

BEFORE OPERATING

Learn more about your microwave oven

⚠ CAUTION

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

Setting the clock

Example: setting clock display for 9:00:

1. Touch **Clock** pad once for AM, touch twice for PM.



2. Enter time using number pads.

9 0 0

3. Touch **Clock** pad again.



Microwave utensil guide

Use	Do not use
• Oven proof glass (specifically treated for high intensity heat): Utility dishes, loaf dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim. • China: Bowls, cups, serving plates and platters without metallic trim. • Plastic: Plastic wrap (as a cover) - lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that the plastic wrap will not touch the food. Use plastic dishes, cups, semi-rigid freezer containers and plastic bags for short cooking times. Use these with care because the plastic may soften from the heat of the food. • Paper: Paper towels, waxed paper, paper napkins and paper plates with no metallic trim or design. Look for the manufacturer's label for any special instructions for use in the microwave oven.	• Metal utensils: Metal shields the food from microwave energy and produces uneven cooking. Also, avoid metal skewers, thermometers or foil trays. Metal utensils can cause arcing, which can damage your microwave oven. • Metal decoration: Bowls, cups, serving plates and platters without metallic trim. • Aluminum foil: Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep ALL aluminum foil at least 1 inch from the side walls of the oven cavity and door of the microwave. • Wood: Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets made of wood will react in the same way. • Tightly covered utensils: Be sure to leave openings for steam to escape from covered cookware. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed pouches may explode. • Brown paper: Avoid using brown paper bags. They absorb heat and can burn. • Flawed or chipped cooking utensils: Any utensil that is cracked, flawed or chipped may break in the oven. • Metal twist ties: Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.

Setting the timer

Example: setting timer for 5 minutes:

1. Touch **Timer** pad once.



2. Enter desired time using number pads. **5 0 0**

3. Touch **Timer** pad.



When the timer has reached the end of set time, you will hear beep alerts indicating the timer has run out.

Exhaust High / Low / Off

The exhaust ventilation moves steam and other cooking vapors from the cooking surface of the range below the microwave oven.

To operate the exhaust vent, Touch the **Exhaust High/Low/Off** pad once for the highest speed setting. Touch the pad again to choose the Low speed setting and a 3rd time to turn the exhaust ventilation off.



Note: If the temperature gets too hot around the microwave oven, the fan in the exhaust vent hood will automatically turn on at the LOW setting to cool the oven. The will automatically turn off when the internal parts are cool. When this occurs, the vent cannot be turned off.

Surface Light / On / Off

Touch the **Surface Light/On/Off** pad once for a cooking surface light. Press the pad again to turn the light off.



Control Lock

You may lock the control panel to prevent the microwave from being accidentally started or used by children.

The control lock feature is very useful when cleaning the control panel. The lock will prevent accidental programming when wiping the control panel clean.

Example: to set the control lock ON:

Touch and hold the **Stop/Cancel** pad for more than 3 seconds. The Lock icon will appear in the display window along with 2 beeps.



hold for 3 seconds

Example: to change the control lock from ON to OFF:

Touch and hold the **Stop/Cancel** pad for more than 3 seconds. The Lock icon will disappear in the display window.



hold for 3 seconds

Using Ready Set

1 — ready — **2** — set — **3**

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

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

Touch number pads 1, 2 or 3 for desired minutes of cook time.

2

Note: the **Ready Set** function cannot be set when using the **Defrost** (by weight) feature.

MANUAL COOKING

Heating with high power level

Example: to heat for 5 minutes at 100% power:

1. Press **Cook Time** pad. 
2. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds). 5 0 0
3. Touch **START** pad. 

When heating has finished you will hear beeps and "Good" will display.

Heating with lower power levels

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

Example: to heat for 4 minutes at 70% power:

1. Press **Cook Time**. 
2. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds). 4 0 0
3. Press **Power Level** pad once for power level 10 (100% power). 
4. Use the number key to change the power level to 7. **PL7** appears in the display (70 % power). 7
5. Press **START** pad. 

When heating has finished you will hear beeps and "Good" will display.

Heating with multiple cooking stages

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

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

1. Press **Cook Time**. 
2. Use the number pads to enter heating time for the 1st stage (cook time may be set up to 99 minutes and 99 seconds). 3 0 0
3. Press **Power Level** pad once. 
4. Use the number keys to enter power level for the 1st stage. **PL8** appears in the display (80 % power). 8
5. Press **Cook Time** pad for 2nd stage. 
6. Use the number pads to enter heating time for the 2nd stage (cook time may be set up to 99 minutes and 99 seconds). 6 3 0
7. Press **Power Level** pad for 2nd stage. 
8. Use the number key to enter power level for the 2nd stage. **PL5** appears in the display (50 % power). 5
9. Press **START** pad. 

