

AUTO COOKING

Convenience cooking suggestions

Convenience category	Amount	Suggestions
Popcorn	1.75,3.0, 3.5 oz. 1 pkg.	Cook a single “microwave-only” bag of popcorn at a time. Use caution when removing and opening the hot popcorn bag from the oven. Let microwave oven cool down at least 5 minutes before using again.
Potato	1,2,3 potatoes 8,16,24 oz.	Pierce each potato several times using a fork. Place on turntable in spoke-like fashion. After cooking, let stand for 3-5 minutes. Let oven cool for at least 5 minutes before using again. Use the start/+30sec pad to increase cook time for larger potatoes.
Beverage	1,2,3 cups (8 oz,16 oz, 24 oz.)	Use a microwave-safe measuring cup or mug; do not cover. Place the beverage in the microwave. After heating, stir well. Let oven cool for at least 5 minutes before using again. Beverages heated with the beverage category may be very hot. Remove the container with care.

COOKING CHARTS

Cooking meat in your microwave

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

Meat	Power level	Cook time	Directions
• Roast beef boneless (up to 4 lbs.)	High (10) for first 5 minutes, then medium (5)	12-17 min./lb. for 160° F (Medium)	Place roast beef fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand* 10-15 minutes.
		14-19 min./lb. for 170° F (Well Done)	
• Roast pork boneless or bone-in (up to 4 lbs.)	High (10) for first 5 minutes, then medium (5)	15-20 min./lb. for 170° F (Well Done)	Place roast pork fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand* 10-15 minutes.

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

Meat	Doneness	Remove from oven	After standing (10-15 min.)
• Beef	Medium	150° F	150° F
	Well Done	160° F	160° F
• Pork	Medium	150° F	150° F
	Well Done	160° F	160° F
• Poultry	Dark meat	170° F	170° F
	Light meat	160° F	160° F

Cooking poultry in your microwave

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

Poultry	Cook time/power level	Directions
• Whole chicken (up to 4 lbs.)	Cook time: 7-10 min. /lb. 180° F dark meat 170° F dark meat Power level: medium high (7)	Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5-10 min.
• Chicken pieces (up to 4 lbs.)	Cook time: 7-10 min. /lb. 180° F dark meat 170° F dark meat Power level: medium high (7)	Place chicken bone-side down on dish, with thickest portions toward the inside of dish. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5-10 min.

Cooking eggs in your microwave

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

COOKING CHARTS

Cooking vegetables in your microwave

- Vegetables should be washed just before cooking. Rarely is extra water needed. If dense vegetables such as potatoes, carrots and greens are being cooked, add about ¼ cup of water.
- Small vegetables (sliced carrots, peas, lima beans, etc.) will cook faster than larger vegetables.
- Whole vegetables, such as potatoes, acorn squash or corn on the cob, should be arranged in a circle on the turntable before cooking. They will cook more evenly if turned over halfway through cooking.
- Always place vegetables like asparagus and broccoli with the stem ends pointing towards the edge of the dish and the tips toward the center.
- When cooking cut vegetables, always cover the dish with a lid or vented microwavable plastic wrap.
- Whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., should have their skin pricked in several locations before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cook time.
- Most of the time, the denser the food the longer the required standing time. For example, a baked potato should stand for 5 minutes before serving, while a dish of peas may be served immediately.

Cooking seafood in your microwave

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

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

CLEANING AND CARE

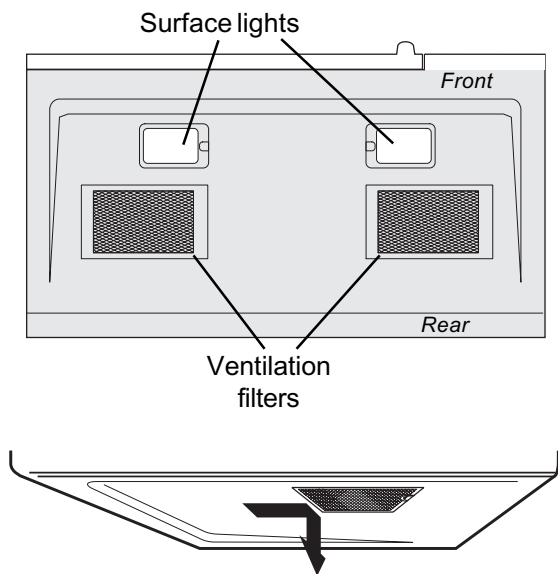
Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

Cleaning the exhaust filters

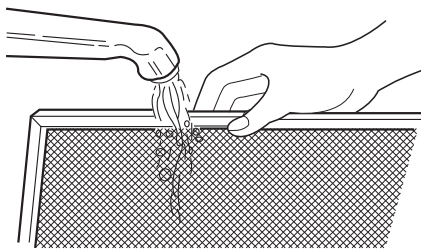
The oven ventilation exhaust filters should be removed and cleaned often; generally at least once every month.

