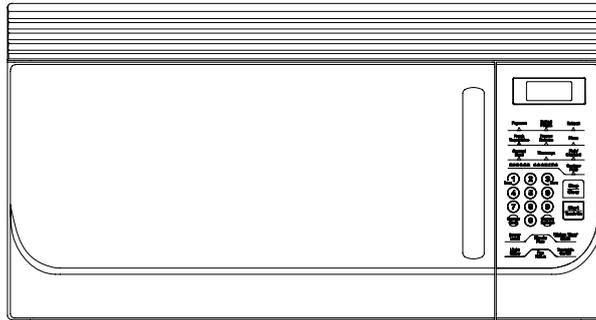


Microwave Oven

RED450E3H-P0HH0A



OWNER'S INSTRUCTIONS

Please read these instructions carefully before installing and operating the oven. Record in the space below the SERIAL NO. found on the nameplate on your oven and retain this information for future reference.

SERIAL NO.

Please save sales receipt for warranty.

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**

- (a) 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.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) 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.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

CONTENTS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.....	1
IMPORTANT SAFETY INSTRUCTIONS	2
UNPACKING INSTRUCTIONS	3
GROUNDING INSTRUCTIONS.....	3
INFORMATION YOU NEED TO KNOW	3
ABOUT YOUR OVEN	3
ABOUT FOOD.....	4
ABOUT MICROWAVE COOKING.....	4
ABOUT SAFETY.....	5
ABOUT UTENSILS AND COVERINGS.....	5
ABOUT CHILDREN AND THE MICROWAVE.....	6
SPECIFICATIONS	6
FEATURES DIAGRAM	7
CONTROL PANEL FEATURES.....	8
BASIC CONTROLS	9
TO SET THE CLOCK.....	9
TIME COOKING	9
TURNTABLE ON/OFF.....	9
LIGHT CONTROL.....	9
VENT FAN CONTROL	9
SPECIAL FEATURES.....	10
COMPU COOK.....	10
SENSOR COOKING.....	10
COMPU DEFROST.....	11
MANUAL DEFROST	12
OTHER CONVENIENT FEATURES.....	12
MINUTE PLUS	12
TOUCH ON.....	12
KITCHEN TIMER.....	12
CUSTOM HELP	12
CLEAR AND CARE	13

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:

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 3.
4. Install or locate this appliance only in accordance with the provided installation instruction.
5. 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.
6. 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.
7. As with any appliance, close supervision is necessary when used by children.
8. 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 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.
9. 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.
10. Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.
 11. Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking.
 12. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
 13. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
 14. Do not cover or block any openings on the appliance.
 15. 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.
 16. 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.
 17. 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.
 18. Use only thermometers, which are specifically designed for use in microwave ovens.
 19. Do not operate any heating or cooking appliance beneath this appliance.
 20. Be certain the glass tray and roller rings are in place when you operate the oven.

SAVE THESE INSTRUCTIONS

UNPACKING INSTRUCTIONS

Unpacking and Examining Your Oven
Carefully remove oven from carton. **SAVE THE CARTON AS IT MAY MAKE INSTALLATION EASIER.**

Remove:

1. All packing materials from inside the oven cavity; however, **DO NOT REMOVE THE WAVEGUIDE COVER**, which is located on the ceiling in the oven cavity. Check to see that there are Installation Instructions, Wall Template, Top Cabinet Template, bag of Installation Hardware, Charcoal Filter and

Exhaust Damper Assembly. Read enclosures and **SAVE** the Owner's Instructions.

2. The feature sticker from the outside of the door, if there is one.

Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact your dealer.

See Installation Instruction for more details.

GROUNDING INSTRUCTIONS

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

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 receptacle that is properly installed and grounded.

Power Supply 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.

Notes:

If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person. Neither Galanz 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.

INFORMATION YOU NEED TO KNOW

ABOUT YOUR OVEN

NEVER use the oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the oven. The turntable will turn both clockwise and anticlockwise. See

page 9 for complete instructions.

ALWAYS have food in the oven when it is on to absorb the microwave energy.

When using the oven at power levels below 100%,

you may hear the magnetron cycling on and off. Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the oven. Generally, covered foods will not cause as much condensation as

uncovered ones. Ventilation openings must not be blocked.

