.

Setting the Kitchen Timer

1. In standby mode or during cooking, press the **KITCHEN TIMER** pad once.
2. Enter the amount of time you want to count down using the number pads, the longest time you can set is 99 minutes and 99 seconds.
3. Press the **START/+30 SEC.** pad once to confirm and the timer will start to count down.

Example: How to set the timer for 3 minutes and 50 seconds.

1 Press the KITCHEN TIMER pad once.	
KITCHEN TIMER	
2 Press 3, 5, 0 to enter the time. The longest time you can set is 99 minutes and 99 seconds.	
3 250 °F 5 300 °F 0 UNLOCK	
3 Press START/+30 SEC. to confirm and start countdown	
START +30SEC.	

NOTE:

- The buzzer will beep to remind when the countdown ends.
- Countdown can be checked by pressing the **KITCHEN TIMER** pad once, if the **STOP/CANCEL** pad is pressed when display is showing the countdown, the function will be cancelled.

Child Safety Lock

You can use this function to prevent children from the potential of burns when removing hot items.

How the safety lock works

When cooking function starts, the door will lock immediately and automatically. After the end of cooking, the door will be locked for 30 minutes.

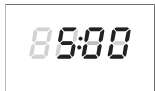
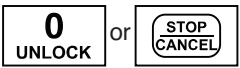
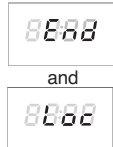
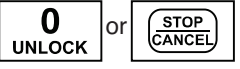
How to unlock the door

In the cooking process or within 30 minutes after the end of cooking, you need to press **0/UNLOCK** or **STOP/CANCEL** pad once to unlock the door before opening the oven door.

NOTE:

- Child safety lock is applicable for all cooking modes, and the door will be locked automatically as long as the cooking starts except you turn off this function, see page 11.
- After 30 minutes of the end of cooking, the oven door will be unlocked and go back to standby mode.
- After pressing **0/UNLOCK** or **STOP/CANCEL** pad to unlock, the oven door will be locked again if you do not open the door in 10 seconds.
- If you push the door release button without pressing the **0/UNLOCK** or **STOP/CANCEL** pad, cooking will pause and the display will show remaining cooking time, the door cannot be opened as it is locked.

Example: How to open the door in child safety lock mode (Microwave Cooking for 5 minutes).

1 When cooking function starts, the door is locked automatically. You cannot open the door directly.	
2 During cooking process, press the 0/UNLOCK or STOP/CANCEL pad once to unlock, the cooking will be paused and display will show the remaining cooking time and then you can open the door.	
3 To continue cooking, press START/+ 30 SEC. pad once to resume cooking, the door will be automatically and immediately locked.	
4 When cooking is completed, the display will alternately show "End" and "Loc" every 5 seconds and the microwave will beep to remind every 2 minutes.	
5 Press the 0/UNLOCK or STOP/CANCEL pad once to unlock and open the door, and then take out the food from the oven.	

Deactivate and Reactivate the Child Safety Lock

1. In standby mode, press and hold the **0/UNLOCK** pad for 3 seconds.
2. When display shows "Loc", press the 7 pad and then the 9 pad, the display will show "ULoc" and the buzzer will beep once.
3. The child safety door lock mode is now deactivated and the door can be opened at any time.

Example: How to deactivate the child safety lock function

1 In standby mode, press and hold the 0/UNLOCK pad for 3 seconds.		
		
2 When display shows "Loc", press the 7 pad and then the 9 pad, the display will show "ULoc".		
 and 		

Example: How to reactivate the child safety lock function

1 In standby mode, press and hold the 0/UNLOCK pad for 3 seconds.		
		
2 When display shows "ULoc", press the 7 pad and then the 9 pad, the display will show "Loc".		
 and 		

NOTE:

- When deactivating or activating the child safety lock function, 7 pad and then 9 pad must be pressed within 10 seconds after the display shows "Loc" or "ULoc".
- Only the 7 pad and 9 pad are valid within the 10 second time frame, other pads are invalid. Two short beeps will be heard to remind you that it is an invalid input. If no correct steps are taken within the 10 seconds, the system will return to standby mode.
- When the microwave is powered on again after power outage, door lock function will remain activated or deactivated depending on your previous setting.

Express Cook

Accessory Guide: Glass Turntable

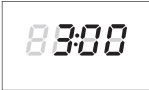


This function can help you to set microwave cooking program quickly without setting power level.

