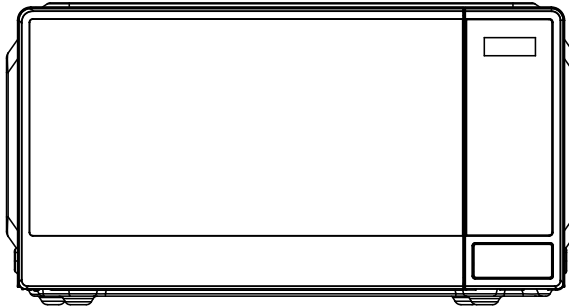


# Microwave Oven Instructions



Model: SEJ300F1B-PA0C0A

Please read these instructions carefully before installing and operating the oven.

# 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 very important that the oven door close properly and that there is no damage to the
  - a) Door (including any bent),
  - b) Hinges and latches (broken or loosened),
  - c) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except qualified service personnel.

## Content

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY .....	1
Content.....	1
IMPORTANT SAFETY INSTRUCTIONS .....	2
GROUNDING INSTRUCTIONS .....	4
Installation Guide .....	4
Cooking Utensils Guide .....	5
Specifications.....	6
Part Names .....	6
Control Panel .....	7
Operation Instructions.....	8
Setting the clock .....	8
Setting the timer.....	8
Quick start.....	8
+30 sec function.....	8
Microwave cooking .....	8
Time defrost.....	9
Weight defrost.....	9
Multi-stage stage cooking.....	10
Child lock .....	10
Button closed protection .....	10
Auto cook .....	10
Cleaning and Care .....	11

# IMPORTANT SAFETY INSTRUCTIONS

**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" on page 1.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Do not operate the oven when empty.
6. Some products such as whole eggs and sealed containers -for example, closed glass jars- are able to explode and should not be heated in this oven.
7. 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.
8. As with any appliance, close supervision is necessary when used by children.
9. To reduce the risk of fire in the oven cavity:
  - a) Do not overcook food. Carefully attend appliance when 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.
10. 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:
  - a) Do not overheat the liquid.
  - b) Stir the liquid both before and halfway through heating it.
  - c) Do not use straight-sided containers with narrow necks.
  - d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
  - e) Use extreme care when inserting a spoon or other utensil into the container.
11. Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.
12. Do not cover or block any openings on the appliance.
13. 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.

14. 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.
15. 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.
16. This appliance should be serviced only by qualified service personnel, contact nearest authorized service facility for examination, repair, or adjustment.
17. 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.
18. 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.
19. As with any appliance, close supervision is necessary when the microwave oven is used by children.
20. If material inside of the oven should ignite, the oven door should be kept closed, the appliance turned off, the power cord disconnected, or the power shut off at the fuse or circuit breaker panel.
21. 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.
22. The microwave should be serviced only by qualified service personnel. For service and repair, please contact our Customer Support Center at 1-XXX-XXX-XXXX.

## SAVE THESE INSTRUCTIONS

# 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. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

**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 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.

## **Electrical Requirements**

The electrical requirements are a 120 volt 60 Hz, AC only, 20 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 outlet properly installed and grounded.

## **Power Cord**

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 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.

# Installation Guide

1. Make sure that all the packing materials are removed from the inside of the door.
2. This microwave oven must be placed on a flat.
3. For correct operation, the oven must have sufficient air flow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet on which oven stands.
4. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
5. Make sure that the power cord is undamaged and does not run under the oven or over any hot or sharp surface.
6. The socket must be readily accessible so the microwave oven can be easily unplugged in an emergency.

# Cooking Utensils Guide

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

## RECOMMENDED

---

**Microwave browning dish** — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with 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 distance of 1 inch (2.54cm) between aluminum foil and cavity.

**Ceramic, porcelain, and stoneware** — Use these if they are labeled "Microwave Safe". If they are not labeled, test them to make sure they can be used safely.

**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:

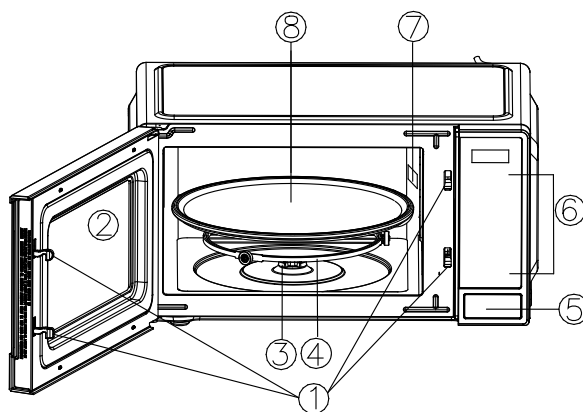
Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