⚠ CAUTION

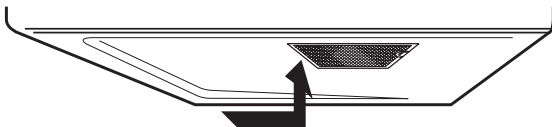
To avoid risk of personal injury or property damage, do not operate oven hood without filters properly in place.



1. To remove the exhaust ventilation filters, slide the filter to the rear. Then pull filter downward and push to the other side. The filter will drop out. Repeat for the 2nd filter.



2. Soak the ventilation filters in hot water using a mild detergent. Rinse well and shake to dry. **Do not use ammonia or wash in a dishwasher. The aluminum on the filter will corrode and darken.**



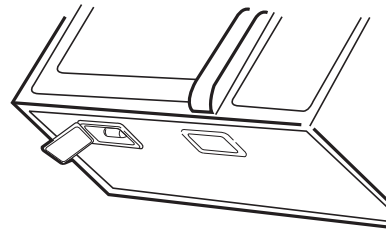
3. To reinstall the exhaust ventilation filter, slide it into the side slot, then push up and toward oven to lock. Reinstall the 2nd filter using the same procedure.

Surface light replacement

⚠ CAUTION

To avoid risk of personal injury or property damage, wear gloves when replacing the light bulbs.

1. Unplug the microwave oven or turn off power at the main circuit breaker.
2. Remove the bulb cover mounting screws at both light positions under the microwave.



3. Replace bulb with 30 watt appliance bulb.
4. Re-install bulb cover and mounting screw.
5. Plug the microwave back into the power supply or turn the power back on at the main circuit breaker.

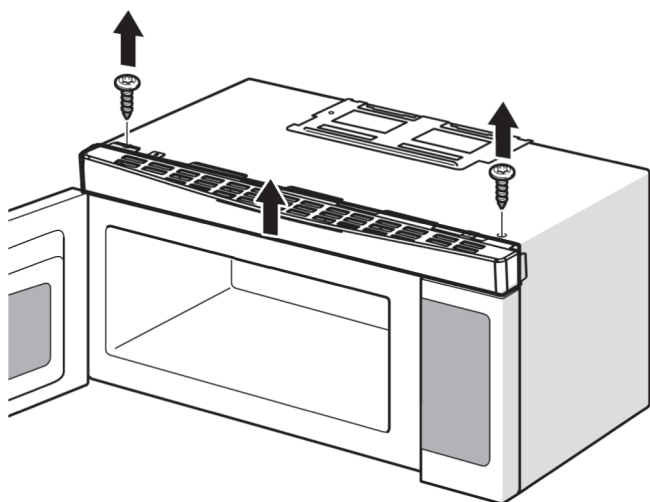
CLEANING AND CARE

Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

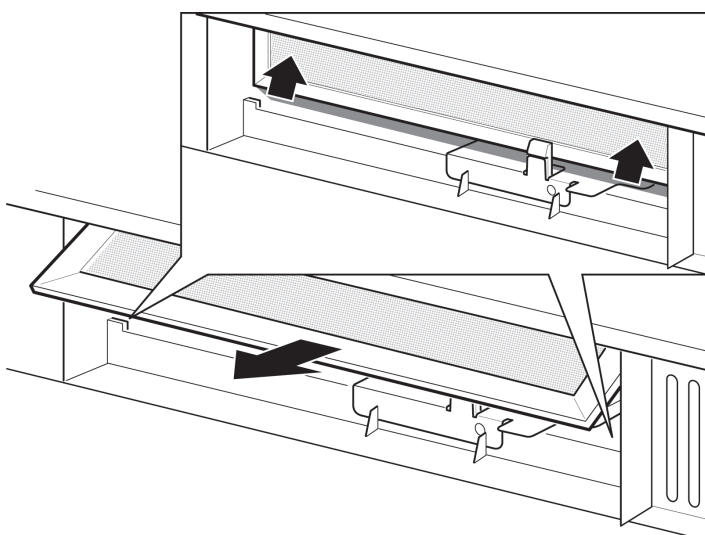
Charcoal filter replacement

Charcoal Filter installed in your microwave oven, is used for nonvented, recirculated installation. The filter should be changed every 6 to 12 months depending on use.

