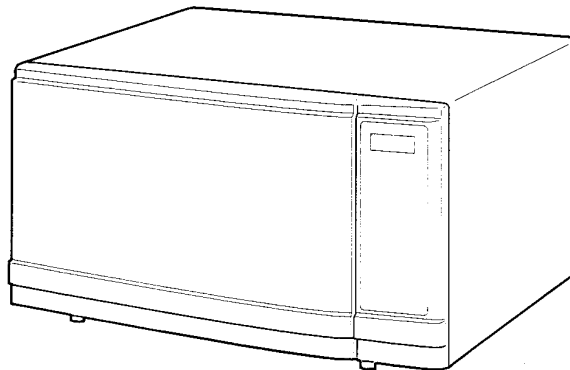




**USER'S GUIDE  
AND COOKING GUIDE**

**Microwave Oven  
Model EM-J8200T**



Read these instructions carefully before using your microwave oven.  
Part no.8112p174-60 MCS p/n 74005590 A/08/00

**SAVE THESE INSTRUCTIONS**

## 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.

### SPECIFICATIONS

<b>Model:</b>	<b>EM-J8200T</b>
<b>Power Source:</b>	AC 120 V, 60 Hz
<b>Power Consumption:</b>	1480W
<b>Maximum Output:</b>	1100W*
<b>Oven Capacity:</b>	1.8 cu. ft.
<b>Turntable Diameter:</b>	12- <sup>5</sup> / <sub>8</sub> "
<b>Dimensions: (w x h x d)</b>	23- <sup>7</sup> / <sub>16</sub> " x 14- <sup>1</sup> / <sub>4</sub> " x 17- <sup>13</sup> / <sub>16</sub> "
<b>Weight: Approx.</b>	41.5 lbs

**Specifications subject to change without notice.**

\*According to IEC-705 test procedures. The IEC-705 test procedure is an internationally recognized method of rating microwave wattage output.

#### Please record your product's information

When you call to request service, you need to know your complete Model number and Serial number. Please fill in the information below. Please also record purchase date, price and where purchased. Keep your sales receipt and/or cancelled check as proof of purchase.

<b>Model Number:</b>	(Located on the inner left side of the control panel)
<b>Serial Number:</b>	(Located on the inner left side of the control panel)
<b>Date of Purchase:</b>	
<b>Where Purchased:</b>	

## SAFETY

# 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 2.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.  
**If a fire should start:**
  - Keep the oven door closed.
  - Turn the oven off.
  - Disconnect the power cord or shut off power at the fuse or circuit breaker panel.**Keep in mind the following rules at all times to reduce the risk of fire in the oven cavity:**
  - a. Do not overcook food. Carefully attend the appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Do not use the oven cavity for storage purposes. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. If lightning strikes the power line, the oven may turn on by itself.
  - c. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
4. This oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
5. Install or locate this oven only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.
7. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat, cook or defrost food. It is not designed for industrial or laboratory use. It is intended for home use.
8. As with any appliance, close supervision is necessary when used by children.
9. Do not operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
10. This appliance should be serviced only by qualified service technicians. Contact the nearest authorized service facility for examination, repair or adjustment.
11. Do not cover or block any vents on the oven.
12. Do not store or use this appliance outdoors.
13. Do not use this oven near water, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
14. Do not immerse cord or plug in water.
15. Keep cord away from heated surfaces.
16. Do not let cord hang over edge of table or counter.

17. When cleaning door and oven surfaces that meet when door is closed, use only mild, nonabrasive soaps or detergents

applied with a sponge or soft cloth. (See "Cleaning" instructions on page 34.)