In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

ABOUT FOOD

FOOD	DO	DON'T
Eggs, sausages, fruits & vegetable	<ul style="list-style-type: none"> • Puncture egg yolks before cooking to prevent "explosion". • Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes. 	<ul style="list-style-type: none"> • Cook egg in shells. • Reheat whole eggs.
Popcorn	<ul style="list-style-type: none"> • Use specially bagged popcorn for the microwave oven. • Listen while popping corn for the popping to slow to 1 or 2 seconds or use special Popcorn pad. 	<ul style="list-style-type: none"> • Pop popcorn in regular brown bags or glass bowls. • Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> • Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving. • Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding. 	<ul style="list-style-type: none"> • Heat disposable bottles. • Heat bottles with nipples on. • Heat baby food in original jars.
General	<ul style="list-style-type: none"> • Cut baked goods with filling after heating to release steam and avoid burns. • Stir liquids briskly before and after heating to avoid "eruption". • Use deep bowl, when cooking liquids or cereals, to prevent boilovers. 	<ul style="list-style-type: none"> • Heat or cook in closed glass jars or airtight containers. • Can in the microwave as harmful bacteria may not be destroyed. • Deep fat fry. • Dry wood, gourds, herbs or wet papers.

ABOUT MICROWAVE COOKING

- Arrange food carefully. Place thickest areas towards outside of dish.
- Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
- Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly.
- Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
- Stir foods from outside to center of dish once or twice during cooking, if possible.
- Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be

- turned over at least once.
- Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
- Add standing time. Remove food from oven and stir, if possible. Cover for standing time that allows the food to finish cooking without overcooking.
- Check for doneness. Look for signs indicating that cooking temperatures have been reached. Doneness signs include:
 - Food steams throughout, not just at edge.
 - Center bottom of dish is very hot to the touch.
 - Poultry thigh joints move easily.
 - Meat and poultry show no pinkness.
 - Fish is opaque and flakes easily with a fork.

ABOUT SAFETY

Check foods to see that they are cooked to the following recommended temperatures.

TEMP	FOOD
160°F	...for fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
165°F	...for leftover, ready-to-reheat refrigerated, and deli and carry-out "fresh" food.
170°F	...white meat of poultry.
180°F	...dark meat of poultry.

- To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. **NEVER** leave the thermometer in the food during cooking, unless it is approved for microwave oven use.
- **ALWAYS** use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
- Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- **NEVER** use the cavity for storing cookbooks or other items.
- Select, store and handle food carefully to preserve its high quality and minimize the spread of food borne bacteria.
- Keep waveguide cover clean. Food residue can cause arcing and/or fires.
- Use care when removing items from the oven so that utensil, your clothes or accessories do not touch the safety door latches.

ABOUT UTENSILS AND COVERINGS

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave oven. Make sure the utensil does not touch the interior walls during cooking.

Use these utensils for safe microwave cooking and reheating

- glass ceramic
- heat-resistant glass
- microwave-safe plastics
- paper plates
- microwave-safe pottery, stoneware and porcelain
- browning dish

These items can be used for short time reheating of foods that have little fat or sugar in them: • wood, straw, wicker

DO NOT USE

- metal pans and bake ware
- dishes with metallic trim
- non-heat-resistant glass
- non-microwave-safe plastic
- recycled paper bags
- food storage bags

- metal twist-ties

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.

The following coverings are ideal:

- Paper towels are good for covering foods for reheating and absorbing fat while cooking bacon.
- Wax paper can be used for cooking and reheating.
- Plastic wrap that is specially marked for microwave use can be used for cooking and reheating. DO NOT allow plastic wrap to touch food. Vent so steam can escape.
- Lids that are microwave-safe are a good choice because heat is kept near the food to hasten cooking.
- Oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist ties. Remember to slit bag so steam can escape.

How to use aluminum foil in your microwave oven:

- Small flat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly.
- Foil should not come closer than one inch to any surface of the oven.

ACCESSORIES There are many microwave accessories available for purchase. Evaluate

carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures. Galanz is not responsible for any damage to the oven when accessories are used.

ABOUT CHILDREN AND THE MICROWAVE

Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room.

The children must be able to reach the oven comfortably; if not, he/she should stand on a sturdy stool.

At no time should anyone be allowed to lean or swing on the oven door.

Children should be taught all safety precautions; use potholders, remove coverings carefully and pay special attention to packages that crisp food because they may be extra hot.