1. Place food in the oven and close the door.
2. In standby mode, press the EXPRESS COOK pad 1 to 6, the oven will start automatically at full power level.

Press number pad	Time
1	1 Minute
2	2 Minutes
3	3 Minutes
4	4 Minutes
5	5 Minutes
6	6 Minutes

Example: How to quick start microwave for 3 minutes.

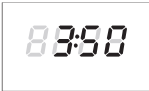
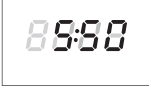
1 In standby mode, press 3 once to start cooking.	
	

Start/+30 SEC. Function

In standby mode, press **START/+30 SEC.** the microwave program will start at 100% power level and cook for 30 seconds.

During cooking, you can add cooking time by touching **START/+30 SEC.** pad repeatedly. The longest cooking time is 99 minutes and 99 seconds.

Example: During microwave cooking, add the cooking time by 2 minutes by utilizing the **START/+30 SEC.** button.

1 During cooking, suppose the display is showing 3:50.	
2 Press the START/+30 SEC. 4 times.	
 × 4	

NOTE:

- All preset programs cannot use +30 SEC. function during cooking, which includes:
 - **POPCORN**
 - **TIME/WEIGHT DEFROST**
 - **AUTO COOK**
 - **AUTO REHEAT**

Microwave Cooking

Accessory Guide: Glass Turntable



This feature allows you to choose the power level and cooking time of microwave function. The longest cooking time is 99 minutes and 99 seconds.

Example: Cook at 30% power level for 3 minutes and 50 seconds.

1 Press MICRO pad once, the default power level is 100% (maximum power).	
2 Press number pads to select the power level.	
3 Press START/+30 SEC. once to confirm the power level.	
4 Press 3, 5, 0 to enter the time. The longest time you can set is 99 minutes and 99 seconds.	
5 Press START/+30 SEC. to confirm and start cooking.	

Power Level Chart:

Number Pad	Display	Power Level
1.0	P100	900W
9	P-90	810W
8	P-80	720W
7	P-70	630W
6	P-60	540W
5	P-50	450W
4	P-40	360W
3	P-30	270W
2	P-20	180W
1	P-10	90W
0	P-00	0W

Weight Defrost

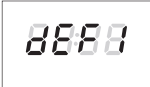
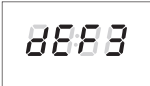
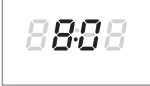
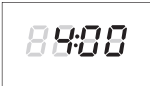
Accessory Guide: Glass Turntable



Defrost time and power levels are automatically set once food weight is programmed, the food weight range is 1-48 oz.

1. Place food in oven and close the door.
2. In standby mode, press **TIME/WEIGHT DEFROST** pad twice, display shows "dEF1".
3. Press number pads 1-3 to select defrost food type (1-dEF1-Meat, 2-dEF2-Poultry and 3-dEF3-Seafood).
4. Enter the food weight by pressing the number pads.
5. Press **START/+30 SEC.** pad once to start.

Example: How to defrost 8 oz seafood.

1 In standby mode, press the TIME/WEIGHT DEFROST twice.	 × 2	
2 Press 3 to select food code 'dEF3' (Seafood).		
3 Press START/+30 SEC. once to confirm the food type.		
4 Press 8 to enter the food weight.		
5 Press START/+30 SEC. to confirm and start defrosting.		

Weight Defrost Food Chart:

Number Pads	Food Type	Display	Weight Range
1	Meat	dEF1	1 oz to 48 oz
2	Poultry	dEF2	1 oz to 48 oz
3	Seafood	dEF3	1 oz to 32 oz

NOTE:

- During defrost, the microwave will pause and buzzer will beep as a reminder to turn food over. After turning over the food, close the door and press the **START/+30 SEC.** pad once to continue.
- The weight must be in ounces. If the weight unit on the label is pounds, the pounds need to be converted to ounces.

Time Defrost

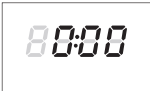
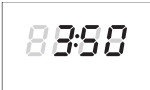
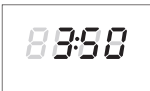
Accessory Guide: Glass Turntable



The defrosting power is adjusted automatically once the cooking time is programmed.