When heating has finished you will hear beeps and "Good" will display.

Note:

Power level must always be programmed for first stage - 100% = 10.

MANUAL COOKING

Using the stop/cancel key

If at anytime your microwave recipe would require that the food be turned or require you to stop the microwave during the cooking process you may do so after starting the microwave with the **START/+30sec** pad.

To pause the microwave during cooking:

1. Touch **stop/cancel** pad once. 
2. Touch **START/+30 sec** pad again to resume cooking. 

Adding cook time (Plus 30 sec.)

This time-saving feature will let you quickly add 30 seconds to any cook time already set when cooking. Each press of this pad will add 30 seconds to the cook time



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

Press **START/+30 sec** pad twice.

Setting Defrost (by Weight)

Example: to defrost 1lb. of food with the default power level and cook time determined automatically:

1. Press **Defrost** pad once. **0.0** will appear in the display. 
2. Use the numeric pads to input weight of food to defrost in pounds (10 = 1lb.) You may enter any weight from 0.1 to 6.0lbs. **1 0**
3. Press **START/+30sec.** pad. 

When defrosting has finished you will hear beeps and "Good" will display.

Note: The weight amount must be a valid entry for this feature to start. A valid weight entry is 0.1 to 6.0 pounds.

Setting Defrost (by Time)

Example: to defrost food with the default 30% power level for 5 minutes:

1. Press **Defrost** pad twice. **0:00** will appear in the display. 
2. Use the number pads to enter desired defrost time (defrost time may be set up to 99 minutes and 99 seconds). **5 0 0**
3. Press **START/+30sec.** pad. 

When heating has finished you will hear beeps and "Good" will display.

Note: Power levels cannot be changed for both defrost (by weight) or defrost (by time) because the defrost performance will be adversely affected.

Special notes for defrosting by time

- After pressing **START** key, the display will count down remaining defrost time. The oven will beep twice during the defrost cycle. At this time open the door and turn the food if needed and remove any portions that have already thawed. Touch the **START** key to resume the defrost cycle.
- When heating has finished you will hear beeps.

MANUAL COOKING

Defrosting tips

- When using the **defrost weight** feature, the weight entered should always be pounds (valid entries are from 0.1 to 6.0 pounds).
- Use both **defrost weight** and **defrost time** features for raw food items only. Defrosting gives best results when food to be thawed is a minimum of 0°F (taken directly from a true freezer). If the food has been stored in a refrigerator-freezer that does not maintain a temperature of 5° F or below, always program a lower food weight or lower cook time to prevent cooking the food.
- If the frozen food is stored outside the freezer for up to 20 minutes, enter a reduced cook time or weight.
- The shape of the package will alter the defrosting time. Shallow rectangular food packets defrost more quickly than a deep frozen block of food.
- Separate pieces as they begin to defrost. Separated frozen pieces of food defrost better.
- Shield warm areas of food with small pieces of foil if they start to become warm.
- You may use small pieces of aluminum foil to shield food items like chicken wings, leg tips and fish tails, but do not allow the foil to touch the oven cavity walls when defrosting.

Defrosting suggestions for meats

For best results, please read these suggestions when defrosting meats.

Meat	Normal amount	Suggestions
• Roast beef or pork	2.5 to 6 lbs. (40 to 96 oz.)	Start with the food placed fat side down. After each stage, turn the food over and shield any warm portions with narrow strips of aluminum foil. Let stand, covered for 15-30 minutes.
• Steaks, chops or fish	0.5 to 3 lbs. (8 to 48 oz.)	After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow flat pieces of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered for about 5 to 10 minutes.
• Ground meat	0.5 to 3 lbs. (8 to 48 oz.)	After each stage, remove any pieces of food that are nearly defrosted. Let stand, covered with foil for 5 to 10 minutes.
• Whole chicken	2.5 to 6 lbs. (40 to 96 oz.)	Remove giblets before freezing poultry. Start defrosting with the breast side down. After the 1st stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the 2nd stage, again shield any warm portions with narrow strips of aluminum foil. Let stand, covered, for 30 to 60 minutes in the refrigerator.
• Chicken pieces	0.5 to 3 lbs. (8 to 48 oz.)	After each stage, rearrange or remove any pieces of food that are nearly defrosted. Let stand for 10-20 minutes.

