

## **Appendix E - Users Manual**

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**GoldStar**

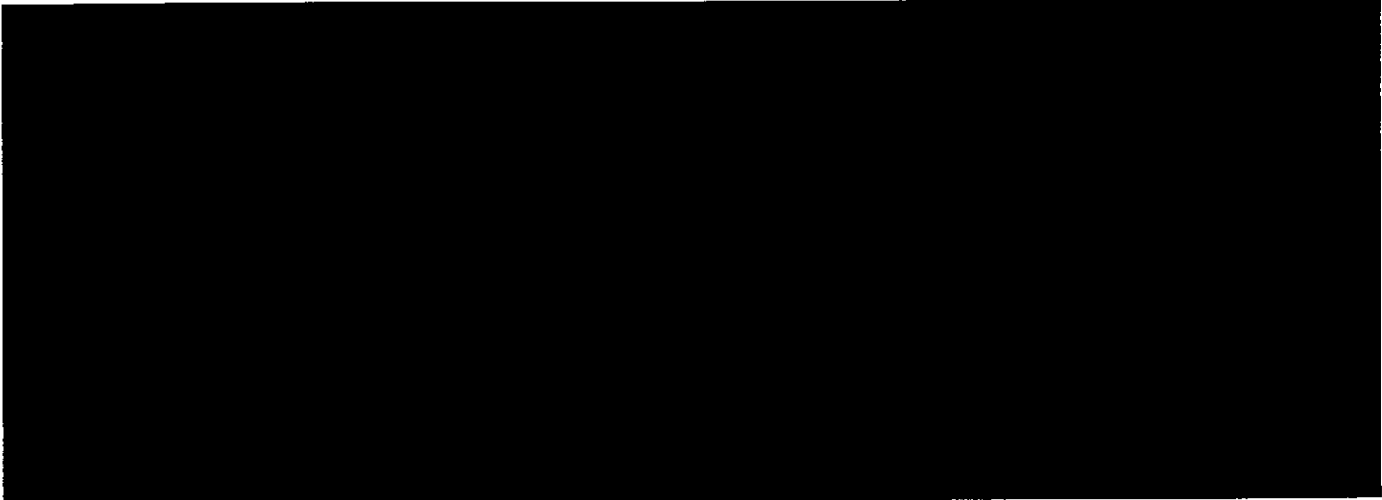
<http://www.LGService.com>

# MICROWAVE OVEN

## OWNER'S MANUAL & COOKING GUIDE

PLEASE READ THIS OWNER'S MANUAL  
THOROUGHLY BEFORE OPERATING.

**MV-1520M**  
**MV-1560T**



## ***Thank you for purchasing a GoldStar microwave oven***

Please record the model number and serial number of this unit for future reference. We also suggest you record the details of your contact with GoldStar (LG Electronics U.S.A., Inc.) concerning this unit.

Model No: \_\_\_\_\_

Serial No: \_\_\_\_\_

Dealer: \_\_\_\_\_

Dealer Phone No: \_\_\_\_\_

Staple your receipt here to prove your retail purchase.

Customer Relations  
LG Electronics U.S.A., Inc.  
Service Division Bldg. #3  
201 James Record Rd.  
Huntsville, AL 35824-0126

## **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 closes 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.

# TABLE OF CONTENTS

<b>PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY .....</b>	<b>2</b>	Cooking at High Cook Power .....	14
<b>TABLE OF CONTENTS .....</b>	<b>3</b>	Popcorn .....	14
<b>SAFETY .....</b>	<b>4</b>	Cooking Guide for Lower Power Levels .....	15
Important Safety Instructions .....	4	Potato .....	16
<b>INFORMATION .....</b>	<b>6</b>	Beverage .....	16
Location of Model Number .....	6	Cook .....	16
Oven Specifications .....	6	Cooking Guide for Cook .....	17
Electrical Rating .....	6	Defrost .....	18
Electrical Requirements .....	6	Defrosting Tips .....	18
Grounding Instructions .....	6	Defrost Chart .....	19
Microwave Oven Features .....	7	Cooking with the Temperature probe .....	21
Oven Control Panel .....	8	Temperature Guide .....	22
<b>OPERATION .....</b>	<b>10</b>	Two position Metal Rack .....	22
<b>LEARN ABOUT YOUR MICROWAVE OVEN ..</b>	<b>10</b>	<b>COOKING .....</b>	<b>23</b>
Clock .....	10	Getting the Best Cooking Results .....	23
Kitchen Timer .....	10	<b>FISH &amp; SHELLFISH .....</b>	<b>23</b>
Light Timer .....	10	<b>APPETIZERS/SAUCES/SOUPS .....</b>	<b>24</b>
Fan Hi/Lo/Off .....	11	<b>MEAT .....</b>	<b>24</b>
Turntable On/Off .....	11	<b>POULTRY .....</b>	<b>26</b>
Child Lock .....	11	<b>PASTA AND RICE .....</b>	<b>27</b>
Light Hi/Lo/Off .....	11	<b>MAINTENANCE .....</b>	<b>28</b>
Custom Set .....	11	<b>CARE AND CLEANING .....</b>	<b>28</b>
Help .....	12	Temperature Probe .....	28
Custom Cook .....	12	Metal Rack .....	28
Hold Warm .....	12	Cleaning the Grease Filters .....	28
EZ on .....	12	Charcoal Filter Replacement .....	28
Reheat .....	13	Cooktop/Night Light Replacement .....	29
Cooking Guide for Reheat .....	13	Oven Light Replacement .....	29
More/Less .....	14	<b>QUESTIONS AND ANSWERS .....</b>	<b>29</b>
Cooking at Lower Power Levels .....	14	<b>MICROWAVE UTENSIL GUIDE .....</b>	<b>30</b>
		<b>BEFORE CALLING FOR SERVICE .....</b>	<b>31</b>
		<b>WARRANTY .....</b>	<b>Inside back cover</b>

# SAFETY

## IMPORTANT SAFETY INSTRUCTIONS

The safety instructions below will tell you how to use your oven and avoid harm to yourself or damage to your oven.

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

- Read all the instructions before using your oven.
- Do not allow children to use this oven without close supervision.
- Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** found on page 2.
- Do not use corrosive chemicals or vapors, such as sulfide and chloride, 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.
- Do not use or store this appliance outdoors. Do not use this product near water -for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- Clean the ventilating hood frequently. Do not allow grease to accumulate on the hood or the filters.
- Use care when cleaning the vent hood filters. Corrosive cleaning agents such as lye-based oven cleaners, may damage the filters.
- Do not tamper with the built-in safety switches on the oven door. The oven has several built-in safety switches to make sure the power is off when the door is open.
- When food flames under the hood, turn the fan off. The fan, if operating, may spread the flame.
- Suitable for use above both gas and electric cooking equipment 36 inches wide or less.
- Do not use this oven for commercial purposes. It is made for household use only.
- When cleaning the door and the surfaces that touch the door, use only mild, non-abrasive soaps or detergents and a sponge or soft cloth.
- If your oven is dropped or damaged, have it thoroughly checked by a qualified service technician before using it again.
- To avoid a fire hazard:
  - Do not severely overcook food. Severely overcooked foods can start a fire in the oven. Watch the oven carefully, especially if you have paper, plastic, or other combustibles in the oven.
  - Do not store combustible items (bread, cookies, etc.) in the oven, because if lightning strikes the power lines it may cause the oven to turn on.
  - Do not use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist-ties and remove them before placing the item in the oven.
- If a fire should start:
  - Keep the oven door closed.
  - Turn the oven off.
  - Disconnect the power cord or shut off the power at the fuse or circuit breaker panel.
- To avoid electric shock:
  - This appliance must be grounded. Connect it only to a properly grounded outlet. See the electrical **GROUNDING INSTRUCTIONS** on page 6.
  - Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
  - Do not immerse the electrical cord or plug in water.
  - Keep the cord away from heated surfaces.

