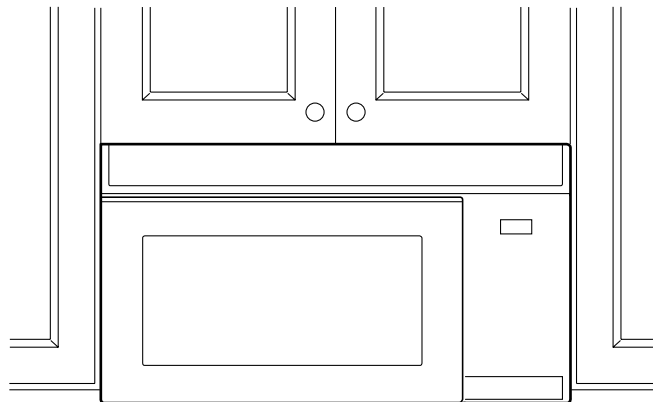




**INSTRUCTION MANUAL  
AND COOKING GUIDE**

**EM-Z9011N**

**Over-The-Range Microwave Oven**



Read these instructions carefully before using your microwave oven.  
If you follow the instructions, your oven will provide you with many years of  
good service.

**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-Z9011N</b>
<b>Power Source:</b>	AC 110-120V, 60 Hz
<b>Power Consumption:</b>	1500W
<b>Maximum Output:</b>	950W*
<b>Oven Capacity:</b>	1.4 cu. ft.
<b>Turntable Diameter:</b>	10 <sup>-13/16</sup> "
<b>Dimensions: (w x h x d)</b>	29 <sup>-7/8</sup> " x 17" x 14 <sup>-1/2</sup> "
<b>Weight: Approx.</b>	59.5 lbs.

**Specifications subject to change without notice.**

\*According to IEC-705 test procedure. 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.

**Model Number:** \_\_\_\_\_ (Located on the front of the oven)

**Serial Number:** \_\_\_\_\_ (Located on the front of the oven)

**Date of Purchase:** \_\_\_\_\_

**Purchase Price:** \_\_\_\_\_

**Where Purchased:** \_\_\_\_\_

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SAFETY

SET UP

OPERATION

COOKING GUIDE

MAINTENANCE

## SAFETY

### PROPER AND SAFE USE OF YOUR OVEN

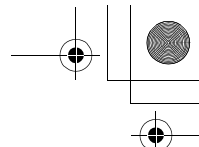
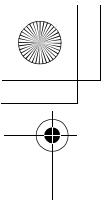
- The oven must be level.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place cookware gently on the turntable and handle it carefully to avoid possible breakage.
- Incorrect use of browning dish may cause the turntable to break. See page 7.
- When using the Popcorn feature of this microwave oven, use only the bag sizes specified in the instruction manual.
- 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 with no 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.
- To prevent delayed eruptive boiling of hot liquids and beverages or scalding, stir liquid before placing the container in the oven and again halfway through cooking time. Let stand in the oven for a short time and stir again before removing the container.

## IMPORTANT SAFETY INSTRUCTIONS

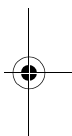
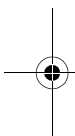
When using electrical appliances, basic safety precautions should be followed, including the following:

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

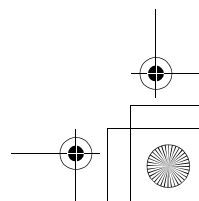
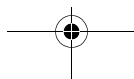
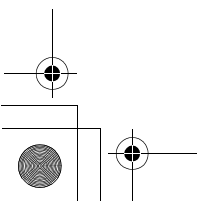
1. Read all instructions before using the appliance.
  2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
  3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
- If a fire should start:**
- Keep the oven door closed
  - Turn the oven off, and
  - Disconnect the power cord or shut off power at the fuse or circuit breaker panel.
- Keep in mind the following rules at all times:**
- 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 uses as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory 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 "Care and Cleaning" instructions on page 32.)
18. Do not mount over a sink.
19. Suitable for use above both gas and electric cooking equipment.
20. Intended to be used above ranges with maximum width 36 inches.
21. Clean the underside of the microwave oven often. Do not allow grease to build up on the microwave oven or the fan filters.
22. When flaming foods under the hood, turn the fan on.
23. Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.



## SAVE THESE INSTRUCTIONS



## 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**

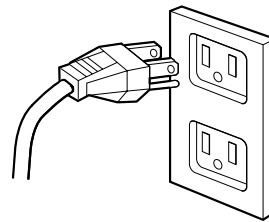
- Improper use of the grounding plug can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

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.

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.

Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

#### **Properly polarized and grounded**



#### **Three-pronged (grounding) plug**

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.

## UTENSILS

### **! CAUTION**

#### **Personal Injury Hazard**

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

See following page for further instructions "Materials you can use in microwave oven or to be avoided in 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. Do not use cracked or chipped dishes.
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. Do not use cracked or chipped dishes.
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 splattering 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. "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 splattering 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.