1. Place food in the oven and close the door.
2. Press the **TIME/WEIGHT DEFROST** pad once.
3. Enter desired defrosting time using the number pads, the longest time you can set is 99 minutes and 99 seconds.
4. Press the **START/+30 SEC.** pad once to start.

Example: How to defrost food for 3 minutes and 50 seconds.

1 In standby mode, press the TIME/WEIGHT DEFROST once.	
	
2 Press 3, 5, 0 to enter the time. The longest time you can set is 99 minutes and 99 seconds.	
  	
3 Press START/+30 SEC. to confirm and start defrosting.	
	

NOTE:

- During defrost, the microwave will pause and buzzer will beep as a reminder to turn food over.
- After turning over the food, close the door and press the **START/+30 SEC.** pad once to continue.

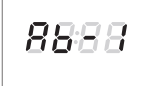
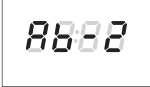
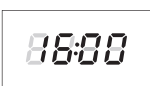
Bake

Accessory Guide: Glass Turntable Baking and Roasting Pan



For Bake, you can select the type of food you want to cook from the programs listed on the cooking label located on the interior panel of the appliance.

Auto Program: How to bake a 9 inch round pan cake.

1 In standby mode, press the BAKE twice to use auto program.	
 × 2	
2 Press 2 to select food code 'Ab-2' (Cake).	
	
3 Press START/+30 SEC. once to confirm and start preheating.	
	
4 When preheating finishes, the oven will show 'Add Food 350F' and sound periodically to remind user to put the food inside.	
	
5 Open the oven door, the display will show the cooking time, and then place food into the oven. Close the oven door.	
6 Press START/+30 SEC. once to confirm and start cooking.	
	

Bake Food Chart (Auto Program):

Food	Number Pads	Code	Portion	Preheating Temperature
Cookies	1	Ab-1	6 cookies	350 °F
Cake	2	Ab-2	9 inch round pan	350 °F

Custom Program: How to set Bake by choosing time and temperature (400°F for 25 minutes).

Auto Program: How to bake a 9 inch round pan cake.

1 In standby mode, press the BAKE once to use custom setting (Default is 350 °F).	350F
BAKE × 1	
2 Press 9/400°F to select temperature.	400F
9 400 °F	
3 Press START/+30 SEC. once to confirm the temperature.	80:00
START +30SEC.	
4 Press 2, 5, 0, 0 to enter cooking time.	25:00
2 225 °F 5 300 °F 0 UNLOCK 0 UNLOCK	
5 Press START/+30 SEC. once to confirm and start preheating.	400F
START +30SEC.	
6 When preheating finishes, the oven will show 'Add Food 400F' and sound periodically to remind user to put the food inside.	400F
Add Food 400F	
7 Open the oven door, the display will show the cooking time, and then place food into the oven. Close the oven door.	25:00
8 Press START/+30 SEC. once to confirm and start cooking.	25:00
START +30SEC.	

NOTE:

- Five preset temperatures are available: 300 °F, 325 °F, 350 °F, 375 °F and 400 °F. Simply press the corresponding number pads 5, 6, 7, 8 and 9 to select your desired temperature.
- The longest cooking time is 99 minutes and 99 seconds. You can check the temperature during cooking by pressing the **BAKE** pad.

Air Fry

Accessory Guide: Glass Turntable

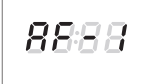
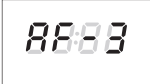
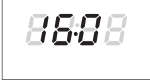
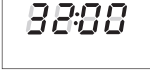
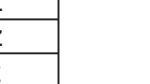
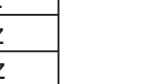
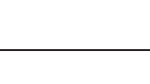


Air Fry Kit



For Air Fry cooking, you can select the type of food you want to cook from the programs listed on the cooking label located on the interior panel of the appliance.

Auto Program: How to air fry 16 oz chicken wings.

1 In standby mode, press the AIR FRY twice to use auto program.	
 × 2	
2 Press 3 to select food code 'AF-3' (Chicken Wings).	
	