1. Disconnect power to the microwave oven at the circuit breaker panel or by unplugging.
2. Remove the vent grill mounting screws.
3. Pull the vent grill away from the unit.



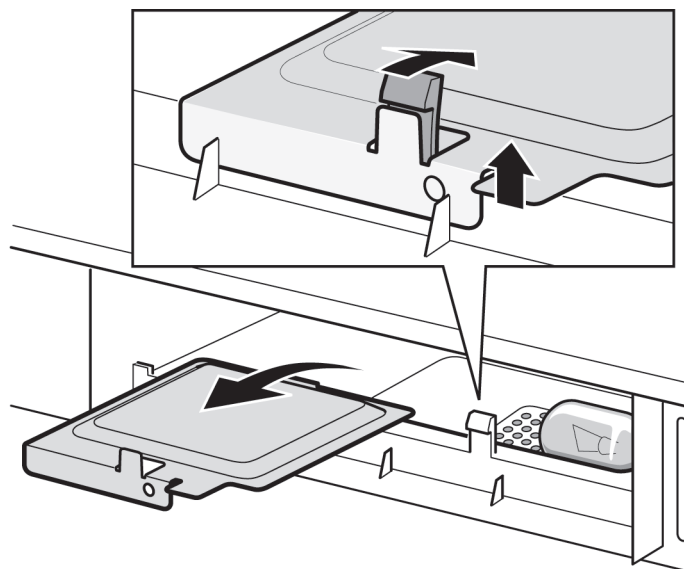
4. Remove the charcoal filter by pushing it inwards, then turn and pull it away from the unit.



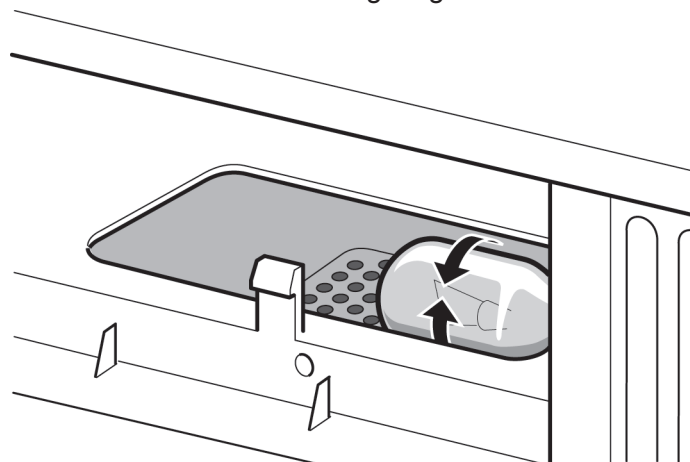
Oven light replacement

Remove the vent grill per instructions 1-4 above and charcoal filter, if used.

1. Open light cover located behind filter mounting by carefully pulling up on the front edge.



2. Remove old light bulb and replace only with equivalent 30 watt bulb available from parts distributor. Bulbs are also available at most hardware stores or lighting centers.



Note: DO NOT USE BULB LARGER THAN 30 WATTS.

3. Replace the microwave oven light cover by carefully pushing into place. Replace the charcoal filter. Push the vent grill back into place (engaging both the bottom and top tabs) and replace the vent grill mounting screws.

CLEANING AND CARE

**Disconnect the power cord before cleaning or
leave the door open to deactivate the oven during cleaning.**

Cleaning suggestions

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

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

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

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

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

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

SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water in a glass measuring cup in the microwave oven and close the door securely.
Operate the microwave oven for one minute at HIGH 100%.