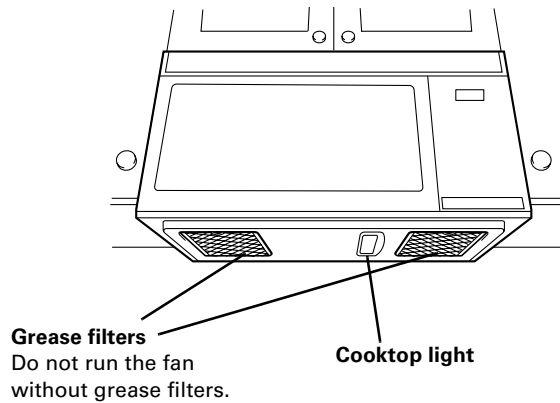
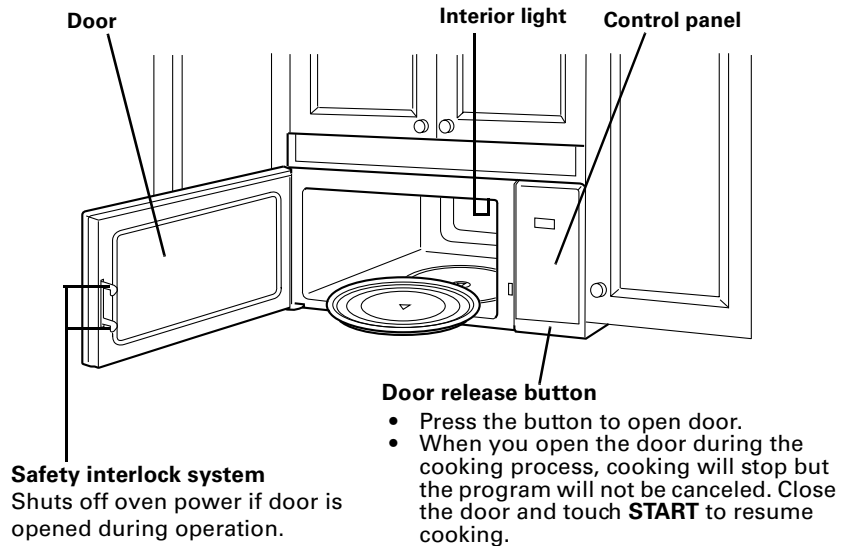
## SET UP

### NAMES OF OVEN PARTS AND ACCESSORIES

Remove the oven and all materials from the carton.

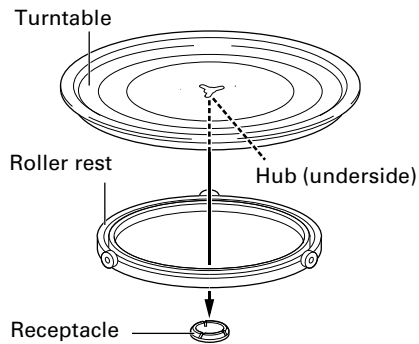
Your oven comes with the following materials and accessories:

Turntable	1
Turntable roller rest	1
Instruction Manual	1
Installation Instructions	1
Upper cabinet template	1
Wall template	1
Grease filter	2
Damper assembly	1
Hardware package	1





## 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 must always be placed on the turntable for cooking.
- **The turntable returns to its original starting position** when cooking is finished. The light and fan will remain on but 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.

SET UP

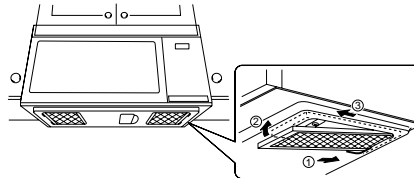
## CHARCOAL FILTER INSTALLATION

If the microwave oven has been installed for room venting, the air vented by the fan will be recirculated back into the room through a pair of disposable charcoal filters that help to remove smoke and odors. If these filters become excessively dirty or discolored, they should be replaced. Under normal conditions, these filters should be replaced once every 6 to 12 months.

### Charcoal Filter Kit

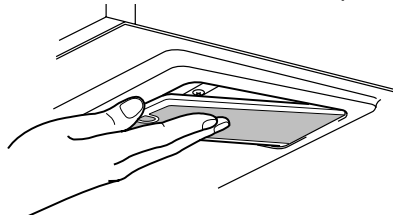
If replacement charcoal filters are not available from an authorized dealer in your area, call 1-800-726-9662 for parts ordering information. (see page 33 for more details).

1. Disconnect the power supply.
2. Grasp the charcoal filter with both hands, each one holding an opposite end of the filter.
3. Insert one end of the filter into the opening as shown. Insert other end into the opening and slide toward the front side of microwave oven until filter is securely in position.
4. Repeat for other charcoal filter.



## GREASE FILTER INSTALLATION

The reusable metal grease filters trap grease released by food on the cooktop. They also prevent damage to the inside of microwave due to flames from food on the cooktop.