3 Press START/+30 SEC. once to confirm food code.	
	
4 Press 3 to select the food weight.	
	
5 Press START/+30 SEC. once to confirm and start cooking.	
	

Air Fry Food Chart (Auto Program):

Food	Number Pads	Code	Number Pads	Weight
Chicken Drumsticks	1	AF-1	1	8 oz
			2	12 oz
			3	16 oz
			4	20 oz
			5	24 oz
Chicken Nuggets	2	AF-2	1	6 oz
			2	8 oz
			3	10 oz
			4	12 oz
Chicken Wings	3	AF-3	1	8 oz
			2	12 oz
			3	16 oz
			4	20 oz

Food	Number Pads	Code	Number Pads	Weight
French Fries	4	AF-4	1	10 oz
Mozzarella Sticks	5	AF-5	1	6 oz
			2	8 oz
			3	10 oz
			4	12 oz
			5	14 oz
			6	16 oz
Onion Rings	6	AF-6	1	8 oz
Popcorn Chicken	7	AF-7	1	8 oz
			2	10 oz
			3	12 oz
			4	16 oz

Custom Program: How to set Air Fry by choosing time and temperature (350°F for 30 minutes).

1 In standby mode, press the **AIR FRY** once to use custom setting (Default is 400°F).

AIR FRY

×

1

400F

2 Press **7/350°F** to select temperature.

7
350 °F

350F

3 Press **START/+30 SEC.** once to confirm the temperature.

START
+30SEC.

80:00

4 Press 3, 0, 0, 0 to enter cooking time.

3
250 °F

0
UNLOCK

0
UNLOCK

0
UNLOCK

30:00

5 Press **START/+30 SEC.** to confirm and start cooking.

START
+30SEC.

30:00

NOTE:

- Three preset temperatures are available: 350 °F, 375 °F and 400 °F. Simply press the corresponding number pads 7, 8 and 9 to select your desired temperature.
- The longest cooking time is 99 minutes and 99 seconds.
- You can check the temperature during cooking by pressing the **AIR FRY** pad.

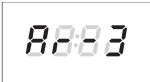
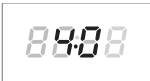
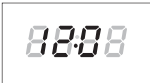
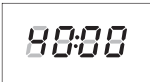
Roast

Accessory Guide: Glass Turntable Baking and Roasting Pan



For Roast cooking, you can select the type of food you want to cook from the programs listed on the cooking label located on the interior panel of the appliance.

Auto Program: How to Roast 12 oz roasted potatoes.

1 In standby mode, press the ROAST twice to use auto program.	
 x 2	
2 Press 3 to select food code 'Ar-3' (Roasted Potatoes).	
	
3 Press START/+30 SEC. once to confirm food code.	
	
4 Press 5 to select the food weight.	
	
5 Press START/+30 SEC. once to confirm and start cooking.	
	

Roast Food Chart (Auto Program):

Food	Number Pads	Code	Number Pads	Weight
Pork Loin	1	Ar-1	1	32 oz
			2	48 oz
Pork Tenderloin	2	Ar-2	1	16 oz
			2	32 oz
Roasted Potatoes	3	AF-3	1	4 oz
			2	6 oz
			3	8 oz
			4	10 oz
			5	12 oz
			6	16 oz
Salmon Filet	4	Ar-4	1	4 oz
			2	8 oz
			3	12 oz
			4	16 oz
			5	20 oz

Custom Program: How to set Roast by choosing time and temperature (400°F for 25 minutes).

1 In standby mode, press the ROAST once to use custom setting (Default is 350°F).	
ROAST x 1	3500
2 Press 9/400°F to select temperature.	
9 400 °F	4000
3 Press START/+30 SEC. once to confirm the temperature.	
START +30SEC.	8000
4 Press 2, 5, 0, 0 to enter cooking time.	
2 225 °F 5 300 °F 0 UNLOCK 0 UNLOCK	25:00
5 Press START/+30 SEC. once to confirm and start cooking.	
START +30SEC.	25:00

NOTE:

- Five preset temperatures are available: 300 °F, 325 °F, 350 °F, 375 °F and 400 °F. Simply press the corresponding number pads 5, 6, 7, 8 and 9 to select your desired temperature.
- The longest cooking time is 99 minutes and 99 seconds.
- You can check the temperature during cooking by pressing the **ROAST** pad.

Convection

Accessory Guide: Glass Turntable Baking and Roasting Pan



This feature allows you cook with powerful convection.

During convection cooking, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly.

Example: How to cook with convection temperature 400°F for 25 minutes.