## SAVE THESE INSTRUCTIONS

SAFETY

### PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- Incorrect use of browning dish may cause the turntable to break. See page 8.
- When using the Popcorn feature of this microwave oven, use only the bag sizes specified in the instruction manual.
- Do not pop popcorn except in a microwave approved popcorn popper or in a commercial package recommended especially for microwave ovens.
- The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
- Do not operate the microwave oven empty. Operating the oven without any food or food that is extremely low in moisture can cause fire, charring or sparking.
- Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
- Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.
- Do not heat narrow-necked containers, such as syrup bottles.
- Do not attempt to deep-fry in your microwave oven.
- Do not do home canning in this microwave oven as it is impossible to be sure all contents of the jar have reached boiling temperature.
- Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- Liquids, such as beverages, that are heated in a microwave oven, can overheat beyond their boiling point without any evidence of bubbling. This could result in hot liquids suddenly boiling over. To prevent this occurrence, the following steps should be taken:
  - (a) Avoid using straight-sided containers with narrow necks.
  - (b) Do not overheat.
  - (c) Stir the liquid before placing the container in the oven and again halfway through the heating time.
  - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

## GROUNDING INSTRUCTIONS

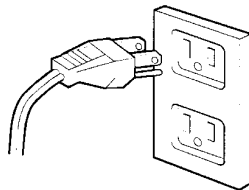
**⚠ DANGER**  
**Electric Shock Hazard**

- Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

**⚠ WARNING**  
**Electric Shock Hazard**

- Improper use of the grounding plug can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

**Properly polarized and grounded outlet**



**Three-pronged (grounding) plug**

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 that has a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Where standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do not under any circumstance cut or remove the third (ground) prong from the power cord. Do not use an adapter plug with this appliance.

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. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

- A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- Longer cord sets or extension cords may be used if care is exercised in their use.
- If a long cord or extension cord is used: 1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance. 2) The extension cord must be a grounding-type 3-wire cord, and 3) The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

**NOTE:** If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.



## INTERFERENCE NOTE

Microwave ovens generate radio frequency energy during operation and if not installed properly may cause interference to radio and television reception. You can determine if this unit is causing interference by turning it on and off while the interference is occurring. If interference occurs, it may be corrected by one or more of the following measures:

- clean door and seal surfaces of the oven.
- reorient the television or radio receiving antenna.
- relocate the oven with respect to the television or radio receiver.
- plug the oven into a different outlet so that it, and the television or radio receiver, are on different circuits.

If the interference persists, you may want to consult an experienced radio/television technician for additional suggestions.

## UTENSILS

 **CAUTION**  
**Personal Injury Hazard**

- Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches pierced.

See following page for further instructions on "materials you can use in microwave oven or to be avoided in microwave oven." Do the test below to see if the utensil is safe for use in a microwave oven.

### Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250 mL) along with the utensil in question.
2. Cook on **maximum** power (P100) for 1 minute.
3. Carefully feel the utensil.  
If the empty utensil is warm, do not use it for microwave cooking.

**Do not exceed 1 minute testing time.**

### CAUTION:

1. Do not use plastic containers for testing.
2. Some containers and dishware may be warm (or hot) in only one area. Do not use a container that becomes warm anywhere.

### Materials you can use in microwave oven

Utensils	Remarks
Aluminum foil	Shielding only. Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. <b>Arcing can occur if foil is too close to oven walls.</b> The foil should be at least 1 inch away from oven walls.
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least $\frac{3}{16}$ inch above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. <b>Do not use cracked or chipped dishes.</b>
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. <b>Do not use cracked or chipped dishes.</b>
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for short-term cooking/warming only.
Parchment paper	Use as a cover to prevent spattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe." Some plastic containers soften as the food inside gets hot. If this happens, discard the food. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent spattering and to retain moisture.

### Materials to be avoided in microwave oven

Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam cups	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

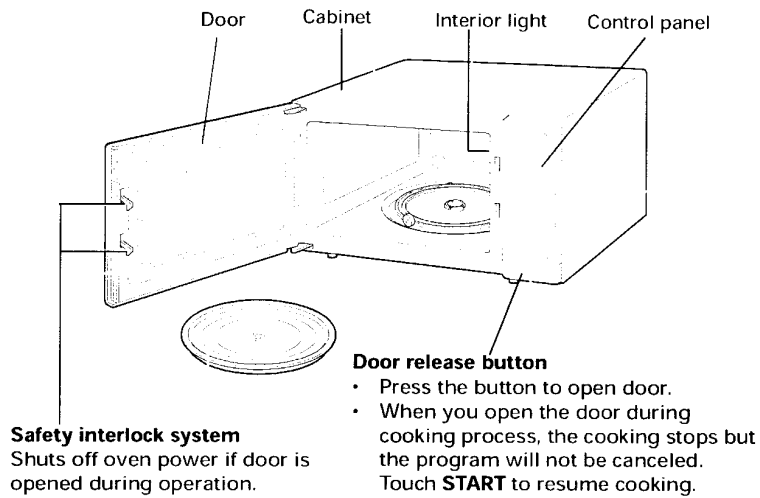
## SET UP

### NAMES OF OVEN PARTS AND ACCESSORIES

Remove the oven and all materials from the carton.