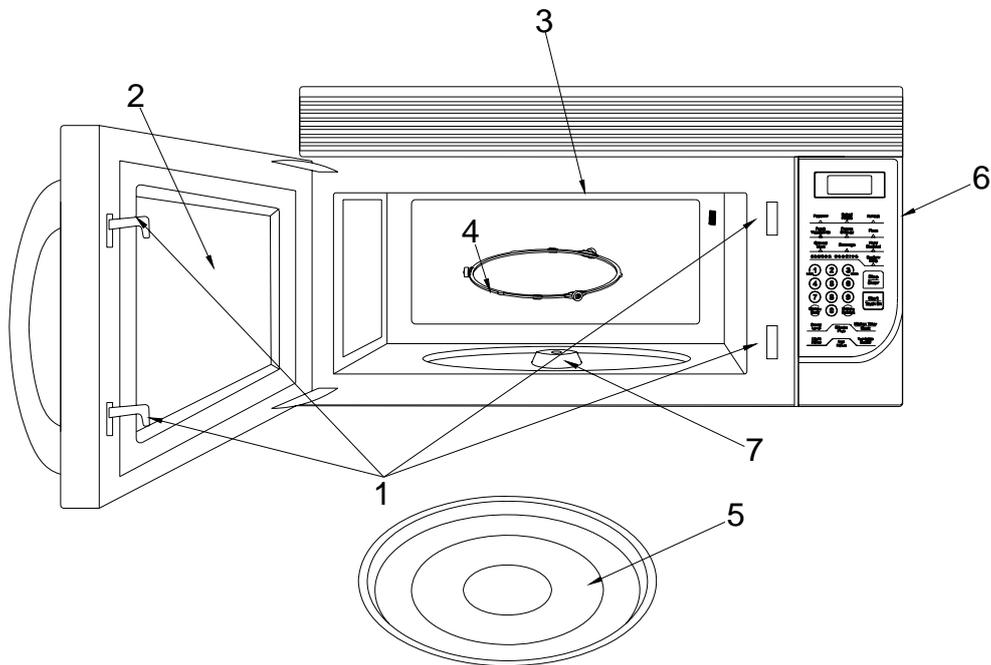
Don't assume that because a child has mastered one cooking skill he/she can cook everything.

Children need to learn that the microwave oven is not a toy.

SPECIFICATIONS

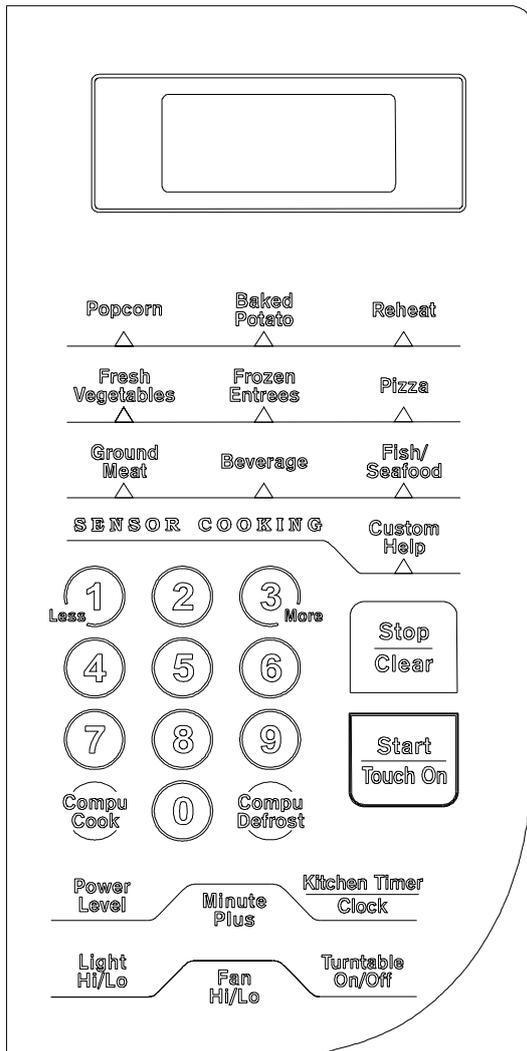
Power Supply		120V AC 60Hz Single phase
Microwave	Power Consumption	1450W
	Output Power	1000W
	Frequency	2450MHz
Outside Dimensions		$16 \frac{7}{8}''(W) \times 29 \frac{7}{8}''(H) \times 17 \frac{5}{8}''(D)$
Cavity Dimensions		$10 \frac{3}{16}''(W) \times 21 \frac{1}{2}''(H) \times 14 \frac{13}{16}''(D)$
Oven Capacity		1.6 Cu.Ft.
Cooking Uniformity		Turntable /Stirrer Fan System
Weight		Approx. (net) 60.0lb / (gross) 68.8lb

FEATURES DIAGRAM



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

CONTROL PANEL FEATURES



DISPLAY SCREEN

Cooking time, Lock indicator, timer, defrost sign and help information are displayed.