1 In standby mode, press the CONV pad once to use custom setting (Default is 350°F).	350F
CONV	
2 Press 9/400°F to select temperature.	400F
9 400 °F	
3 Press START/+30 SEC. once to confirm the temperature.	80:00
START +30SEC.	
4 Press 2, 5, 0, 0 to enter cooking time.	25:00
2 225 °F 5 300 °F 0 UNLOCK 0 UNLOCK	
5 Press START/+30 SEC. once to confirm the cooking time and start preheating.	400F
START +30SEC.	
6 When preheating finishes, the oven will show 'Add Food 400F' and sound periodically to remind user to put the food inside.	400F
8888 → F000 → 400F	
7 Open the oven door, the display will show the cooking time, and then place food into the oven. Close the oven door.	25:00
8 Press START/+30 SEC. once to confirm and start cooking.	25:00
START +30SEC.	

NOTE:

- Nine preset temperatures are available: 200 °F, 225 °F, 250 °F, 275 °F, 300 °F, 325 °F, 350 °F, 375 °F and 400 °F. Simply press the corresponding number pads 1, 2, 3, 4, 5, 6, 7, 8 and 9 to select your desired temperature.
- The longest cooking time is 99 minutes and 99 seconds.
- You can check the temperature during cooking by pressing the **CONV** pad.

Microwave + Convection

Accessory Guide: Glass Turntable Baking and Roasting Pan



This oven has four pre-programmed temperatures settings that make it easy to cook with both convection heat and microwave automatically.

Example: How to set the combination of microwave and convection at temperature 400°F for 30 minutes.

1 In standby mode, press MICRO+CONV once to use custom setting (Default is 325°F).	325F
MICRO +CONV	
2 Press 9/400°F to select temperature.	400F
9 400 °F	
3 Press START/+30 SEC. once to confirm the temperature.	80:00
START +30SEC.	
4 Press 3, 0, 0, 0 to enter cooking time.	30:00
3 250 °F 0 UNLOCK 0 UNLOCK 0 UNLOCK	
5 Press START/+30 SEC. to confirm and start cooking.	30:00
START +30SEC.	

NOTE:

- You can check the convection temperature during cooking by pressing the **MICRO+CONV** pad.
- Four preset temperatures are available: 325 °F, 350 °F, 375 °F and 400 °F. Simply press the corresponding number pads 6, 7, 8 and 9 to select your desired temperature.
- The longest time is 99 minutes and 99 seconds.

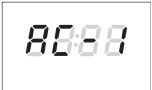
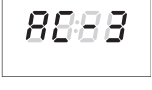
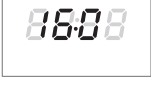
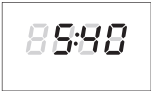
Auto Cook

Accessory Guide: Glass Turntable



For auto cook function, you can select the type of food you want to cook from the programs listed on the cooking label located on the interior panel of the appliance.

Auto Program: How to cook 16 oz fresh vegetables.

1 In standby mode, press the AUTO COOK once.	
	
2 Press 3 to select food code 'AC-3' (Fresh Vegetable).	
	
3 Press START/+30 SEC. once to confirm the food type	
	
4 Press 3 to select the food weight.	
	
5 Press START/+30 SEC. to start cooking.	
	

Auto Cook Food Chart (Auto Program):

Food	Number Pads	Code	Number Pads	Weight
Beverage	1	AC-1	1-3	1-3 cups, serving size of 8 oz per cup
Frozen Pizza	2	AC-2	1-3	6-12 oz, 3 oz per serving
Fresh Vegetable	3	AC-3	1-4	8-20 oz, 4 oz per serving
Frozen Vegetable	4	AC-4	1-4	8-20 oz, 4 oz per serving
Oatmeal	5	AC-5	1-4	1-4 packs
Potato	6	AC-6	1-5	8-24 oz, 4 oz per serving

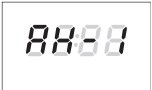
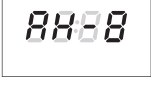
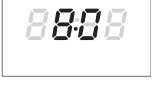
Auto Reheat

Accessory Guide: Glass Turntable



For auto reheat function, you can select the type of food you want to cook from the programs listed on the cooking label located on the interior panel of the appliance.

Auto Program: How to reheat 8 oz soup.