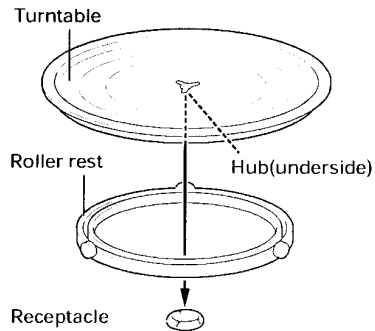
Your oven comes with the following accessories:

Turntable	1
Turntable roller rest	1
Instruction Manual	1



SET UP

### TURNTABLE INSTALLATION



1. Place the roller rest on the cavity bottom.
  2. Place the turntable on top of the roller rest as shown in the diagram. Make sure the turntable hub is securely locked in the receptacle.
- **Never place the turntable upside down.** The turntable should never be restricted.

- Both turntable and roller rest must always be used during cooking.
- All food and containers of food are always placed on the turntable for cooking.
- **Turntable memory** allows the turntable to return to its starting position at the end of cooking operation. This is especially convenient for cups or other items with handles. At the end of cooking, "0" may remain in the display briefly to allow the turntable to return to its starting position. The oven light and fan will remain on but the microwave power is turned off.
- The turntable rotates clockwise and counterclockwise; this is normal.
- If turntable or roller rest cracks or breaks, contact your nearest authorized service center for more information regarding replacement.



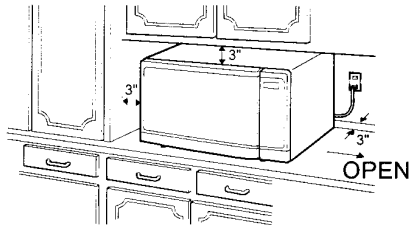
## INSTALLATION

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

**NOTE:** This unit is not designed for 50 Hz or any circuit other than a 120-volt/60-Hz AC circuit. This oven is designed for countertop installation.

### Countertop Installation

1. Select a level surface that provides enough open space for the intake and/or outlet vents.



A minimum clearance of 3 inches is required between the oven and any adjacent wall. One side must be open.

- Leave a minimum clearance of 3 inches above the oven.
  - Do not remove the legs from the bottom of the oven.
  - Blocking the intake and/or outlet openings can damage the oven.
  - Place the oven as far away from radios and televisions as possible. Operation of microwave oven may cause interference to your radio or television. (See page 7.)
  - If the cabinet is covered with a protective film, remove the film.
2. Plug your oven into a standard 120-volt / 60-Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.

### Built-In Installation

It is necessary for you to purchase an Optional Kit for Built-in Installation. Contact the store where you purchased your oven for an optional Built-in Kit.

Model No.	Built-in Kit
<b>EM-J8200T</b>	(27 inch) JXA1027 (30 inch) JXA1030

**WARNING:** If installing the microwave oven over an electric oven, it must only be installed over the following Electric Ovens:  
 (27 inch) JJW8527, JJW9527 series  
 (30 inch) JJW8530, JJW9530 series  
 If installed over any other than the listed Electric ovens, the microwave could be damaged and the warranty would be void.

- When installing in a Built-in situation, the oven requires an opening for installation.  
 (27 inch): 25-<sup>1</sup>/<sub>2</sub>"(w) x 16-<sup>1</sup>/<sub>16</sub>"(h) x 21"(d)  
 (30 inch): 28-<sup>3</sup>/<sub>16</sub>"(w) x 16-<sup>1</sup>/<sub>16</sub>"(h) x 21"(d)
- Do not remove the legs from the bottom of the oven.
- Blocking the intake and/or outlet openings can damage the oven.
- Plug your oven into a standard 120-volt / 60-Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.