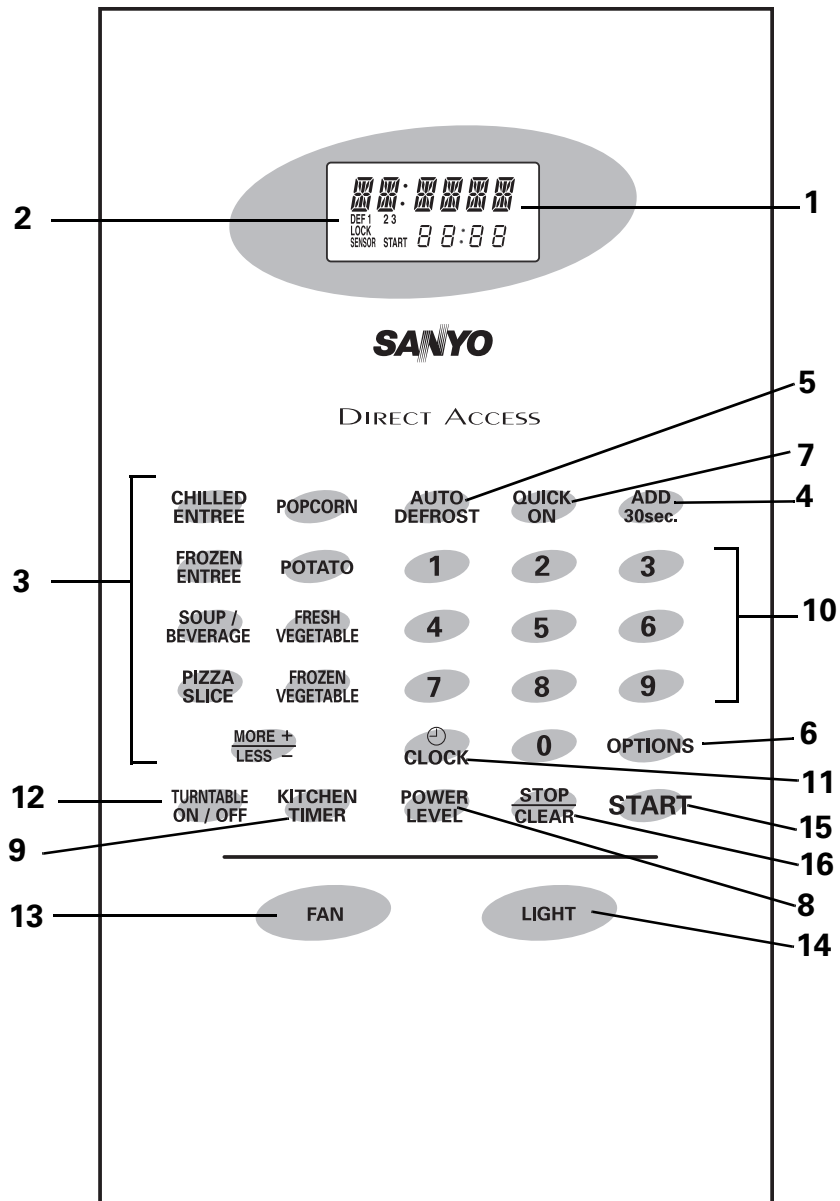


1. Disconnect the power supply.
2. Grasp the grease filter with one hand holding the ring and the other hand holding the opposite end.
3. Insert one end of the filter without ring into the opening and slide toward the rear of microwave oven.
4. Insert ring end of grease filter into the opening and slide entire filter towards the front side of the microwave oven until filter is securely in position.
5. Repeat for other grease filter.

## OPERATION

### CONTROL PANEL AND FEATURES

**Remember:** After connecting supply cord, follow word prompts for setting proper ventilation direction. The oven will not operate until ventilation direction is selected.



## CONTROL PANEL AND FEATURES (CONT.)

- (1) **Display Window**  
**Upper line:** Counts down cooking time in minutes and/or seconds. Shows clock time when oven is not in use. The word prompt scrolls to guide you when setting the clock and at every operation stage.  
**Lower line:** Shows power level when using Timed Cooking. Shows Kitchen Timer time when this feature is selected.
- (2) **Indicators**  
Indicators light or flash in the display window.  
**1/ 2/ 3:** Lights to indicate current cooking stage.  
**DEF:** Lights during Auto Defrost.  
**LOCK:** Lights to indicate the Child Lock-Out feature is set.  
**START:** Flashes to prompt you to press START.
- (3) **Direct Access keypads** (page 15)  
**CHILLED ENTREE**  
**FROZEN ENTREE**  
**SOUP/BEVERAGE**  
**PIZZA SLICE**  
**POPCORN**  
**POTATO**  
**FRESH VEGETABLE**  
**FROZEN VEGETABLE**  
**MORE/LESS**  
Adds or reduces cooking time for Direct Access menu keypads.
- (4) **ADD 30 SEC.** (page 18)
- (5) **AUTO DEFROST** (page 17)  
Provides two options. Press once to set Quick Defrost, twice to set Total Defrost.  
**TOTAL DEFROST:** Provides thorough defrosting results.  
**QUICK DEFROST:** Provides faster defrosting results. This option is excellent for thawing items such as ground meat for use in spaghetti sauce or for taco meat.
- (6) **OPTIONS** (page 16)  
Allows you to customize the following oven feature settings: beep on/off, word speed, language selection, weight selection and turbo exhaust for room venting.
- (7) **QUICK ON** (page 19)  
Used with a number key, this feature allows for the immediate start of one of 10 preset times from 30 seconds to 9 minutes.
- (8) **POWER LEVEL** (page 14)
- (9) **KITCHEN TIMER** (page 13)
- (10) **Number keys**
- (11) **CLOCK** (page 12)
- (12) **TURNTABLE ON/OFF** (page 20)  
To turn turntable on or off.
- (13) **FAN** (page 20)  
To increase or decrease fan speed.
- (14) **LIGHT** (page 20)  
To turn the regular light or night light on and off.
- (15) **START**
- To start cooking.
  - To set and cancel child lock-out.
- (16) **STOP/CLEAR**
- Clears all previous settings if pressed before cooking starts. Press once to stop oven during cooking. Press twice to stop and clear all entries.