## SAFETY

- **To avoid improperly cooking some foods.**
  - **Do not heat any types of baby bottles or baby food.** Uneven heating may occur and possibly cause personal injury.
  - **Do not heat small-necked containers,** such as syrup bottles.
  - **Do not deep-fat fry in your microwave oven.**
  - **Do not attempt home canning in your microwave oven.**
  - **Do not heat the following items in the microwave oven:** whole eggs in the shell, water with oil or fat, sealed containers, or closed glass jars. These items may explode.
- Do not cover or block any openings in the oven.
- Use your oven only for the operations described in this manual.
- Do not run the oven empty, without food in it.
- Do not let cord hang over edge of table or counter.
- **Preserve the oven floor:**
  - **Do not heat the oven floor excessively.**
  - **Do not** allow the gray film on special microwave-cooking packages to touch the oven floor. Put the package on a microwavable dish.
  - **Do not** cook anything directly on the oven floor or turntable. Use a microwavable dish.
  - Keep a browning dish at least 3/16 inch above turntable. Carefully read and follow the instructions for the browning dish. If you use a browning dish incorrectly, you could damage the oven floor.
- Install or locate this appliance only in accordance with the provided installation instructions.
- This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair, or adjustment.

## SAVE THESE INSTRUCTIONS

### FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT ( U.S.A. ONLY)

#### WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause 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:

- Reorient the receiving antenna of the radio or television.
- Relocate the Microwave Oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

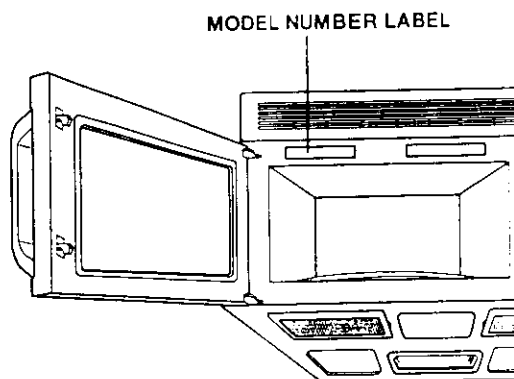
**The manufacturer** is not responsible for any radio or TV interference caused by **unauthorized modification** to this microwave oven. It is the responsibility of the user to correct such interference.

# INFORMATION

Please read this owner's manual. It will tell you how to use all the fine features of this microwave oven.

## LOCATION OF MODEL NUMBER

To request service information or replacement parts, the service center will require the complete model number of your microwave oven. The number is on the oven front as shown in the illustration below.



## OVEN SPECIFICATIONS

Output Power 1,000W (IEC 705 Standard)  
Outer Dimensions 29-15/16" x 16-7/16" x 15-3/8"  
Cavity Volume 1.5 Cu.ft  
Net Weight 58 lbs.

## ELECTRICAL RATING

- \* Electrical Rating of the Oven: 120V AC, 60Hz
- \* 13Amp./ 1,500W ( MWO Only)
- \* 14Amp/ 1,600W ( MWO + Cooktop Lamp + Ventilation Fan)

## ELECTRICAL REQUIREMENTS

The oven is designed to operate on a Standard 120V/60Hz household outlet. Be sure the circuit is at least 15A and the microwave oven is the **only appliance on the circuit**. It is not designed for 50Hz or any circuit other than a 120V/60Hz circuit.

## GROUNDING INSTRUCTIONS

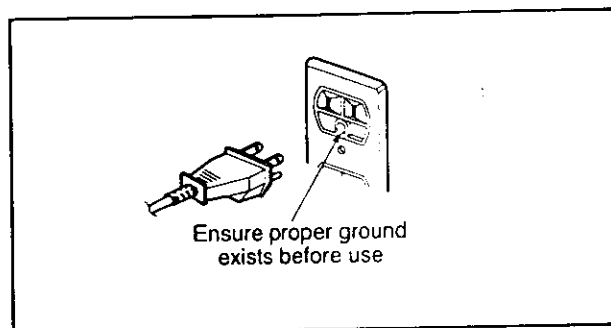
**This appliance must be grounded.** If an electrical short circuit occurs, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The cord for this appliance has a grounding wire with a grounding plug. Put the plug into an outlet that is properly installed and grounded.

**WARNING - If you use the grounding plug improperly, you risk electric shock.**

Ask a qualified electrician if you do not understand the grounding instructions or if you wonder whether the appliance is properly grounded.

Because this appliance fits under the cabinet, it has a short power-supply cord. See the separate Installation Instructions for directions on placing the cord properly. Keep the electrical power cord dry and do not pinch or crush it in any way.

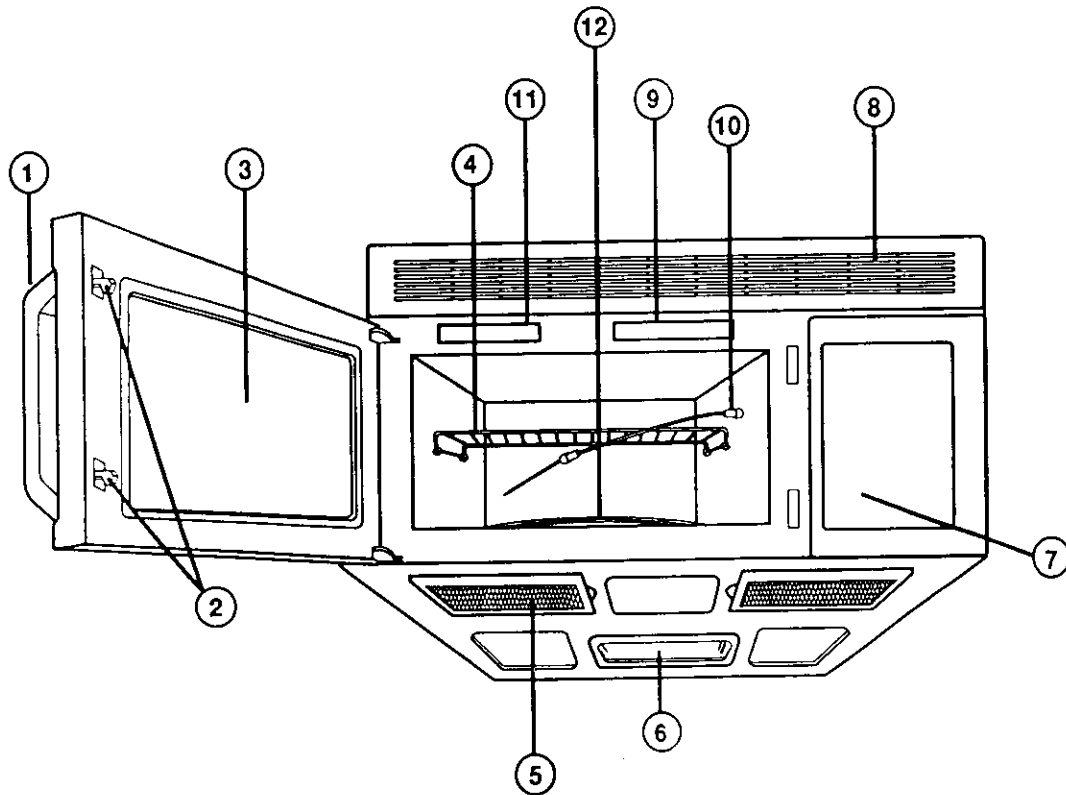
If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.