QUICK COOK BUTTON

Press to set quick cook food cooking program.

CUSTOM HELP

Information is available to help the user with cooking.

NUMBER PADS

Press to enter the clock, cooking time etc.

COMPU COOK

Quick cook settings to cook food according to weight entered.

COMPU DEFROST

Easy settings to defrost according to weight entered.

POWER LEVEL

Used to set cooking power level.

MINUTE PLUS

Use the MINUTE PLUS feature to add to cooking time.

KITCHEN TIMER/CLOCK

Used to set the oven clock or set the timer.

LIGHT HI/LO

Press to set the controls of the light outside the oven.

FAN HI/LO

Fan motor control key. Press to select set high, low or off mode.

TURNTABLE ON/OFF

Touch to set turntable on or off.

STOP/CLEAR

Touch to stop the oven or reset the oven before setting a program.

START/TOUCH ON

Touch to start the oven; also use to start the oven quickly at full power.

The following pages contain more information for the use of these features.

BASIC CONTROLS

Before operating your new microwave oven make sure you read and understand this operation manual completely.

SIGNALS DURING OVEN SETTINGS

ONE SIGNAL: Oven accepts the entry.
TWO SIGNALS: Oven does not accept the entry, please check and try again.

TO SET THE CLOCK

This is a clock in 12- or 24- hour cycle. Suppose you want to enter the correct time of day 9:30.

1. In standby mode, touch "KITCHEN TIMER/CLOCK" pad once.
2. Touch START/TOUCH ON once, "HR:12" is displayed. If you want to set the clock in 24-hour cycle, touch KITCHEN TIMER/CLOCK once, "HR:24" will be displayed.
3. Touch START/TOUCH ON to confirm.
4. Use the number pads to enter clock time.
5. Touch "START/TOUCH ON" pad again.

Note:

1. If you happen to set a clock time in exceeding the default range, touch START/TOUCH ON, two beeps will sound with "0:00" being displayed.
2. During cooking (except sensor cooking), you can press KITCHEN TIMER/ CLOCK pad to check the clock.

TIME COOKING

The longest cooking time is 99 minutes and 99 seconds. There are 6 power levels for you to choose.

Please consult cookbook or recipes for specific recommendations.

APPROXIMATE PERCENTAGE OF POWER	COMMON WORDS FOR POWER LEVELS
100% (P-100)	High
80% (P-80)	Medium High
60% (P-60)	Medium
40% (P-40)	Medium Low
20% (P-20)	Low/Defrost
0% (P-00)	Zero

Suppose you want to cook for 5 minutes at 80% power.

1. Touch POWER LEVEL repeatedly to select cooking power P-80.

2. Use the number pads to enter cooking time.
3. Touch START/TOUCH ON pad.

Note: You can check the power level when cooking is in progress by pressing POWER LEVEL.

TURNTABLE ON/OFF

For most cooking, the turntable should be on; however the turntable can be turned off so that it does not rotate when extra large dishes, such as the popular 13×9×2 glass utility casserole, are used. The casserole should be placed on the turntable so that it is level.

Put the casserole on the turntable, press TURNTABLE ON/OFF button to turn the turntable on or off.

Sometimes the turntable may become too hot to touch. Be careful to touch the turntable.

LIGHT CONTROL

This feature is designed for the convenience of doing things outside the oven. To turn on the light at the bottom of the oven, press LIGHT HI/LO:

Press the button	Working Mode
Once	High
Twice	Low
3 times	Off

VENT FAN CONTROL

Your oven can be used as a range hood. When it is turned on, the fan motor starts filtering out smoke, odors, and grease generated from cooking.

Press FAN HI/LO:

Press the button	Fan Speed
Once	High
Twice	Low
3 times	Off

Note: The fan will automatically start when heat rises from range surface units or burners. This protects the microwave oven from excessive temperature rise. The fan will keep working until the temperature decreases.