OPERATION

### Beep Sound

A beep sounds when a keypad is pressed, to confirm your key entry.

## SELECTING VENTILATION DIRECTION

After connecting power supply cord, you must select proper ventilation direction. If your microwave oven has been installed for room venting, press number 1. If your oven has been installed for roof or wall venting, press number 2. This is to be sure that exhaust air is vented correctly.

**Example:** To set for room ventilation:

Step	Procedure	Keypad						
1	Plug in. Press 1 to select room venting.	1						
	<table border="1"> <thead> <tr> <th>Press</th> <th>Vent way</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Room Venting</td> </tr> <tr> <td>2</td> <td>Roof or Wall Venting</td> </tr> </tbody> </table>		Press	Vent way	1	Room Venting	2	Roof or Wall Venting
	Press		Vent way					
1	Room Venting							
2	Roof or Wall Venting							
2	Press any key except 1 and 2 to fix the room venting direction. Example: 3	3						

**Note:**

- If you do not select a ventilation direction, you can not use the oven.
- When you reset the ventilation direction or after a power interruption, unplug the oven from the AC outlet and plug it in again and then reset the proper ventilation direction.

## SETTING CLOCK

To set the correct time of day, follow the steps below.

**Example:** To set 3:15:

Step	Procedure	Keypad
1	Press <b>CLOCK</b> .	CLOCK
2	Press 3, 1 and 5 to enter time of day.	3 1 5
3	Press <b>CLOCK</b> . The clock begins operation.	CLOCK

**Note:**

- If the clock (or display) shows any abnormality, unplug the oven from the AC outlet. Plug it in again and then reset the clock.
- When your oven is plugged in for the first time or after a power interruption, reset the clock.
- This is a 12-hour clock.
- You can use the oven without setting the clock.
- The clock display can be turned off. See page 16 (Optional Settings) for more details.

## CHILD LOCK-OUT

The oven has a safety feature which prevents use by children. This feature locks the operation of the oven until canceled.

**To set:**

Step	Procedure	Keypad
1	Press <b>START</b> and hold for 4 seconds. LOCK appears in the display.	START






**To cancel:**

Step	Procedure	Keypad
1	Press <b>START</b> and hold for 4 seconds. LOCK disappears from the display.	START

## KITCHEN TIMER

You can set and use the Kitchen Timer function independently, or while a cooking program is in progress. The Kitchen Timer will be displayed on the lower line of the display.

**Example:** To set timer for 3 minutes:

Step	Procedure	Keypad
<b>1</b>	Press <b>KITCHEN TIMER</b> .	
<b>2</b>	Press <b>3</b> , <b>0</b> and <b>0</b> to set 3 minutes. (up to 99 minutes 99 seconds)	  
<b>3</b>	Press <b>START</b> . The timer starts counting and oven will beep for 7 seconds when time is up.	

- Note:**
- To clear a Kitchen Timer setting, press **STOP/CLEAR**. If you are using both Kitchen Timer and cooking, press **KITCHEN TIMER**. Kitchen Timer on the lower line of the display flashes for 5 seconds. Press **STOP/CLEAR** while Kitchen Timer on the lower line of display flashes. The Kitchen Timer will stop but the oven continues cooking to the end.
  - To stop beeps of Kitchen Timer, touch **KITCHEN TIMER**.
  - Kitchen Timer will not beep if the oven beeps at the same time to indicate another oven operation (the end of a cooking, for example).
  - If you do not enter a time for 10 seconds after step 1, the setting is cleared with a beep.
  - If cooking completes while you are setting the Kitchen Timer, all settings are cleared. Restart from step 1.
  - If no key is touched for 5 seconds after the last key entry at step 2 above, the timer automatically starts.

OPERATION

## TIMED COOKING

This basic microwave cooking method allows you to cook food for a desired time. The oven can be programmed up to 99 minutes 99 seconds. In addition to the **P100** (maximum) power level, you can select different microwave power from 10 levels, **P 0** to **P90** (0-90% of total power level).




### Multistage Cooking:

You can program oven for 3 cooking stages. Each stage can be programmed with a different power level and time. To program 2-stage or 3-stage cooking, repeat Timed Cooking steps 1 and 2 on page 14 and press **START**. The oven will automatically proceed to the end of cooking stages.

### Delay Start Cooking:

You can delay the time when you want cooking to start. Cooking can be delayed up to 99 minutes and 99 seconds. To delay cooking, follow procedure for multistage cooking, but for stage1 use power level **P 0**.