For a permanently connected appliance:  
This appliance must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.

# INFORMATION

## MICROWAVE OVEN FEATURES



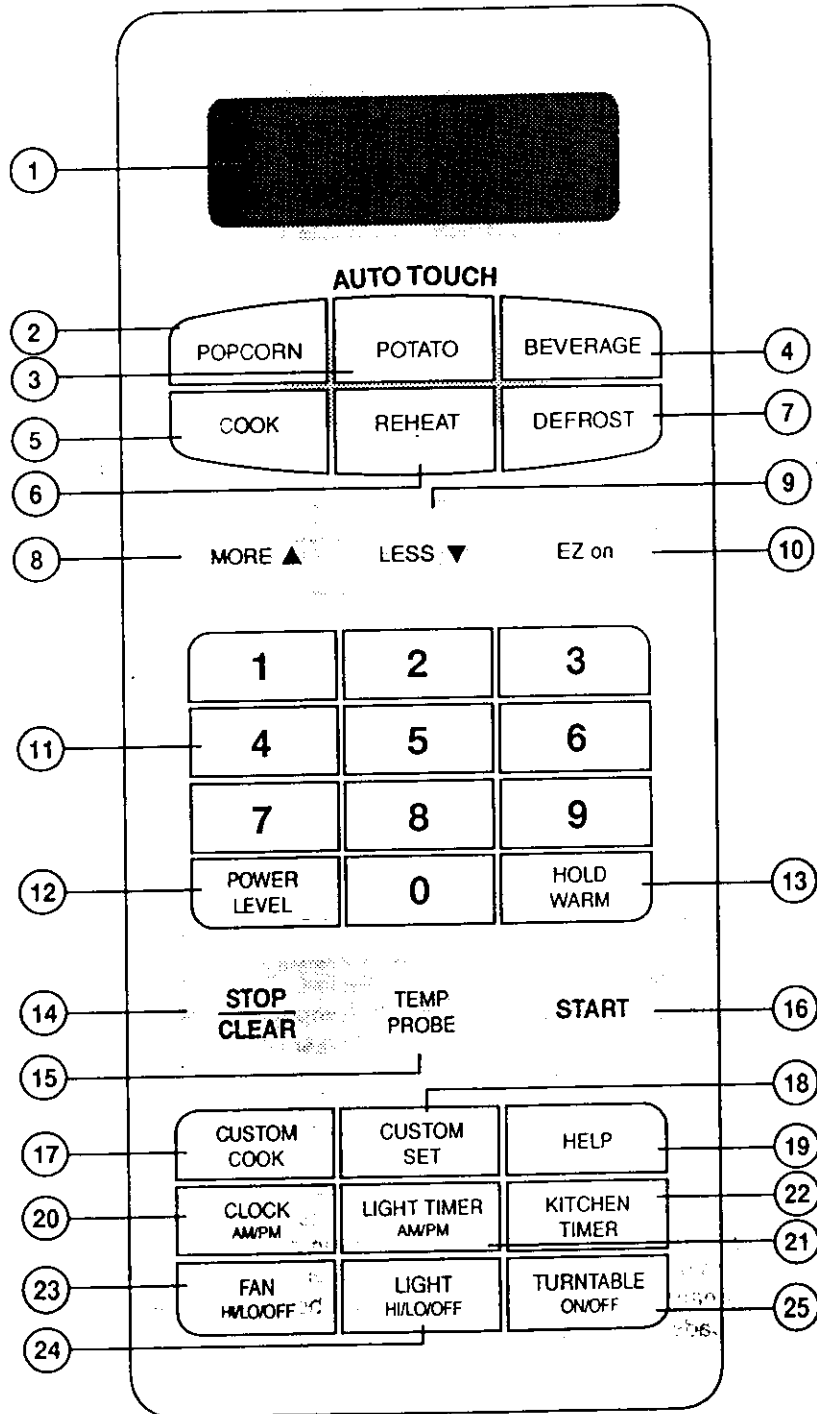
To get you up and running quickly, here is a list of the oven's basic features:

- 1. Door Handle.** Pull to open door.
- 2. Door Safety Lock System.** The oven will not operate unless the door is securely closed.
- 3. Window with Metal Shield.** Shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
- 4. Two-Position Metal Rack.** Use for extra space when cooking in more than one container at the same time. See page 22 for more information.
- 5. Grease Filter.** See page 28 for cleaning information.
- 6. Cooktop/Countertop Light.** Turn on to light your cooktop or countertop or turn on as a night light. See page 11 for more information.
- 7. Control Panel.** Touch the pads on this panel to perform all functions.
- 8. Vent Grille.**
- 9. Cooking Guide.** Use as a quick reference for Reheat, Cook and Defrost.
- 10. Temperature Probe.** Used for reheating or cooking to a specific temperature. See page 21 for more information.  
**NOTE:** Do not store the Temperature Probe in the oven when probe is not being used.
- 11. Model and Serial Number Plate.**
- 12. Glass Turntable.** The turntable turns foods as it cooks for more even cooking. It must be in the oven during operation for best cooking results. When the temperature probe is used, the turntable will be turned off.