# Specifications

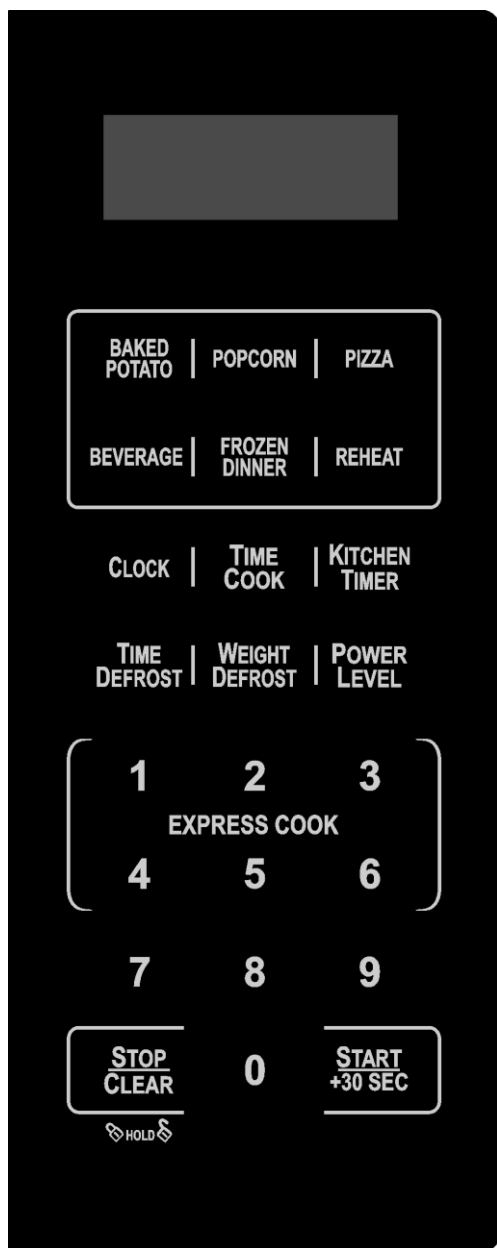
Power Consumption	120V/60Hz, 1500W(microwave)
Output	1000W
Operation Frequency	2450MHz
Outside Dimensions(H x W x D)	11 1/8 x 21 x 15 1/4 in.
Oven Capacity	1.1 cu.ft.
Net Weight	Approx.28.6lbs

# Part Names

1. Door Safety Lock System
2. Oven Window
3. Shaft
4. Roller Ring
5. Door Release Button
6. Control Panel
7. Wave Guide (Please do not remove the mica plate covering the wave guide)
8. Glass Tray



# Control Panel



- **MENU ACTION SCREEN**

Cooking time, power, indicators and present time are displayed.

- **AUTO COOK MENUS**

Instant settings to cook popular foods.

- **CLOCK**

Press to set clock time.

- **TIME COOK**

Press to set microwave cooking program.

- **KITCHEN TIMER**

Press to set timer function.

- **TIME DEFROST**

Press to set defrost program base on time.

- **WEIGHT DEFROST**

Press to set defrost program based on weight.

- **POWER LEVEL**

Press to set cooking power level.

- **NUMBER BUTTONS (0-9)**

Use to set time or food weight. But use number buttons from 1 to 6 to set the oven quick start.

- **STOP/CLEAR**

Press once to temporarily stop cooking, or twice to cancel cooking altogether.

It is also used to set child lock.

- **START/+30 SEC**

Press to start cooking or defrosting program.

Simply press it a number of times to set cooking time and cook immediately at full power level..



# Operation Instructions

- When the oven first plugged in, the display will show "00:00" until setting the clock time.
- In the process of setting, if there is not any operation within 30 seconds or press STOP/CLEAR button, the oven will return to standby mode.
- During cooking, if press STOP/CLEAR button once, the program will be paused, then press START/+30 SEC button to resume, but if press STOP/CLEAR button twice, the program will be cancelled.
- After cooking end, the screen will display End and beep will sound every two minutes until user press STOP/CLEAR button or open the door.
- When you press START/+30 SEC button and the microwave oven door is open, the display shows "door" for 5 seconds to remind user to close the microwave oven door.

## SETTING THE CLOCK

---

This is a 12- or 24- hour clock. You can choose to set the clock time in 12- or 24- hour cycle by pressing CLOCK button in standby mode.

1. In standby mode, press CLOCK button once or twice to select 12- or 24- hour clock.
2. Use number buttons to enter the correct time.
3. Press START/+30 SEC button once to confirm.

**NOTE:** During cooking, you can check the current clock time by pressing CLOCK button.

## SETTING THE TIMER

---

1. In standby mode or during cooking, press KITCHEN TIMER button once.
2. Use number buttons to enter desired time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC button to confirm.

**NOTE:** When the countdown ends, the buzzer will beep to remind you. You can check the countdown time by pressing KITCHEN TIMER button, but if press STOP/CLEAR button when the display shows the time, the function can be cancelled.