**Example:** To cook at power level P80 for 40 seconds:

Step	Procedure	Keypad																								
<b>1</b>	Enter 40 seconds by pressing <b>4</b> and <b>0</b> .																									
<b>2</b>	Press <b>POWER LEVEL</b> until <b>P80</b> appears in the display. <table border="1" data-bbox="422 571 853 896"> <thead> <tr> <th>Power level</th> <th>Press</th> </tr> </thead> <tbody> <tr> <td>P100 (100%)</td> <td>once</td> </tr> <tr> <td>P90(90%)</td> <td>twice</td> </tr> <tr> <td>P80(80%)</td> <td>3 times</td> </tr> <tr> <td>P70(70%) Medium High</td> <td>4 times</td> </tr> <tr> <td>P60(60%)</td> <td>5 times</td> </tr> <tr> <td>P50(50%) Medium</td> <td>6 times</td> </tr> <tr> <td>P40(40%)</td> <td>7 times</td> </tr> <tr> <td>P30(30%) Med Low/Defrost</td> <td>8 times</td> </tr> <tr> <td>P20(20%)</td> <td>9 times</td> </tr> <tr> <td>P10(10%)</td> <td>10 times</td> </tr> <tr> <td>P 0 (0%)</td> <td>11 times</td> </tr> </tbody> </table>	Power level	Press	P100 (100%)	once	P90(90%)	twice	P80(80%)	3 times	P70(70%) Medium High	4 times	P60(60%)	5 times	P50(50%) Medium	6 times	P40(40%)	7 times	P30(30%) Med Low/Defrost	8 times	P20(20%)	9 times	P10(10%)	10 times	P 0 (0%)	11 times	
Power level	Press																									
P100 (100%)	once																									
P90(90%)	twice																									
P80(80%)	3 times																									
P70(70%) Medium High	4 times																									
P60(60%)	5 times																									
P50(50%) Medium	6 times																									
P40(40%)	7 times																									
P30(30%) Med Low/Defrost	8 times																									
P20(20%)	9 times																									
P10(10%)	10 times																									
P 0 (0%)	11 times																									
<b>3</b>	Press <b>START</b> .																									

- Note:**
- If no power level is entered, the power level will always be **P100** (100%).
  - Foods with high moisture content should be cooked on **P100** power.
  - To check the power level during cooking, press **POWER LEVEL**.
  - Refer to pages 24 - 29 for Timed Cooking Charts specifically for appetizers and snacks, rice, vegetables, meats, poultry and fish, eggs, and baked goods and desserts.
  - To change power level during cooking, Press **POWER LEVEL**. Power level on the lower line of the display flashes for 3 seconds. During this time, Press **POWER LEVEL** repeatedly until your desired power appears.



#### POWER LEVEL SETTING GUIDE

<b>P100</b>	<ul style="list-style-type: none"> <li>• Cooking poultry, vegetables, and most casseroles.</li> <li>• Boiling water.</li> <li>• Preheating a browning dish.</li> </ul>	<b>P50 Medium</b>	<ul style="list-style-type: none"> <li>• Cooking custards and pasta.</li> <li>• Cooking rump roast, ham, veal, lamb.</li> </ul>
<b>P90</b>	<ul style="list-style-type: none"> <li>• Reheating rice and pasta.</li> </ul>	<b>P40</b>	<ul style="list-style-type: none"> <li>• Cooking less tender cuts of meat in liquid or slow-cooking dishes.</li> <li>• Completing the cooking cycle of less tender roasts.</li> </ul>
<b>P80</b>	<ul style="list-style-type: none"> <li>• Reheating precooked or prepared food quickly.</li> <li>• Cooking fish.</li> </ul>	<b>P30 Med Low/ Defrost</b>	<ul style="list-style-type: none"> <li>• Completing the cooking cycle of casseroles, stews, sauces.</li> <li>• Time defrosting.</li> </ul>
<b>P70 Medium High</b>	<ul style="list-style-type: none"> <li>• Cooking cheese dishes.</li> </ul>	<b>P20</b>	<ul style="list-style-type: none"> <li>• Softening chocolate.</li> <li>• Clarifying butter.</li> <li>• Heating breads, rolls, pancakes, tacos, tortillas, French toast.</li> </ul>
<b>P60</b>	<ul style="list-style-type: none"> <li>• Cooking scrambled eggs.</li> <li>• Baking cakes.</li> </ul>	<b>P10</b>	<ul style="list-style-type: none"> <li>• Softening cream cheese, butter.</li> <li>• Keeping casseroles warm.</li> </ul>

## DIRECT ACCESS COOKING

Direct Access Cooking allows you to reheat or cook food automatically without entering power level or time. Choose the appropriate keypad and press 1 - 4 times, depending on the serving size or weight, and press **START**.

**Example:** To heat 2 servings of soup:

Step	Procedure	Keypad
<b>1</b>	Press <b>SOUP/ BEVERAGE</b> twice.	
<b>2</b>	Press <b>START</b> . The time counts down in the display.	