# INFORMATION

## OVEN CONTROL PANEL



# INFORMATION

1. **DISPLAY:** The display includes a clock and indicators to tell you time of day, cooking time settings, and cooking functions selected.
2. **POPCORN:** Touch this pad when popping popcorn in your microwave oven. See page 14 for more information.
3. **POTATO:** Touch this pad to cook from 1 to 4 potatoes. See page 16 for more information.
4. **BEVERAGE:** Touch this pad to reheat one or two cups of a beverage. See page 16 for more information.
5. **COOK:** Touch this pad to cook vegetables, rice, casseroles. See page 16 for more information.
6. **REHEAT:** Touch this pad to reheat pizza, soup/sauce, casseroles, roll/muffin. See page 13 for more information.
7. **DEFROST:** Meat, poultry, fish. Touch on pad to select food type and defrost food by weight. See page 18 for more information.
8. **MORE:** Touch this pad to add ten seconds of cooking time each time you press it. See page 14 for more information.
9. **LESS:** Touch this pad to subtract ten seconds of cooking time each time you press it. See page 14 for more information.
10. **EZ ON:** Touch this pad to cook for one minute at 100% power level. See page 12 for more information.
11. **NUMBER:** Touch number pads to enter cooking time, power level, quantities, or weights.
12. **POWER LEVEL:** Touch this pad to select a cooking power level.
13. **HOLD WARM:** Touch this pad to keep hot, cooked foods safely warm in your microwave oven for up to 99 minutes 99 seconds. See page 12 for more information.
14. **STOP/CLEAR:** Touch this pad to stop the oven or to clear all entries.
15. **TEMP PROBE:** Touch this pad for temperature probe cooking. See page 21 for more information.
16. **START:** Touch this pad to start a function. If you open the door after oven begins to cook, START again.
17. **CUSTOM COOK:** Touch this pad to recall one cooking instruction previously programmed into memory. See page 12 for more information.
18. **CUSTOM SET:** Touch this pad to change the oven's default settings for sound, clock, display, speed, defrost weight, and demo mode operations. See page 11 for more information.
19. **HELP:** Touch this pad to learn how to use each oven function. See page 12 for more information.
20. **CLOCK (TIME OF DAY):** Touch this pad to enter the time of day. See page 10 for more information.
21. **LIGHT TIMER:** Touch this pad to set the light timer. See page 10 for more information.
22. **KITCHEN TIMER:** Touch this pad to set the kitchen timer. See page 10 for more information.
23. **FAN HI/LO/OFF:** Touch this pad to turn the fan on or off. See page 11 for more information.
24. **LIGHT HI/LO/OFF:** Touch this pad to turn on the cooktop/countertop light. See page 11 for more information.
25. **TURNTABLE ON/OFF:** Touch this pad to turn off the turntable. T/TABLE OFF will appear in the display. See page 11 for more information.

# OPERATION

## LEARN ABOUT YOUR MICROWAVE OVEN

This section discusses the concepts behind microwave cooking and introduces you to the basics you need to know to operate your microwave oven. Please read this information before use.

### CLOCK(TIME OF DAY)

This oven includes a 24-hour clock.

**Example: To set 8:00 AM.**

1. Touch **STOP/CLEAR**.
2. Touch **CLOCK**.  
(Press once for AM, twice for PM.)
3. Enter the time by using the number key pad.
4. Touch **CLOCK**.

### KITCHEN TIMER

You can use your microwave oven as a timer. Use the Timer for timing up 99 minutes, 99 seconds.

**Example: To count 3 minutes.**

1. Touch **STOP/CLEAR**.
2. Touch **KITCHEN TIMER**.
3. Enter the time by using the number key pad.
4. Touch **START**.  
When the time is over, you will hear one long beep and **END** will display.

### LIGHT TIMER

You can set the LIGHT to turn on and off automatically at any time you want. The light comes on at the same time every day until reset.

**Example: Turn on 2:00 AM, turn off 7:00 AM.**

1. Touch **STOP/CLEAR**.
2. Touch **LIGHT TIMER**.  
(Press once for AM, twice for PM.)
3. Enter the time you want the LIGHT to turn on.
4. Touch **LIGHT TIMER** again.  
(Press once for AM, twice for PM.)
5. Enter the time you want the LIGHT to turn off.
6. Touch **START**.

**NOTE:** To reset that time to turn on and off the LIGHT, repeat steps 2 to 6.

**Example: To cancel the LIGHT TIMER.**

1. Touch **LIGHT TIMER**.
2. Touch **STOP/CLEAR**.

**NOTE:** If you want to cancel the LIGHT TIMER in operation, you should touch **LIGHT H/OFF** key.

# OPERATION

## FAN HI/LO/OFF



The FAN moves steam and other vapors from the surface cooking. Touch FAN once for High fan speed, twice for Low fan speed, or three times to turn the fan off.

**NOTE:** If the temperature gets too hot around the microwave oven, the fan in the vent hood will automatically turn on at the LOW setting to cool the oven. It may stay on up to an hour to cool the oven. When this occurs, you can not turn the fan off manually.

## TURNTABLE ON/OFF



For best cooking results, leave the turntable on. It can be turned off for large dishes. Press TURNTABLE ON/OFF to turn the turntable on or off.

- NOTE:**
- Sometimes the turntable can become hot to touch. Be careful touching the turntable during and after cooking.
  - The turntable is OFF automatically when the temperature probe is used.

## CHILD LOCK

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

### Example: To set the child lock.

STOP  
CLEAR

0

1. Touch STOP/CLEAR.
2. Touch and hold 0 more than 4 seconds. **LOCKED** will appear in the display window with two beeps.

### Example: To cancel the child lock.

0

1. Touch and hold 0 more than 4 seconds. **LOCKED** will disappear and you hear two beeps. At this time the oven is ready.

## LIGHT HI/LO/OFF



Touch LIGHT once for bright light, twice for night light, or three times to turn the light off.

## CUSTOM SET

You can change the default values for beep sound, clock, display speed, defrost weight, and demo mode operations.

See following chart for more information.

NUMBER	FUNCTION	NUMBER	RESULT
1	Beep ON/OFF control	1	Sound ON
		2	Sound OFF
2	Clock display control	1	Clock ON
		2	Clock OFF
3	Display	1	Slow speed
		2	Normal speed
		3	Fast speed
4	Defrost weight mode select	1	Lbs.
		2	Kg.
5	Demo mode select	1	Demo ON
		2	Demo OFF

### Example: To change defrost weight mode. (from Lbs. to Kg.)

STOP  
CLEAR

CUSTOM  
SET

4

2

1. Touch STOP/CLEAR.
2. Touch CUSTOM SET.
3. Touch number 4.
4. Touch number 2.

# OPERATION

## HELP

The HELP pad display feature information and helpful hints. Press HELP, then select a key pad.

### Example: To learn about BEVERAGE.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**HELP**

2. Touch **HELP**.

**BEVERAGE**

3. Touch **BEVERAGE**.

## CUSTOM COOK

CUSTOM COOK lets you recall one cooking instruction previously placed in memory and begin cooking quickly.

### Example: To memorize for 2 minutes.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**CUSTOM  
COOK**

2. Touch **CUSTOM COOK**.

**2** **0** **0**

3. Enter the cook time.

**START**

4. Touch **START**.

### Example: To recall the custom cook.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**CUSTOM  
COOK**

2. Touch **CUSTOM COOK**.

**START**

3. Touch **START**.  
When the cook time is over,  
you will hear three beeps and  
**END** will display.

## HOLD WARM

You can safely keep hot, cooked food warm in your microwave oven for up to 99 minutes 99 seconds. You can use HOLD WARM by itself or to follow a cooking cycle automatically.

### Example: To use the hold warm.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**HOLD  
WARM**

2. Touch **HOLD WARM**.

**START**

3. Touch **START**.

### NOTES:

- **HOLD WARM** operates for up to 99 minutes 99 seconds.
- **Food cooked covered** should be covered during HOLD WARM.
- **Pastry items** (pies, turnovers, etc.) should be uncovered during HOLD WARM.
- **Complete meals** kept warm on a dinner plate could be covered during HOLD WARM.