STOP/CLEAR

Touch the STOP/CLEAR pad to:

1. Clear previous setting.
2. Cancel Timer.
3. Stop the oven temporarily during cooking.
4. Set CHILD LOCK
5. Cancel a program during cooking, touch twice.

SPECIAL FEATURES

COMPU COOK

Compu Cook will automatically compute the correct cooking/warming time and microwave power level for foods shown in the chart below. Press COMPU COOK, the display shows SELECT FOOD NUMBER SEE LABEL CODE 1-4, then Enter number 1~4 to select.

Suppose you want to prepare pork (2 LB 5 OZ).

1. Touch COMPU COOK pad once.
2. Touch number pad 3 for Pork.
3. Touch START/TOUCH ON pad.
4. Enter weight by touching the number pad 2.

5. Touch START/TOUCH ON pad.
6. Enter weight by touching the number pad 5.
7. Touch START/TOUCH ON pad.

Suppose you want to cook 1 deal of rice.

1. Touch COMPU COOK pad once.
2. Touch number pad 4 for Rice.
3. Touch START/TOUCH ON pad.
4. Press number pad 1 for 1 deal.
5. Touch START/TOUCH ON pad.

COMPU COOK CHART

Number pad	Food	Note
1	BEEF	The result of Compu Cook depends on factors such as voltage fluctuation, 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
2	CHICKEN	
3	PORK	
4	RICE	

Note:

1. You can set the weight for beef, chicken and pork from 1 oz. to 5 lb. 16 oz.(0.1~1.8Kg)
2. For rice cooking, you have 3 options, which are 1, 2 and 3 deal (150g/ deal). You can press number pads 1-3 to choose.
3. During cooking, the system will pause and beep to remind you to turn food over and then press START/TOUCH ON to resume the cooking.

SENSOR COOKING

The sensor features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Suppose you want to prepare potatoes:

1. Place covered food in the oven and close the door, press BAKED POTATO pad, the oven starts to detect immediately. (Two beeps will sound to signal error operation if door is opened.)
2. Error may occur to the system sensor or else, in this case, the system will stop automatically with the display showing DETECT ERROR, two beeps sound every two minutes until STOP/CLEAR is pressed.
3. When steam is sensed, corresponding cooking time appears on display and begins counting down. Turn or stir food if necessary. During cooking, you can press MORE or LESS to adjust the cooking time.

Food/Icon Pad	Note
Popcorn	1. The result of Sensor Cook depends on factors such as voltage fluctuation, 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.
Baked potato	
Reheat	
Fresh vegetables	
Frozen entrees	
Pizza	
Ground meat	
Beverage	
Fish/seafood	

COMPU DEFROST

Compu Defrost automatically defrosts foods from the following chart. Press COMPU DEFROST, the display shows COMPU DEFROST SELECT FOOD NUMBER SEE LABEL CODE 1-6, then Enter number 1~6 to select.

Suppose you want to defrost steak (2LB.5OZ.).

1. Touch COMPU DEFROST pad once,
2. Touch 2 for steak.
3. Touch START/TOUCH ON pad.
4. Enter weight by touching the number pad 2.

5. Touch START/TOUCH ON pad.
6. Enter weight by touching the number pad 5.
7. Touch START/TOUCH ON pad.

Suppose you want to defrost Soup (400g).

1. Touch COMPU DEFROST pad once.
2. Touch 6 for Soup.
3. Touch START/TOUCH ON pad.
4. Enter number of cups by touching number pads from 1 to 6.
5. Touch START/TOUCH ON pad.

COMPU DEFROST CHART

Number pad/Food	Weight Range	Procedure
1. Ground meat	1oz.~3lb. 0.1~1.3Kg	Remove any thawed pieces after each stage. Let the meat remain covered for 5 to 10 minutes.
2. Steak chops or pork	1oz.~4lb. 0.1~1.8Kg	After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is almost defrosted. Let the meat remain covered for 10 to 20 minutes.
3. Chicken pieces or poultry	1oz.~3lb. 0.1~1.3Kg	After each stage, rearrange pieces or remove portions that become warm or thawed. Let the meat remain covered for 10 to 20 minutes.
4. Fish or seafood	1oz.~4lb. 0.1~1.8Kg	After audible signal, stir if possible. Let the meat remain covered for 5 to 10 minutes.
5. Roast	1oz.~4lb. 0.1~1.8Kg	Start defrosting with fat side down. After each stage, turn roast over and shield the warm portions with aluminum foil. Let the meat remain covered for 30 to 60 minutes.
6. Soup	1~6 cups (200g/cup)	After audible signal, stir if possible. Let the meat remain covered for 5 to 10 minutes.