- | | | |
|---|-----------|----------|
| A Does the microwave oven light come on? | YES _____ | NO _____ |
| B Does the cooling fan work? (Put your hand at top above Display.) | YES _____ | NO _____ |
| C Does the turntable rotate? (It is normal for the turntable to turn in either direction.) | YES _____ | NO _____ |
| D Is the water in the microwave oven warm? | YES _____ | NO _____ |

If “NO” is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST AUTHORIZED SERVICER.

A microwave oven should never be serviced by a “do-it-yourself” repair person.



NOTES

1. If time appearing in the display is counting down very rapidly, check Demonstration Mode on page 22 and cancel.
2. If the oven is set for more than 40 minutes at 80, 90 or 100 percent power level, after the first 40 minutes the power level will automatically adjust itself to 70 percent power to avoid overcooking.

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1550W 13.0 amps.
Output Power*:	1000 W
Frequency:	2450 MHz (Class B/Group2)**
Outside Dimensions (including handle):	29.88 "(W) x 15.75 "(H) x 15.04 "(D)
Cavity Dimensions:	20.24 "(W) x 9.25 "(H) x 14.41 "(D)
Microwave oven Capacity***:	1.5 Cu.Ft.
Cooking Uniformity:	Turntable
Weight:	Approx. (net) 55.1 lb, (gross) 62.8 lb
Work/Night Light:	2 bulbs 30w each (incandescent light bulbs)
Oven Light:	1 bulb 30w (incandescent light bulbs)

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

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

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

In compliance with standards set by:

FCC - Federal Communications Commission Authorized.

DHHS - Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.



- This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.



- This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc. for use in USA or Canada.

MAJOR APPLIANCE WARRANTY INFORMATION

Your appliance is covered by a one year limited warranty. For one year from your original date of purchase, we will pay all costs for repairing or replacing any parts of this appliance that prove to be defective in materials or workmanship when such appliance is installed, used and maintained in accordance with the provided instructions.

Exclusions This warranty does not cover the following:

1. Products with original serial numbers that have been removed, altered or cannot be readily determined.
2. Product that has been transferred from its original owner to another party or removed outside the USA or Canada.
3. Rust on the interior or exterior of the unit.
4. Products purchased "as-is" are not covered by this warranty.
5. Food loss due to any refrigerator or freezer failures.
6. Products used in a commercial setting.
7. Service calls which do not involve malfunction or defects in materials or workmanship, or for appliances not in ordinary household use or used other than in accordance with the provided instructions.
8. Service calls to correct the installation of your appliance or to instruct you how to use your appliance.
9. Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, shelves, etc., which are not a part of the appliance when it is shipped from the factory.
10. Service calls to repair or replace appliance light bulbs, air filters, water filters, other consumables, or knobs, handles, or other cosmetic parts.
11. Surcharges including, but not limited to, any after hour, weekend, or holiday service calls, tolls, ferry trip charges, or mileage expense for service calls to remote areas, including the state of Alaska.
12. Damages to the finish of appliance or home incurred during installation, including but not limited to floors, cabinets, walls, etc.
13. Damages caused by: services performed by unauthorized service companies; use of parts other than genuine parts or parts obtained from persons other than authorized service companies; or external causes such as abuse, misuse, inadequate power supply, accidents, fires, or acts of God.

DISCLAIMER OF IMPLIED WARRANTIES; LIMITATION OF REMEDIES

CUSTOMER'S SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE PRODUCT REPAIR OR REPLACEMENT AS PROVIDED HEREIN. CLAIMS BASED ON IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO ONE YEAR OR THE SHORTEST PERIOD ALLOWED BY LAW, BUT NOT LESS THAN ONE YEAR. WE SHALL NOT BE LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN LIMITED WARRANTY OR ANY IMPLIED WARRANTY. SOME STATES AND PROVINCES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, OR LIMITATIONS ON THE DURATION OF IMPLIED WARRANTIES, SO THESE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS WRITTEN WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

If You Need Service Keep your receipt, delivery slip, or some other appropriate payment record to establish the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. Service under this warranty must be obtained by contacting us at the addresses or phone numbers below.

This warranty only applies in the USA and Canada. In the USA, your appliance is warranted by Major Appliances North America, a division of Products, Inc. In Canada, your appliance is warranted by Canada Corp. authorizes no person to change or add to any obligations under this warranty. Obligations for service and parts under this warranty must be performed by or an authorized service company. Product features or specifications as described or illustrated are subject to change without notice.