## EZ on

**EZ on** lets you cook or reheat food for one minute at 100% Power. You can also use it to extend cooking time in multiples of one minute, up to 99 minutes.

### Example: To cook for 2 minutes.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**EZ on**

2. Touch **EZ on** twice.

# OPERATION

## REHEAT

REHEAT provides four preset categories for reheating.

**Example: To reheat 3 slices of pizza.**

**STOP CLEAR** 1. Touch **STOP/CLEAR**.

**REHEAT** 2. Touch **REHEAT**.

**1** 3. Choose food category.

Category	Touch pad number
Pizza	1
Soup/sauce	2
Casserole	3
Roll/Muffin	4

**3** 4. Enter quantity/servings.

Category	Number of cups/items
Pizza	1 - 3 slices
Soup/sauce	1 - 4 cups
Casserole	1 - 4 cups
Roll/Muffin	1 - 4 servings

When the cook time is over, you will hear three beeps and **END** will display.

## COOKING GUIDE FOR REHEAT

CODE	CATEGORY	SERVING AMOUNT	DIRECTION
1	PIZZA (Refrigerated)	1 slice (5 oz.)	Place on a low plate & paper towel. Do not cover.
		2 slices (10 oz.)	
		3 slices (15 oz.)	
2	SOUP/SAUCE	1 cup	Place in shallow microwavable casserole. Cover with vented plastic wrap.
		2 cups	
		3 cups	
		4 cups	
3	CASSEROLE	1 cup	Place in a microwavable bowl or casserole. Cover with plastic wrap.
		2 cups	
		3 cups	
		4 cups	
4	ROLL/MUFFIN	1 serving (2 oz.)	Place on paper towel. Do not cover.
		2 servings (4 oz.)	
		3 servings (6 oz.)	
		4 servings (8 oz.)	

# OPERATION

## MORE/LESS

By using the MORE or LESS keys, all of the AUTO TOUCH and TIME COOK program can be adjusted to cook food for a longer or shorter time.

Pressing MORE will add 10 seconds of the cooking time each time you press it. Pressing LESS will subtract 10 seconds of cooking time each time you press it.

**Example: To adjust the 1.75 oz POPCORN cooking time for a longer time.**

STOP  
CLEAR

1. Touch **STOP/CLEAR**.

POPCORN

2. Touch **POPCORN**.

1

3. Touch **1**.

MORE ▲

4. Touch **MORE**.

**NOTE:** Press the **MORE** or **LESS** key during time countdown.

## COOKING AT HIGH COOK POWER

**Example: To cook food for 8 minutes 30 seconds.**

STOP  
CLEAR

1. Touch **STOP/CLEAR**.

8 3 0

2. Enter the cook time.

START

3. Touch **START**.

When the cook time is over, you will hear three beeps and **END** will display.

## POPCORN

Popcorn lets you pop 1.75, 3.0, and 3.5 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions. To set your microwave oven correctly, follow this chart:

Bag Size-ounces	1.75	3.0	3.5
Touch NUMBER	1	2	3

## COOKING AT LOWER POWER LEVELS

HIGH power cooking does not always give you the best results with foods that need slower cooking, such as roasts, baked goods, or custards. Your oven has 9 power settings in addition to HIGH.

**Example: To cook food for 7 minutes 30 seconds at 70% power.**

STOP  
CLEAR

1. Touch **STOP/CLEAR**.

7 3 0

2. Enter the cook time.

POWER  
LEVEL

3. Touch **POWER LEVEL**.

7

4. Enter the power level.

START

5. Touch **START**.

When the cook time is over, you will hear three beeps and **END** will display.

**Example: To pop a 3.0 oz. bag.**

STOP  
CLEAR

1. Touch **STOP/CLEAR**.

POPCORN

2. Touch **POPCORN**.

2

3. Touch number **2**.

When the cook time is over, you will hear three beeps and **END** will display.

# OPERATION

## COOKING GUIDE FOR LOWER POWER LEVELS

The nine power levels in addition to HIGH allow you to choose the best power level for the food you are cooking. Below are listed all the power levels,

examples of foods best cooked at each level, and the amount of microwave power you are using.

POWER LEVEL	MICROWAVE OUTPUT	USE
10 HIGH	100%	<ul style="list-style-type: none"> <li>• Boil water.</li> <li>• Cook ground beef.</li> <li>• Make candy.</li> <li>• Cook fresh fruits and vegetables.</li> <li>• Cook fish and poultry.</li> <li>• Preheat browning dish.</li> </ul>
9	90%	<ul style="list-style-type: none"> <li>• Reheat meat slices quickly.</li> <li>• Saute onions, celery, and green pepper.</li> </ul>
8	80%	<ul style="list-style-type: none"> <li>• All reheating.</li> <li>• Cook scrambled eggs.</li> </ul>
7	70%	<ul style="list-style-type: none"> <li>• Cook breads and cereal products.</li> <li>• Cook cheese dishes, veal.</li> <li>• Cook cakes, muffins, brownies, cupcakes.</li> </ul>
6	60%	<ul style="list-style-type: none"> <li>• Cook pasta.</li> </ul>
5	50%	<ul style="list-style-type: none"> <li>• Cook meats, whole poultry.</li> <li>• Cook custard.</li> <li>• Cook whole chicken, turkey, spare ribs, rib roast, sirloin roast.</li> </ul>
4	40%	<ul style="list-style-type: none"> <li>• Cook less tender cuts of meat.</li> <li>• Reheat frozen convenience foods.</li> </ul>
3	30%	<ul style="list-style-type: none"> <li>• Thawing meat, poultry, and seafood.</li> <li>• Cooking small quantities of food.</li> <li>• Finish cooking casserole, stew, and some sauces.</li> </ul>
2	20%	<ul style="list-style-type: none"> <li>• Soften butter and cream cheese.</li> <li>• Heating small amounts of food.</li> </ul>
1	10%	<ul style="list-style-type: none"> <li>• Soften ice cream.</li> <li>• Raise yeast dough.</li> </ul>
0		<ul style="list-style-type: none"> <li>• Standing time.</li> </ul>



# OPERATION

## POTATO

The POTATO pad lets you cook potatoes with preset times and cook powers. You can choose from 1 to 4 potatoes.

### NOTE:

- Cooking times are based on an average 8 ounce potato.
- Before baking, pierce potato with fork several times.
- After baking, let stand for 5 minutes.

### Example: To cook 2 Potatoes.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**POTATO**

2. Touch **POTATO**.

**2**

3. Touch number 2.  
When the cook time is over,  
you will hear three beeps and  
**END** will display.

## BEVERAGE

BEVERAGE lets you heat up to 2 beverages.

### NOTE:

- Reheat times based on an 8 ounce cup.
- Beverage heated with the beverage feature may be very hot.
- Remove the container with care.
- Beverage may be very hot; remove from oven with care.

### Example: To reheat one 8 oz. beverage.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**BEVERAGE**

2. Touch **BEVERAGE**.

**1**

3. Touch number 1.  
When the cook time is over,  
you will hear three beeps and  
**END** will display.

## COOK

COOK provides four preset categories for cooking.