Reheat

The reheat feature provides 3 quick preset settings based on serving size to reheat food for your cooking convenience.

Example: to reheat 24 ounces of food.

1. Press **Reheat** pad 3 times to reheat 24oz. of food. **24oz** will appear in the display (see reheat category table).



Reheat Category	Press	Display
8 ounces of food	once	8 oz
16 ounces of food	twice	16 oz
24 ounces of food	3 times	24 oz

2. Press **START** pad.



Reheat cooking suggestions

Reheat	Directions	Amount
Dinner plate	Use only pre-cooked, refrigerated foods. Cover plate with vented plastic wrap or waxed paper, tucked under plate. If food is not as hot as you prefer after heating with Reheat , continue heating using manual time and power level settings. Contents: • 3-4 oz. meat, poultry or fish (up to 6 oz. with bone) • ½ cup starch (potatoes, pasta, rice, etc.) • ½ cup of vegetables (about 3-4 oz.)	1 serving (1 plate)
Casserole	Cover plate with lid or vented plastic wrap. If food is not as hot as you prefer after heating with Reheat , continue heating using manual time and power level settings.	1 to 4 servings
Pasta	Stir foods once before serving. Contents: • Casserole-refrigerated foods (for example beef stew or lasagna) • Pasta-Canned spaghetti and ravioli, refrigerated foods.	

MANUAL COOKING

Suggested power levels for cooking

The 10 power levels available with this microwave will help you to adjust to the power output best suited for the food type you are preparing. As with any food preparation in the microwave, it is best to follow the microwave instructions that are printed on food packaging.

The table below provides suggested power levels for various types of food that you can prepare in the microwave.

Power level	Microwave output	Use to prepare when:
10 High	100 %	- Boiling water. - Cooking ground beef. - Making candy. - Cooking fresh fruits & vegetables - Cooking fish & poultry. - Preheating browning dish. - Reheating beverages. - Cooking bacon slices.
9	90 %	- Reheating meat slices quickly. - Saute onions, celery & green peppers.
8	80 %	- All reheating. - Cooking scrambled eggs.
7	70 %	- Cooking breads & cereal products. - Cooking cheese dishes & veal. - Cakes, muffins, brownies & cupcakes.
6	60 %	Cooking pasta.
5	50 %	- Cooking meats & whole poultry. - Cooking custard. - Cooking spare ribs, rib roast & sirloin roast.
4	40 %	- Cooking less tender cuts of meat. - Reheating frozen packaged foods.
3	30 %	- Thawing meat, poultry & seafood. - Cooking small quantities of food. - Finish cooking casseroles, stew & some sauces.
2	20 %	- Softening butter & cream cheese. - Heating small amounts of food.
1	10 %	- Softening ice cream. - Raise yeast dough.

Suggestions for getting the best results

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

- **Storage temperature**

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

- **Size**

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

- **Natural moisture**

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

- **Stirring**

Stir foods such as casseroles and vegetable from the outside to the center to distribute the heat more evenly. This will allow the food to cook faster. Constant stirring is not necessary.

- **Turn over items**

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

- **Food placement**

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

- **Food arrangement**

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

- **Let the food stand**

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

- **Wrapping in paper towels or waxed paper**

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

AUTO COOKING

Popcorn

⚠ CAUTION

- **DO NOT** leave microwave oven unattended while popping corn.

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

Amount	Press popcorn pad
1.75 oz. (default setting)	once
3.0 oz.	2 times
3.5 oz.	3 times

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

1. Press **Popcorn** pad (1, 2 or 3 times - refer to table above to change for bag size).



2. Press **START** pad.

The microwave will beep when finished.

start
+30 sec

Potato

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

Amount	Press potato pad
1 potato (default setting)	once
2 potatoes	2 times
3 potatoes	3 times

Example: to cook 1 potato automatically.

1. Press **Potato** pad (1, 2 or 3 times - refer to table above to change quantity).



2. Press **START** pad.

The microwave will beep when finished.

start
+30 sec

Notes:

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

Beverage

The beverage feature heats 1, 2 or 3 cups of beverage. Use the table below to determine the setting to use.

Amount	Press beverage pad
1 cup (about 8 oz.)	once (default setting)
2 cups (about 16 oz.)	2 times
3 cups (about 24 oz.)	3 times

Example: to heat 1 cup of a beverage.

1. Press **Beverage** pad (1, 2 or 3 times - refer to table above to change number of servings).



2. Press **START** pad.

start
+30 sec

The microwave will beep when finished.