### Direct Access Cooking Serving Sizes:

Food Keypad	Press Food Keypad			
	once	twice	3 times	4 times
<b>CHILLED ENTREE</b>	1 serving (6 oz)	2 servings (9 oz)	3 servings (12 oz)	-
<b>FROZEN ENTREE</b>	6 oz	9 oz	15 oz	20 oz
<b>SOUP/BEVERAGE</b>	1 serving (8 oz)	2 servings (16 oz)	3 servings (24 oz)	-
<b>PIZZA SLICE</b>	1 slice (3 oz)	2 slices (6 oz)	3 slices (9 oz)	-
<b>POPCORN</b>	3.5 oz	3.0 oz	1.75 oz	-
<b>POTATO</b>	1 potato (6 oz)	2 potatoes (12 oz)	3 potatoes (18 oz)	-
<b>FRESH VEGETABLE</b>	4 oz	8 oz	12 oz	-
<b>FROZEN VEGETABLE</b>	5 oz	10 oz	16 oz	-

OPERATION

### MORE/LESS TIME ADJUSTMENT

The **MORE+/LESS** - keypad allows fine adjustments in Direct Access microwaving by either increasing or decreasing the preprogrammed cooking time.

You can change the cooking time by pressing **MORE/LESS** key once or twice.

To increase the time, press **MORE/LESS** once, and press **START**.

To decrease the time, press **MORE/LESS** twice, and press **START**.



## OPTIONAL SETTINGS

The **OPTIONS** key allows you to customize oven feature settings as shown below.

### Optional Features:

Features	Press <b>OPTIONS</b>	Press number
<b>Word Prompt on/off</b> The Word Prompt may be turned on or off*.	once	1-ON 2-OFF *Prompt words may be shortened.
<b>Clock on/off</b> The clock display can be turned off and back on.	twice	1-ON 2-OFF
<b>Beep on/off</b> The beep sound may be turned off and back on.	3 times	1-ON 2-OFF
<b>Word Speed Setting</b> The word speed can be changed to your preference.	4 times	1-HIGH 2-MEDIUM (default setting) 3-LOW
<b>Language Selection</b> You can select from English, Spanish or French for display.	5 times	1-ENGLISH (default setting) 2-ESPAÑOL 3-FRANÇAIS
<b>Weight Selection</b> The weight unit can be change to your preference.	6 times	1-LB (default setting) 2-KG
<b>Turbo Exhaust</b> To increase air speed of exhaust fan for room ventilation. This option only appears on display when Room Venting is selected.	7 times	1-YES (Exhaust fan operates at highest speed.) 2-NO (Exhaust fan speed will not change.)

**Example:** To select Spanish for Word Prompt display:

Step	Procedure	Keypad
<b>1</b>	Press the <b>OPTIONS</b> key 5 times until language choice prompt appears: 1-ENGLISH 2-ESPAÑOL 3-FRANCAIS	
<b>2</b>	Press <b>2</b> to select Spanish.	

**Note:** When first plugged in, the oven will automatically display English in the Word Prompt display.






## AUTOMATIC DEFROST BY WEIGHT

Automatic Defrost allows you to easily defrost food. Power levels and times are automatically determined when the food weight is entered.

**TOTAL DEFROST:** Use for thorough defrosting of larger, dense frozen foods, when it is important to have the center section defrosted as well as the outside. Ideal for items such as roasts, whole chicken and steak.

**QUICK DEFROST:** Use to assist separation of frozen pieces of chicken or fish that need preparation prior to cooking. Excellent for defrosting ground meat for use in spaghetti sauce or taco meat.

**Example:** To thoroughly defrost a 2.5 lb whole chicken:

Step	Procedure	Keypad																				
<b>1</b>	Press <b>AUTO DEFROST</b> twice to select Total Defrost course. <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Press</th> <th>Defrost course</th> </tr> </thead> <tbody> <tr> <td>once</td> <td>QUICK DEFROST</td> </tr> <tr> <td>twice</td> <td>TOTAL DEFROST</td> </tr> </tbody> </table>	Press	Defrost course	once	QUICK DEFROST	twice	TOTAL DEFROST															
Press	Defrost course																					
once	QUICK DEFROST																					
twice	TOTAL DEFROST																					
<b>2</b>	Enter the weight of food. Weight must be converted to pounds and tenths (0.1) of a pound. Example: 2 lb. 8 oz. = 2.5 lbs <b>Conversion Chart:</b> <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Ounces</th> <th>Tenths of a Pound</th> </tr> </thead> <tbody> <tr><td>1 - 2</td><td>0.1</td></tr> <tr><td>3 - 4</td><td>0.2</td></tr> <tr><td>5</td><td>0.3</td></tr> <tr><td>6 - 7</td><td>0.4</td></tr> <tr><td>8</td><td>0.5</td></tr> <tr><td>9 - 10</td><td>0.6</td></tr> <tr><td>11 - 12</td><td>0.7</td></tr> <tr><td>13</td><td>0.8</td></tr> <tr><td>14 - 15</td><td>0.9</td></tr> </tbody> </table>	Ounces	Tenths of a Pound	1 - 2	0.1	3 - 4	0.2	5	0.3	6 - 7	0.4	8	0.5	9 - 10	0.6	11 - 12	0.7	13	0.8	14 - 15	0.9	
Ounces	Tenths of a Pound																					
1 - 2	0.1																					
3 - 4	0.2																					
5	0.3																					
6 - 7	0.4																					
8	0.5																					
9 - 10	0.6																					
11 - 12	0.7																					
13	0.8																					
14 - 15	0.9																					
<b>3</b>	Press <b>START</b> . Total defrost time appears in the display.																					