### Example: To cook 2 cups of Rice.

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**COOK**

2. Touch **COOK**.

**3**

3. Choose food category.

Category	Touch pad number
Fresh vegetable	1
Frozen vegetable	2
Rice	3
Casserole	4

**2**

4. Enter quantity/servings.

Category	Number of cups
Fresh vegetable	1 - 4 cups
Frozen vegetable	1 - 4 cups
Rice	1 - 2 cups
Casserole	1 - 4 cups

When the cook time is over,  
you will hear three beeps and  
**END** will display.

# OPERATION

## COOKING GUIDE FOR COOK

CODE	CATEGORY	QUANTITY	DIRECTIONS
1	FRESH VEGETABLE	1 cup Vegetables and 2 tbsp water	Place in a microwavable bowl or casserole. Add water according to the quantity. Cover with plastic wrap and vent. Let stand 5 minutes.
		2 cups Vegetables and 1/4 cup of water	
		3 cups Vegetables and 1/3 cup of water	
		4 cups Vegetables and 1/2 cup of water	
2	FROZEN VEGETABLE	1 cup	Place in a microwavable bowl or casserole. Cover with plastic wrap and vent. Let stand 5 minutes.
		2 cups	
		3 cups	
		4 cups	
3	RICE	1 cup of long grain rice and 2 1/4 cup of water	In large microwavable casserole, combine water, rice, margarine and salt. Cover with microwavable lid or plastic wrap and vent. After cooking, let stand covered for 5 minutes.
		2 cups of long grain rice and 4 1/4 cup of water	
4	CASSEROLE	1 cup	Place in a microwavable bowl or casserole. Cover with plastic wrap and vent.
		2 cups	
		3 cups	
		4 cups	

# OPERATION

## DEFROST

Your microwave oven is preset with three defrost sequences. Using DEFROST is the best way to defrost frozen foods. The Defrost Sequence Table below provides some basic guidelines for using the three defrost sequences.

**Example: To defrost 1.2 lbs. of ground beef.**

**STOP  
CLEAR**

1. Touch **STOP/CLEAR**.

**DEFROST**

2. Touch **DEFROST**.

**1**

3. Choose food category.

Category	Touch pad number
Meat	1
Poultry	2
Fish	3

**1**

**2**

4. Enter the weight.

**START**

5. Touch **START**.

6. After 1/3 of the defrost time is over, The display will prompt you to turn food over. Open door, turn food over, and shield any warm portions.

**START**

7. Close the door and restart.

8. After 2/3 of the defrost time is over, the display will prompt you to turn food over. Repeat steps 6 and 7. When the defrost time is over, you will hear three beeps and **END** will display.

**NOTE:** If you do not open the door within 3 seconds, the display will resume the countdown.

## Weight conversion chart

You are probably used to food weights being in pounds and ounces that are fractions of a pound (for example 4 ounces equals 1/4 pound).

However, in order to enter food weight in DEFROST, you must specify pounds and tenths of a pound. If the weight on the food package is in fractions of a pound, you can use the following chart to convert the weight to decimals.

EQUIVALENT OUNCE WEIGHT	NUMBER AFTER DECIMAL	
1.6	.10	
3.2	.20	
4.0	.25	One-Quarter Pound
4.8	.30	
6.4	.40	
8.0	.50	One- Half Pound
9.6	.60	
11.2	.70	
12.0	.75	Three-Quarters Pound
12.8	.80	
14.4	.90	
16.0	1.00	One Pound

## DEFROSTING TIPS

- **When using DEFROST**, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- **Use DEFROST** only for raw food. DEFROST gives best results when food to be thawed is a minimum of 0° F (taken directly from a **true** freezer). If 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 (for a shorter defrosting time) to prevent cooking the food.
- **If the food is stored outside** the freezer for up to 20 minutes, enter a lower food weight.
- **The shape of the package** alters the defrosting time. Shallow rectangular packets defrost more quickly than a deep block.
- **Separate pieces** as they begin to defrost. Separated pieces defrost more easily.
- **You can use small pieces** of aluminum foil to shield foods like chicken wings, leg tips, and fish tails, but the foil must not touch the side of the oven. Foil causes arcing, which can damage the oven lining.
- **Shield areas of food** with small pieces of foil if they start to become warm.
- **For better results, a preset standing time** is included in the defrosting time.

# OPERATION

## DEFROST CHART

Meat setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>BEEF</b>			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence.
Ground Beef, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lb. Freeze in doughnut shape.
Ground Beef, Patties	MEAT	Separate and rearrange.	Do not defrost less than two oz. patties. Depress center when freezing.
Round Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Tenderloin Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Stew Beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in a microwavable baking dish.
Pot Roast, Chuck Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rib Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rolled Rump Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
<b>LAMB</b>			
Cubes for Stew	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwavable baking dish.
Chops (1 inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
<b>PORK</b>			
Chops (1/2 inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Hot Dogs	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Spareribs Country-style Ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Sausage, Links	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Sausage, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwavable baking dish.
Loin Roast, Boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.

# OPERATION

## DEFROST CHART (continued)

### Poultry setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>CHICKEN</b> Whole (up to 9 1/2 lbs)  Cut-up	POULTRY	Turn over (finish defrosting breast-side down). Cover warm areas with aluminum foil.  Separate pieces and rearrange.  Turn over. Cover warm areas with aluminum foil.	Place chicken breast-side up on a microwavable roast rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.  Place on a microwavable roasting rack.  Finish defrosting by immersing in cold water.
<b>CORNISH HENS</b> Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
<b>TURKEY</b> Breast (under 6 lbs)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.

### Fish setting

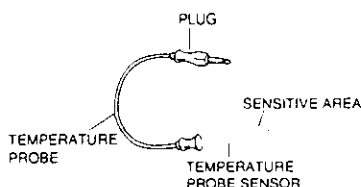
FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>FISH</b> Fillets	FISH	Turn over. Separate fillets when partially thawed if possible.	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
<b>SHELLFISH</b> Crabmeat	FISH	Break apart. Turn over.	Place in a microwavable baking dish.
Lobster tails	FISH	Turn over and rearrange.	Place in a microwavable baking dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwavable baking dish.
Scallops	FISH	Separate and rearrange.	Place in a microwavable baking dish.

**NOTE :** Food to be defrosted must be not more than 6.0 lbs(4.0 Kg).

# OPERATION

## COOKING WITH THE TEMPERATURE PROBE

The Temperature Probe helps take the guesswork out of cooking roasts and large casseroles. The probe is designed to turn the oven off when the temperature you select (between 90 - 199° F) has been reached.



### Example: Cook beef to 150° F

1. Insert probe sensor into food. (Insert at least 1/3 of the Temperature Probe into the food.)
2. Place food in oven and plug probe into socket on oven wall.
3. Close door.

**STOP  
CLEAR**

4. Touch **STOP/CLEAR**.

**TEMP  
PROBE**

5. Touch **TEMP PROBE**.

1 5 0

6. Enter the desired food temperature.

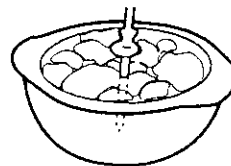
**START**

7. Touch **START**.  
When the cook time is over, you will hear three beeps and **END** will display.

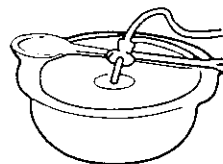
**NOTE: The turntable is off**  
when you use  
temperature probe.