- Note:**
1. Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed.
 2. Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.
 3. During cooking, the oven will pause and beep to remind you to open the door and check its doneness and turn food over to obtain better cooking effect.

MANUAL DEFROST

If the food that you wish to defrost is not listed on the COMPU DEFROST CHART or is above or below the limits in the "Amount" column on the COMPU DEFROST, you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using 20% microwave power. Follow the steps found under Time Cooking.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1-minute increments on 20% microwave power until totally defrosted.

When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.

OTHER CONVENIENT FEATURES

MINUTE PLUS

MINUTE PLUS allows you to cook at 100% by simply touching the MINUTE PLUS pad. You can also extend cooking time in multiples of 30 seconds by repeatedly touching the MINUTE PLUS pad during manual cooking; the longest cooking time is 10 minutes. The oven starts working at full power level immediately.

TOUCH ON

Touch On allows you to cook at 100% power by touching the START/TOUCH ON continuously. Touch On is ideal for melting cheese, bringing milk to just below boiling etc.

Suppose you want to melt cheese on toast.

1. Continuously touch START/TOUCH ON pad. The cooking time will begin counting up.
2. When the cheese is melted to desired degree, remove finger from START/TOUCH ON pad. Oven stops immediately.

KITCHEN TIMER

The longest time you can enter is 99 minutes and 99 seconds. Suppose you want to time a 3 minutes long distance phone call.

1. In either cooking or standby mode (except sensor cooking), touch KITCHEN TIMER/CLOCK pad twice.
2. Use the number pads to enter time.
3. Touch START/TOUCH ON pad.

NOTE: Within 5 seconds when you press START/TOUCH ON pad, you can press STOP/CLEAR pad to cancel the timer.

CUSTOM HELP

CUSTOM HELP provides hints for **5** features which make using your oven easy because specific instructions are provided in the Interactive Display.

1. WEIGHT RANGE HINT

There is a weight range hint for Compu Cook and Compu Defrost. If you wish to check, touch CUSTOM HELP once, corresponding weight

range will be displayed one after another.

2. CLOCK HINT

If you are at a loss of how to set the clock time, press CUSTOM HELP twice, steps in setting the clock will be displayed one by one.

3. CHILD LOCK HINT

The child lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated or locked. Corresponding hints will be displayed if you press CUSTOM HELP for 3 times.

To set, touch and hold STOP/CLEAR for 3 seconds, a beep sounds and indicator lock is displayed.

To cancel, touch and hold STOP/CLEAR for 3 seconds.

4. SOUND ON/OFF

If you wish to have the oven operate with no

audible signals, press and hold CUSTOM HELP for 3 seconds, a beep sounds to indicate sound off.

To cancel and restore the audible signal, press and hold CUSTOM HELP for 3 seconds, a beep sounds to indicate sound on.

Corresponding hints will be displayed if you press CUSTOM HELP for 4 times.

5. COMPU UNIT SELECT

The default unit in the oven is LB, if you want to change, follow steps below:

1. Touch CUSTOM HELP pad for 5 times.
2. Touch number pad 1 or 2 to select unit:

Number pad	Unit
1	LB
2	KG

CLEAR AND CARE

Exterior

The outside surface is precoated steel and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

Door

Wipe the window on both sides with a damp cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

Touch Control Panel

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch STOP/CLEAR.

Interior

Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or spattering. To clean the interior surfaces, wipe with a soft cloth and warm water. DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water.

Waveguide Cover

The waveguide cover is located on the ceiling in the oven cavity. It is made from mica so requires

special care. Keep the waveguide cover clean to assure good oven performance. Carefully wipe with a damp cloth any food splatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. DO NOT REMOVE THE WAVEGUIDE COVER.

Odor Removal

Occasionally, a cooking odor may remain in the oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in oven until cool. Wipe interior with a soft cloth.

Turntable/Turntable Support

The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and non-abrasive scouring sponge as described above. They are also dishwasher-proof. Use upper rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

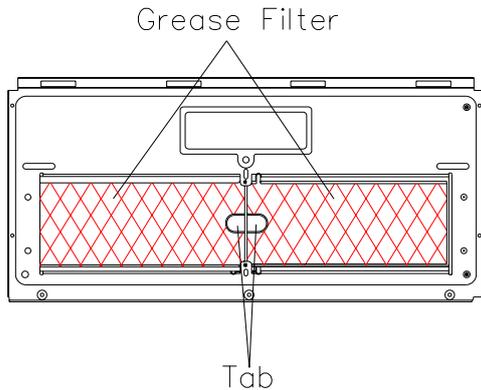
Grease Filters

Filters should be cleaned at least once a month. Never operate the fan or oven without the filters in place.