OPERATION

### Defrosting Techniques:

- Remove freezer paper, plastic wrap or foil wrap. Place food in a microwave-safe dish.
- To prevent thin parts and edges from becoming too warm and cooking before center of food is defrosted, shield with small pieces of aluminum foil.
- Because some foods will still be icy in the center, it is necessary to have standing time after defrosting the food in the oven. Food should be taken out of the oven to complete defrosting. A longer standing time might be required for denser foods such as roasts.
- The Total Defrost includes preset standing time.
- **Timed Defrosting:** Use power level **P30** (Medium Low). For most frozen foods, allow approximately 5 minutes per pound. To speed up the defrosting of dense foods over 1 lb, you may start on **P100 for 2 minutes**. Then reduce to the power level **P30** and enter remaining time.

- Note:**
- Maximum weight for defrosting is 5.9 lbs. If weight is entered at more than 5.9 lbs, a beep sounds to alert you to enter correct weight.
  - The oven selects 1 lb if a weight is not entered.
  - **Beep tone sounds 5 times during the defrosting cycle to signal that food should be rearranged to improve defrosting performance.** The oven continues the defrosting cycle to the end if you do not open the door.
  - Food can be defrosted in a styrofoam package.

### DEFROSTING CHART

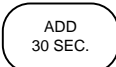

Item	During Defrosting
Ground Meat (Beef, Poultry)	Turn over. Remove defrosted portions.
Steaks/Chops/Ribs/Roasts/Whole Chicken/Meat Pieces such as Chicken Pieces, Liver, Stew Meat, Bacon, Fish or Seafood	Turn over and rearrange. Shield warm or defrosted portions with small pieces of aluminum foil. Break apart pieces and remove any meat or fish that is almost thawed. Some ice crystals should remain. Rinse chicken pieces, Cornish hens and fish fillets in cold water to separate after defrosting.

### ADD 30 SECONDS

This feature provides 2 functions:

- Allows you to cook for only 30 seconds on P100 (maximum power).
- Allows you to extend a cooking time by 30 seconds without pressing **START**. You can repeat this option up to 3 times during Timed Cooking.

**Example:** To set 30-second cooking:



Step	Procedure	Keypad
<b>1</b>	Press <b>ADD 30 SEC.</b> once.	
<b>2</b>	Press <b>START</b> . The display shows time countdown.	

**Note:** This feature cannot be used during Direct Access Cooking or Auto Defrost by weight.

## QUICK-ON COOKING

A time-saving feature, this simplified control lets you quickly set and start microwave cooking without pressing **START**.

**Example:** To set Quick-On cooking for 2 minutes:

Step	Procedure	Keypad						
<b>1</b>	Press <b>QUICK ON</b> .							
<b>2</b>	Press <b>2</b> . The display shows time counting down. <table border="1" style="margin: 10px auto;"> <thead> <tr> <th>Press</th> <th>Cooking time</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">30 seconds</td> </tr> <tr> <td style="text-align: center;">1 - 9</td> <td style="text-align: center;">1 - 9 minutes</td> </tr> </tbody> </table>	Press	Cooking time	0	30 seconds	1 - 9	1 - 9 minutes	
Press	Cooking time							
0	30 seconds							
1 - 9	1 - 9 minutes							

**Note:** This feature only cooks at highest power level (P100).

### QUICK-ON REHEATING AND COOKING CHART

Reheating	Amount	Time	Special Notes
<b>Meat</b> Chili, stews	2 cups	3 - 4 min.	Place in microwave-safe dish. Cover. Stir halfway through cooking time.
Hamburgers, meat loaf slices	1 serving 2 servings	1/2 - 1 min. 1 - 2 min.	Place on microwave-safe plate. Cover with paper towel. Turn over once.
<b>Poultry</b> Chicken pieces	2 4	1 - 2 min. 2 - 3 min.	Heat on microwave-safe plate. Cover with wax paper. If fried, cover with paper towel.
Chicken, turkey, sliced	3 - 5 oz	1 - 2 min.	Heat on microwave-safe plate. Cover with wax paper.
<b>Seafood</b> Shrimp, crab, or scallops in sauce, frozen	6 1/2 oz	3 - 5 min.	Pierce pouch and place on microwave-safe plate. Flex pouch to mix halfway through cooking time.
<b>Cooked rice, pasta</b>	1 cup (250 mL) 2 cups (500 mL)	1 - 2 min. 2 - 3 min.	Heat in microwave-safe casserole, covered with plastic wrap.
<b>Canned vegetable</b>	8 oz 15 oz	1 - 2 min 2 - 3 min.	Use microwave-safe casserole, covered. Stir once.
Cooking	Amount	Time	Special Notes
<b>Mashed potatoes</b> instant	4 servings	3 - 5 min.	Follow package directions. Reduce liquid by 1 tbsp (15 mL).
<b>Pudding and pie filling mix</b>	3 1/4 oz	4 - 6 min.	Follow package directions. Stir once.
<b>Cereals</b> Cream of wheat (regular)	1/4 cup (50 mL)	1 - 2 min.	Add 3/4 cup (175 mL) of water. Cook uncovered. Stir once. Let stand for 1 minute.

OPERATION

## TURNTABLE SETTING

The turntable plays an important part in even heat distribution in your microwave oven. The turntable, however, may be turned off to accommodate large dishes. Press **TURNTABLE ON/OFF** once to set turntable off and twice to set turntable back on. It is better to keep turntable on for optimum results.