### Temperature probe cooking tips:

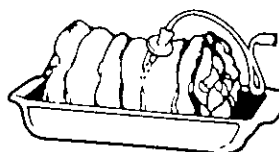
- Stir soups, casseroles, and drinks before serving.
- Cover roast with foil after cooking and let stand a few minutes. Remove foil if you decide to cook it longer.
- For casseroles, the tip of the probe should be in the center of the food. Stir foods. Replace the probe.
- Thaw frozen casseroles and meats in the microwave oven before inserting the probe.



- For liquids, balance the probe on a wooden spoon or spatula so the tip of the probe is in the center of the liquid.



- For roasts, the tip of the probe should be in the center of the largest muscle, but not touching fat or bone.



- Casseroles cooked using the Temperature Probe should be made from precooked foods. Do not use raw meats, raw vegetables, and cream sauces in casseroles.
- Dry casseroles do not work well.
- Dry meat loaf mixtures do not work well.
- Roasts may vary in size, shape, and composition. Use the Temperature Probe as a guide.

### Do not:

- Let probe or probe cable touch any part of the oven interior.
- Let probe touch foil (if used). You can keep foil away from probe with wooden toothpicks. Remove foil if arcing occurs.
- Use paper, plastic wrap, or plastic containers. They will be in the oven too long and might distort.
- Force probe into frozen food.
- Use probe for food that needs to simmer.
- Plug the pointed end of the Temperature Probe into the socket.

### Removing and cleaning the Temperature Probe:

1. After oven has stopped, unplug the Temperature Probe using an oven mitt or hot pad.
2. Wipe probe with a hot, sudsy cloth and dry thoroughly. Use a plastic scouring pad to remove cooked-on foods.

# OPERATION

## TEMPERATURE GUIDE

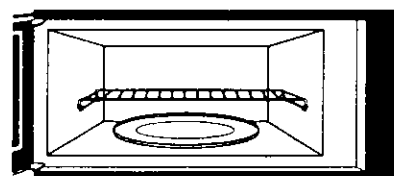
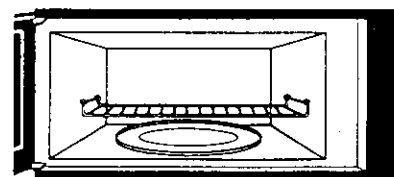
FOOD	TEMPERATURE SETTING	TIPS
Appetizer Dips Beverages	130° F 160° F	Stir before serving.
Frozen & Convenience Frozen Foods	150° F	Defrost foods completely before inserting probe.
Leftover & Canned Foods	150° F	Partially cover dish to speed cooking. Stir before serving.
Main Dishes & Casseroles	150° F	Partially cover dish to speed cooking. Stir before serving.
<b>Meats</b>		Meat must be completely thawed. Place on a microwavable roasting rack in a glass backing dish. During standing time, conduction of heat to the center will increase temperature 5 to 10° F.
Beef	Medium-160° F Well-170° F	
Pork	170° F	
Poultry, whole	185° F	Whole poultry has many variables which affect doneness. Always use another conventional doneness test such as cutting near bone to check for pink.
Sauces	150° F	Stir before serving.
Seafood	160° F-170° F	Seafood has variables which affect doneness. Always use another conventional doneness test such as checking to see if seafood is firm.
Soups	150° F-160° F	If soup has additional solid ingredients, increase temperature setting.
Vegetables, canned or pre-cooked	150° F-170° F	Partially cover container to speed cooking.
Whole Meals	As specified for particular foods	

## TWO POSITION METAL RACK

The two position Metal Rack gives you extra space when cooking in more than one container at the same time. The metal rack can be turned upside-down to help fit taller containers on the bottom of the oven.

### NOTE:

- Rack must be on 4 supports when used.
- Insert the rack securely into the four supports on the side walls of the oven.
- Turn the rack upside-down when using taller containers on the bottom of the oven.



# MAINTENANCE

## CARE AND CLEANING

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

**Never use rough powder or pads.** Wipe the microwave oven inside and out, including the hood bottom cover, with a soft cloth and a warm (not hot) mild detergent solution. Then rinse and wipe dry. Use a chrome cleaner and polish on chrome, metal, and aluminum surfaces. Wipe spatters immediately with a wet paper towel, especially after cooking chicken or bacon. Clean your oven weekly or more often, if needed.

## TEMPERATURE PROBE

Remove the temperature probe from the socket after each use. Clean the probe with a mild detergent solution. Clean the sensor with a soft, damp cloth. **Use a pot holder because the wire, plug, and sensor sections may be hot.**

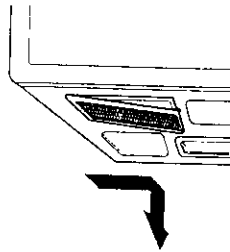
## METAL RACK

Wash the metal rack with a mild soap and a soft or nylon scrub brush. Dry completely. Do not use abrasive scrubbers or cleaners to clean rack.

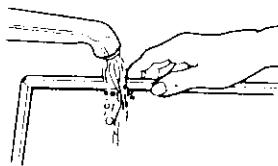
## CLEANING THE GREASE FILTERS

The grease filters should be removed and cleaned often, at least once a month.

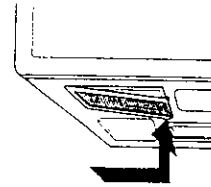
1. To remove grease filters, slide each filter to the side. Pull filters downward and push to the other side. The filter will drop out.



2. Soak grease filters in hot water and a mild detergent. Rinse well and shake to dry. **Do not use ammonia or place in a dishwasher. The aluminum will darken.**



3. To reinstall the filters, slide it into the side slot, then push up and toward oven center to lock.

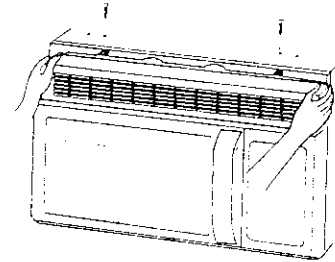


**NOTE: Do not operate the hood without the filters in place.**

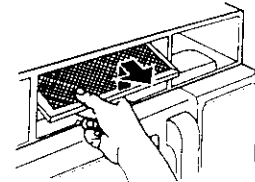
## CHARCOAL FILTER REPLACEMENT

If your oven is vented inside, the charcoal filter should be replaced every 6 to 12 months, and more often if necessary. The charcoal filter cannot be cleaned. To order a new charcoal filter, contact the Parts Department at your nearest Authorized Service Center. (See page 35 for number.)