1 In standby mode, press the AUTO REHEAT once.	
	
2 Press 8 to select food code 'AH-8' (Soup).	
	
3 Press START/+30 SEC. once to confirm the food type.	
	
4 After selecting the food type, press 2 to select the food weight.	
	
5 Press START/+30 SEC. to start cooking.	
	

Auto Cook Food Chart (Auto Program):

Food	Number Pads	Code	Number Pads	Weight
Chill	1	AH-1	1-6	4-24 oz, 4 oz per serving
Dinner Plate	2	AH-2	1-5	8-24 oz, 4 oz per serving
Frozen Entrée	3	AH-3	1-5	8-24 oz, 4 oz per serving
Mac and Cheese	4	AH-4	1-6	4-24 oz, 4 oz per serving
Mashed Potatoes	5	AH-5	1-6	4-24 oz, 4 oz per serving
Pasta	6	AH-6	1-6	4-24 oz, 4 oz per serving
Rice	7	AH-7	1-7	4-28 oz, 4 oz per serving
Soup / Sauce	8	AH-8	1-6	4-24 oz, 4 oz per serving

POPCORN

Accessory Guide: Glass Turntable



1. Press the **POPCORN** pad once, the microwave will automatically set the cooking time for a 3.5 oz bag of microwave popcorn.
2. Press the **START/+30 SEC.** pad once to start.

NOTE:

- To pop the popcorn bag evenly and avoid burning, the bag must be able to rotate freely during cooking. Please listen to the popping sound and watch the bag until popping has been completed.
- Some microwave popcorn bags may be larger, make sure the bag matches the correct weight of 3.5 ounces.
- As the content can be very hot, use an oven mitt or pot holder when removing the popcorn bag.

Example: How to cook a 3.5 oz bag of microwave popcorn.

1 In standby mode, press the POPCORN . The default time is 2 minutes and 10 seconds (For one bag around 3.5 oz).		
2 Press START/+30 SEC. once to confirm and start cooking.		

Control Panel Lock

The control panel lock prevents unsupervised operation by children.

Example: How to activate/deactivate the control panel lock.

1 In standby mode, suppose the display is showing 11:58.		
2 Press and hold STOP/CANCEL for 3 seconds, then '1111' appears. The control panel lock is activated and all pads are disabled.		
3 Press and hold STOP/CANCEL for 3 seconds, then '1111' disappears. The control panel lock is deactivated and all pads are enabled.		

COOKING TECHNIQUES

Your microwave makes cooking easier than conventional cooking, provided you keep these considerations in mind.

STIRRING

- Stir foods such as casseroles and vegetables while cooking to distribute heat evenly.
- Food at the outside of the dish absorbs more energy and heats more quickly, so stir from the outside to the center.

ARRANGEMENT

- Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy.
- To prevent overcooking, place delicate areas, such as asparagus tips, toward the center of the turntable.

SHIELDING

- Shield food with narrow strips of aluminum foil to prevent overcooking.
- Areas that need shielding include poultry wing tips, the ends of poultry legs, and corners of square baking dishes.
- Use only small amounts of aluminum foil, large amount can damage your oven.

TURNING

- Turn foods over midway through cooking to expose all parts to microwave energy.
- This is especially important with large foods such as roasts.

STANDING

- Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after heating stops.
- Let foods stand to complete cooking, especially foods such as cakes and whole vegetables.
- Roasts need this time to complete cooking in the center without overcooking the outer areas.
- All liquids, such as soup or hot chocolate, should be stirred when cooking is completed. Let liquids stand a moment before serving. Use caution when stirring hot liquids after being removed from the microwave.
- When heating baby food, stir well during removal and test the temperature before serving.

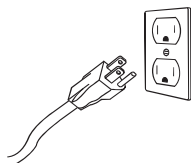
ADDING MOISTURE

- Microwave energy is attracted to water molecules.
- Food that is uneven in moisture content should be covered or allowed to stand so that the heat disperses evenly.
- Adding a small amount of water to dry food can help it to cook.

How to...

...clean and care your microwave

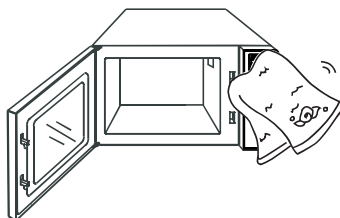
- Turn off the oven and unplug the power cord from the wall when cleaning.