## QUICK START

---

Directly in standby mode, when you press a number button (1, 2, 3, 4, 5 or 6) once, The system starts the cooking program directly with the corresponding time (respectively 1 minute, 2 minutes, 3 minutes, 4 minutes, 5 minutes and 6 minutes). The microwave oven will start to cook at full power level.

## +30 SEC FUNCTION

---

Use this feature to program the oven to microwave food at 100% power conveniently. In standby mode, press START/+30 SEC button in quick succession to set cooking time (each press to increase 30 seconds, and up to 99 minutes and 99 seconds). The oven will start cooking automatically.

**NOTE:** During cooking (except auto cook menus and weight defrost), you can add cooking time by pressing START/+30 SEC button.

## MICROWAVE COOKING

---

1. In standby mode, press TIME COOK button once.

2. Use number buttons to enter cooking time. The longest time is 99 minutes and 99 seconds.
3. Press POWER LEVEL button once (default 100% power level), and then use number buttons to enter other power level.
4. Press START/+30 SEC button.

**Use single digit to set a cooking power level:**

Press Number button	Cooking power (Display)
1、0	100% (PL10)
9	90% (PL-9)
8	80% (PL-8)
7	70% (PL-7)
6	60% (PL-6)

Press Number button	Cooking power (Display)
5	50% (PL-5)
4	40% (PL-4)
3	30% (PL-3)
2	20% (PL-2)
1	10% (PL-1)

**NOTE:** During cooking, you can check the current power level by pressing POWER LEVEL LEVEL button.

### TIME DEFROST

1. In standby mode, press TIME DEFROST button once.
2. Use number buttons to enter defrosting time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC button.

**NOTE:** During cooking, the system will pause to remind user to turn food over, after that press START/+30 SEC to resume defrosting. And you can add defrosting time by pressing START/+30 SEC button.

### WEIGHT DEFROST

The defrosting time and power are adjusted automatically once food weight is programmed. The frozen food weight ranges from 4 oz to 64 oz.

1. In standby mode, press WEIGHT DEFROST button once.
2. Use number buttons to enter food weight. You can re-enter the food weight by pressing WEIGHT DEFROST button.
3. Press START/+30 SEC button.

**NOTE:**

- During defrosting program, the system will pause and sound to remind user to turn food over, after that press START/+30 SEC to resume cooking.
- Weight must be in pounds and ounces. If label gives weight in pounds only, change the fraction of a pound to ounces using the following chart.

**Converting fractions of a pound to ounces:**

Fractions of a pound	Ounces
Less than .03	0
.03 to .09	1
.10 to .15	2
.16 to .21	3
.22 to .27	4
.28 to .34	5
.35 to .40	6
.41 to .46	7
.47 to .53	8

Fractions of a pound	Ounces
.54 to .59	9
.60 to .65	10
.66 to .71	11
.72 to .78	12
.79 to .84	13
.85 to .90	14
.91 to .97	15
above .97	go to next even

## MULTI-STAGE COOKING

---

Your oven can be programmed up to 2 automatic cooking sequences.

Suppose you want to set the following cooking program.

Microwave-cooking



Microwave-cooking (with lower power level)

1. Input the first microwave cooking program. Do not press START/+30 SEC button.
2. Input second microwave cooking program.
3. Press START/+30 SEC button to start.

**NOTE:** Only microwave cooking program can be set in multistage cooking program.

## CHILD LOCK

---

The lock prevents unsupervised operation by children.

- To set the child lock: In standby mode, press and hold STOP/CLEAR button for 3 seconds, then a beep will sound, the oven will auto enter child lock mode and the lock indicator light will turn on. Press any button, lock indication appears on the display for 5 seconds.
- To cancel the child lock: Press and hold STOP/CLEAR button for 3 seconds, then a beep will sound, and the lock indicator light will turn off.

## BUTTON CLOSED PROTECTION

---

In any state, if any button on the control panel is closed for 1 minute, the program stops working immediately, the display shows "FAIL" and the system will sound beep every one minute. Any button is invalid at this time. After troubleshooting, press the STOP/CLEAR button to return standby mode.

## AUTO COOK

---

For the following foods or cooking operation, you do not need to input cooking power and time. It is sufficient to indicate the type of food that you want to cook as well as the weight or servings of this food. In standby mode, press the corresponding menu button once or repeatedly to enter food weight or servings. And then the oven will start cooking automatically 3 seconds later.

**Auto cook menus:**

Code	Food	Note
1	Baked Potato (8 oz/serving, 1-2 servings)	The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly.
2	Popcorn (3.5 oz)	
3	Pizza (6 oz, 11 oz, 16 oz)	
4	Beverage (200 ml/cup, 1-3 cups)	
5	Dinner Plate (9 oz, 18 oz)	
6	Fresh Vegetable (7 oz-28 oz)	

## Cleaning and Care

1. Turn off the oven and unplug the power cord from the wall when cleaning.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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 condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. If the light bulb burns out, please contact customer service to have it replaced.
11. 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.
12. Please do not dispose of this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.