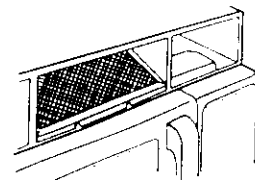
1. Remove the two vent grille mounting screws. (2 middle screws)



2. Tip the grille forward, then lift it out.
3. Remove old filter.



4. Slide a new charcoal filter into place. The filter should rest at the angle shown and set the clock.



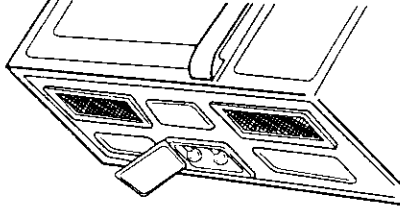
5. Slide the top of the vent cover into place. Push the bottom until it snaps into place. Replace the mounting screws. Turn the power back on at the main power supply and set the clock.



# MAINTENANCE

## COOKTOP/NIGHT LIGHT REPLACEMENT

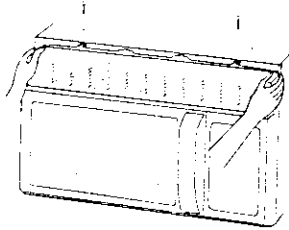
1. Unplug the oven or turn off power at the main power supply.



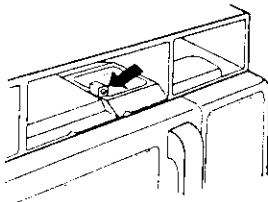
2. Remove the bulb cover mounting screws.
3. Replace bulb(s) with 40 watt appliance bulb(s).
4. Replace bulb cover.
5. Turn the power back on at the main power supply.

## OVEN LIGHT REPLACEMENT

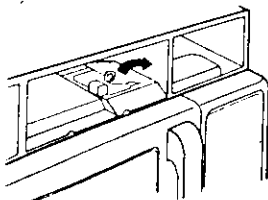
1. Unplug oven or turn off power at the main power supply.
2. Remove the vent cover mounting screws.(2 middle screws)
3. Tip the cover forward, then lift out to remove.



4. Remove bulb holder mounting screw.



5. Lift up the bulb holder.



6. Replace bulb with a 40 watt appliance bulb.
7. Replace the bulb holder and mounting screw.
8. Slide the top of the vent cover into place. Push the bottom until it snaps into place. Replace the mounting screws. Turn the power back on at the main power supply.

## QUESTIONS AND ANSWERS

**Q. Can I use a rack in my microwave oven so that I may reheat or cook in two levels at a time?**

**A.** Only use the rack that is supplied with your microwave oven. Use of any other rack can result in poor cooking performance and/or arcing and may damage your oven.

**Q. Can I use either metal or aluminum pans in my microwave oven?**

**A.** Usable metal includes aluminum foil for shielding (use small, flat pieces), and shallow foil trays (if tray is 3/4 inch deep and filled with food to absorb microwave energy). Never allow metal to touch walls or door.

**Q. Sometimes the door of my microwave oven appears wavy. Is this normal?**

**A.** This appearance is normal and does not affect the operation of your oven.

**Q. What are the humming noises that I hear when my microwave oven is operating?**

**A.** You hear the sound of the transformer when the magnetron tube cycles on and off.

**Q. Why does the dish become hot when I microwave food in it? I thought that this should not happen.**

**A.** As the food becomes hot it will conduct the heat to the dish. Use hot pads to remove food after cooking.

**Q. What does standing time mean?**

**A.** Standing time means that food should be taken out of the oven and covered for additional time after cooking. This process allows the cooking to finish, saves energy, and frees the oven for other purpose.

**Q. Can I pop popcorn in my microwave oven? How do I get the best results?**

**A.** Yes. Pop packaged microwave popcorn following manufacturer's guidelines or use the preprogrammed Popcorn pad.

Do not use regular paper bags. Use the listening test by stopping the oven as soon as the popping slows to a pop every one or two seconds. Do not try to repop unpopped kernels. You can also use special microwave poppers. When using a popper, be sure to follow manufacturer's directions. Do not pop popcorn in glass utensils.

**Q. Why does steam come out of the air exhaust vent?**

**A.** Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the top vent.

# MAINTENANCE

## MICROWAVE UTENSIL GUIDE

USE	DO NOT USE
<p><b>OVENPROOF GLASS</b> (treated for high intensity heat): utility dishes, loaf dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.</p> <p><b>CHINA:</b> bowls, cups, serving plates and platters without metallic trim.</p> <p><b>PLASTIC:</b> 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. As the food heats it may melt the plastic wrap wherever the wrap touches the food. Use plastic dishes, cups, semirigid freezer containers and plastic bags <b>only for short cooking time. Use these with care because the plastic may soften from the heat of the food.</b></p> <p><b>PAPER:</b> Paper towels, waxed paper, paper napkins, and paper plates with no metallic trim or design. Look for the manufacturer's label for use in the microwave oven.</p>	<p><b>METAL UTENSILS:</b> 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.</p> <p><b>METAL DECORATION:</b> Metal-trimmed or metal-banded dinnerware, casserole dishes, etc. The metal trim interferes with normal cooking and may damage the oven.</p> <p><b>ALUMINUM FOIL:</b> 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 and door of the oven.</p> <p><b>WOOD:</b> Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets react in the same way.</p> <p><b>TIGHTLY COVERED UTENSILS:</b> Be sure to leave openings for steam to escape from covered utensils. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed pouches could explode.</p> <p><b>BROWN PAPER:</b> Avoid using brown paper bags. They absorb too much heat and could burn.</p> <p><b>FLAWED OR CHIPPED UTENSILS:</b> Any utensil that is cracked, flawed, or chipped may break in the oven.</p> <p><b>METAL TWIST TIES:</b> Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.</p>

# TROUBLE SHOOTING

## BEFORE CALLING FOR SERVICE

Check the following list to be sure a service call is really necessary. A quick reference of this manual as well as reviewing additional information on items to check may prevent an unneeded service call.

### If nothing on the oven operates:

- check for a blown circuit fuse or a tripped main circuit breaker.
- check if oven is properly connected to electric circuit in house.
- check that controls are set properly.

### If the oven interior light does not work:

- the light bulb is loose or defective.

### If oven will not cook:

- check that control panel was programmed correctly.
- check that door is firmly closed.
- check that Start Pad was touched.
- check that probe was inserted correctly into receptacle.
- check that timer wasn't started instead of a cook function.

### If oven takes longer than normal to cook or cooks too rapidly:

- be sure the Power Level is programmed properly.

### If the time of day clock does not always keep correct time:

- check that the power cord is fully inserted into the outlet receptacle.
- be sure the oven is the only appliance on the electrical circuit.

### If food cooks unevenly:

- be sure food is evenly shaped.
- be sure food is completely defrosted before cooking.
- check placement of aluminum foil strips used to prevent overcooking.

### If food is undercooked:

- check recipe to be sure all directions (amount, time, & power levels) were correctly followed.
- be sure microwave oven is on a separate circuit.
- be sure food is completely defrosted before cooking.

### If food is overcooked:

- check recipe to be sure all directions (amount, power level, time, size of dish) were followed.

### If arcing (sparks) occur:

- be sure microwavable dishes were used.
- be sure wire twist ties weren't used.
- be sure oven wasn't operated when empty.
- make sure metal rack (if used) is properly installed on 4 supports.

### If the Display shows a time counting down but the oven is not cooking:

- check that door is firmly closed.
- check that timer wasn't started instead of a cooking function.