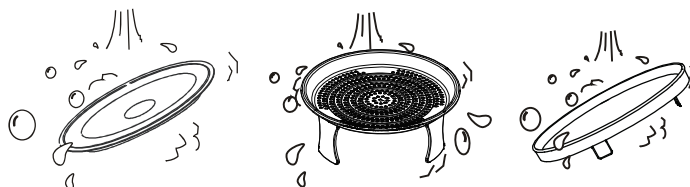
- Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.



- The outside of the oven should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
- Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use abrasive cleaner.
- Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.



- If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions. It is normal.
- It is occasionally necessary to remove the glass turntable, baking and roasting pan, air fry kit for cleaning. Wash them in warm sudsy water.



- **If the light bulb burns out, please contact a certified electrician to have it replaced.**
- The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
- Please do not dispose of this appliance in normal trash bins; it should be disposed of through local municipal disposal centers.

How to...

...solve common problems

Automatic Protection Mechanism

Protection Type	Error Code	Description	Alert & Reset
LOW TEMPERATURE PROTECTION	Er04	The appliance has entered into low temperature protection mode to protect it from damage.	Audible alert will be heard until STOP/CANCEL is pressed or the appliance is unplugged.
OVERHEATING PROTECTION	Er03	The appliance has entered into high temperature overheat mode to protect it from further damage.	
CIRCUIT PROTECTION	Er05	The appliance's thermostats are under open circuit protection to protect it from further damage.	
CIRCUIT PROTECTION	Er06	The appliance's thermostats are under short circuit protection to protect it from further damage.	

Problem	What to do
If the microwave door can not be opened:	1. Press the 0/UNLOCK or STOP/CLEAR button on the control pad. The microwave oven will beep once, and there will be a "click" sound. Then the microwave can be opened. 2. If the microwave beeps twice after pressing the 0/UNLOCK or STOP/CLEAR button, then please press the 0/UNLOCK or STOP/CLEAR button again quickly (within 3 seconds). 3. If the door still cannot be opened, disconnect the power from the outlet. Then plug it in again. 4. You can deactivate this function refer to page 11.
If the microwave oven does not work:	1. Ensure the microwave oven is securely plugged into the electrical outlet. 2. Plug another appliance into the outlet to see if the outlet is working properly. If not, the outlet may be faulty. 3. If the outlet is working properly, check if the microwave oven door is closed tightly. 4. If the microwave still does not work, please call for service.
If the oven light stays on and the turntable continues to rotate when you press the door open button without unlocking the door:	1. This is normal and no microwave heat output. It will not result in any damage or risk. 2. Press the 0/UNLOCK or STOP/CLEAR button once, then press the door open button. The oven door can be opened now and the light will turn on and the turntable will stop turning.
A "click" noise is heard when the microwave starts:	1. This is normal and no special treatment is needed. 2. The noise is made by the child lock activation when the microwave starts.
A burning smell occurs or glass turntable makes noise during operation:	1. There may be food residues left in the cavity, which are baked at high temperatures during heating, resulting in a burning smell. 2. Immediately stop the microwave, disconnect the power, wait for it to cool down, then open the door to check for food residues in the cavity. 3. Refer to page 28 to clean the microwave.
Popcorn is over-cooked or under-cooked with "Popcorn" easy setting:	1. Incorrect size of popcorn bag selected. 2. Refer to page 26 for "Popcorn" setting instructions. 3. Never leave popcorn cooking unattended.

How to...

...use warranty

This product carries a warranty that it will be free from defects in material and workmanship for a period of one year from the date of original purchase or date of delivery, whichever is later. This warranty is valid for the original retail purchaser from the date of initial retail purchase or date of delivery and is not transferable. Keep your original sales receipt.

IMPORTANT: This warranty does not cover damages resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachments not provided with the product, loss of parts, or subjecting the appliance to any but the specified voltage (Read directions carefully).

If service is required during the warranty period, properly pack your unit. We recommend using the original carton and packing materials. Return the product to your nearest Wal-Mart store with the sales receipt. A replacement or refund may be offered at the discretion of Wal-Mart. If additional assistance is needed please contact customer assistance at: 1- 866-321-9509.

Wal-Mart expressly disclaims all responsibility for consequential damages or incidental losses caused by use of the appliance. Some states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

SAVE THIS FOR YOUR RECORDS

Mainstays® logo is a registered trademark of Wal-Mart Stores, Inc., Bentonville, AR 72716.

Made in China