1. Pull down slightly on the tab toward the front of the oven and remove the filter. Repeat for the other filter.
2. Soak the filter in a sink or dish pan filled with hot water and detergent. DO NOT use ammonia or other alkali; they will react with the

filter material and darken it.

3. Agitate and scrub with a brush to remove embedded dirt.
4. Rinse thoroughly and shake dry.
5. Replace by fitting the filter back into the opening.



Fan

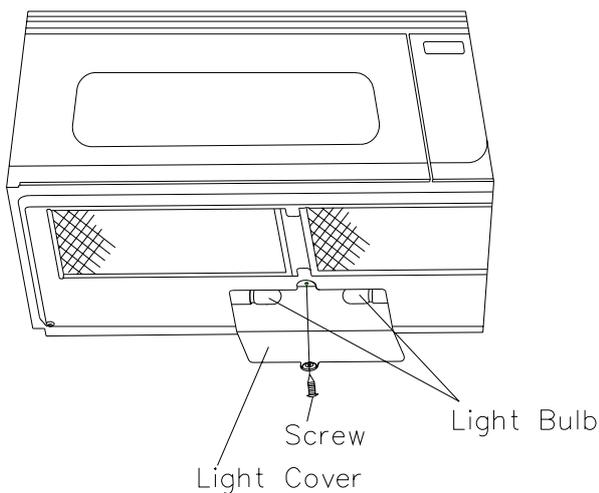
The fan will automatically start when heat rises from range surface units or burners. This protects the microwave oven from excessive temperature rise. The fan will stay on until the temperature decreases. It cannot be turned off manually during this time.

For other uses, select either HI or LO speed.

Light

1. To replace light bulbs, first disconnect power to the oven at the circuit breaker panel or by unplugging.
2. To release cover, remove the screw on the light cover. (See illustration.)
3. **DO NOT USE A BULB LARGER THAN 30 WATTS.**
4. Close light cover and secure with screw removed in step 2.

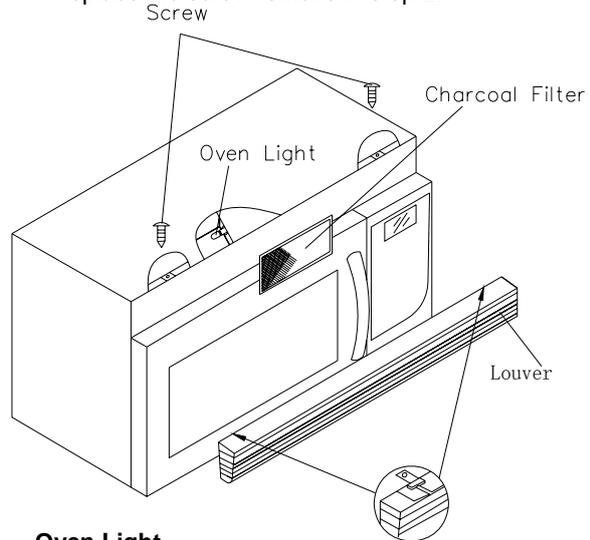
CAUTION: Light cover may become very hot. Do not touch glass when light is on.



Charcoal Filter

Charcoal filter is used for nonvented, recirculated installation. The filter should be changed every 6 to 12 months depending on use.

1. Disconnect power to the oven at the circuit breaker panel or by unplugging.
2. Remove the louver mounting screw from the top center of the louver and push down carefully on the tab at each end of the louver to disengage it. (See illustration.)
3. Pull the louver away from the unit.
4. Change the charcoal filter.
5. Carefully push the louver back into place and replace the screw removed in step 2.



Oven Light

Remove the louver per instructions 1~ 3 above and charcoal filter, if used.

1. Open light cover located behind filter mounting by carefully pulling up on the front edge.
2. **DO NOT USE A BULB LARGER THAN 30 WATTS.**
3. Replace the oven light cover by carefully pushing into place. Replace the charcoal filter, if used. Push the louver back into place and replace the louver mounting screw.