Press	Turntable setting
once	OFF
twice	ON

- Note:**
- Even if you change turntable setting to off mode, your turntable will turn back ON when cooking is over.
  - This feature can only be set with Timed Cooking. You cannot turn off the turntable when using Direct Access Cooking or Auto Defrost by weight.
  - The turntable will not return to its original starting position when cooking is finished if set to the TURNTABLE OFF mode.
  - When your turntable is selected to off mode, rotate or rearrange the dish halfway through cooking for best results.

## FAN SPEED CONTROL

This feature allows you to vent air from around the cooktop. Press once to set HIGH speed, twice to set LOW speed or 3 times to turn the fan off.

Press	Fan speed
once	HIGH
twice	LOW
3 times	OFF

### Automatic Fan:

When the oven senses too much heat rising from the cooktop below it, the fan automatically turns on at LOW speed to protect the microwave oven. The fan automatically turns off when the internal parts are cool and back to a safe level. When the fan is in automatic operation, ✱ flashes in the display.

## LIGHT

There are two light settings: regular and night light.

Press	Cooktop Light
once	Regular Light
twice	Night Light
3 times	OFF

- Note:**
- The light turns off automatically after 3 hours.

## COOKING GUIDE

### COOKING PRINCIPLES AND TECHNIQUES

The advantages of microwave cooking are speed and efficiency. For warming, heating, and defrosting, nothing compares. Here are a few tips that will make microwaving easier and more enjoyable.

#### Microwave Cooking Principles

Because microwave cooking requires only one-quarter to one-third the time of conventional cooking, the same cooking principles become even more important.

#### Quantity

In microwave cooking, the cooking time is dependent on the amount of food in the oven. If you double the recipe, plan on doubling the cooking time.

#### Density

Dense foods, such as potatoes, need more cooking time as they take longer for microwave energy to penetrate and the heat to conduct through them.

#### Shape and Size

Cut food into uniform shapes and sizes for even cooking in the microwave. When cooking irregular shapes (such as chicken pieces), place the thicker parts to the outer edge of the dish.

#### Moisture, Sugar and Fat

Food high in moisture, sugar or fat cook faster. Add a minimum of liquid to moisten foods. Excessive amounts of water slow cooking.

#### Starting Temperature

Frozen or refrigerated foods take longer to microwave than food at room temperature.

#### Delicate Ingredients

Delicate foods such as eggs, cheese, mayonnaise, etc., cook very quickly, and should be watched carefully.

#### Microwave Cooking Techniques

**Arranging:** Arrange food in a circular pattern, with denser, thicker items at the edge of the dish.

**Piercing:** Pierce the membrane of foods such as eggs, oysters, snails, sausages, livers, clams and whole vegetables, so they do not burst.

**Reheating:** Cooked food reheat extremely well by using a low level of microwave energy. Place denser foods near the outer edge of the dish when reheating.

**Covering:** Most foods will cook and reheat better when covered. Pierce plastic wrap to vent steam.

**Stirring:** Stir foods to help cook/reheat more quickly and evenly.

**Turning Over:** To promote even cooking, turn larger solid items such as roasts or baked potatoes over halfway through the cooking time.

**Shielding:** Use small, smooth strips of aluminum foil to prevent corners, thin or bony areas from overcooking.

**Standing Time:** Foods continue cooking even after removal from the oven. Standing time is necessary to allow foods to complete cooking/defrosting.

#### Converting Recipes

Microwave recipes will likely call for less liquid and cooking time.

#### Microwave Thermometers

For best results, a microwave-safe thermometer can be carefully and properly inserted into the food. The guide below gives suggested thermometer readings for meat and poultry. Keep in mind that standing time is essential for most food to reach its proper serving temperature.

#### Guide to Internal Temperatures

140°F (60°C)	. Rare beef
150°F (66°C)	. Vegetables, hot drinks, soups, casseroles
160°F (71°C)	. Medium beef, lamb, veal
165°F (74°C)	. Well-done beef, lamb
170°F (77°C)	. Whole fish
185°F (85°C)	. Well-done pork, poultry pieces or roasted bird

## DIRECT ACCESS COOKING

### COOKING/REHEATING TIPS

#### FROZEN ENTREE

- For "crisping" special packaged frozen foods such as pizzas, French fries and pocket sandwiches. They should be cooked according to manufacturer's directions.
- If entrée contains a sauce that may bubble over (such as pot pies or macaroni and cheese), place container on a microwave-safe plate to catch spills.

#### SOUP/BEVERAGE

- When cooking canned soups, remove soup from can and place in a microwave-safe dish. Add milk or water as directed on can. Cover.

#### POPCORN

- Do not use this feature if popcorn bag size is not 3.5 oz, 3.0 oz or 1.75 oz.
- Do not leave the oven unattended when popping popcorn.
- Supervise children closely.

#### Caution:

- 1) Pop only one bag at a time.
- 2) Do not reheat unpopped kernels or reuse bag. Overcooking can result in an oven fire.
- 3) Never use a brown paper bag for popping corn.
- 4) After popping, open bag carefully as popcorn and steam are extremely hot.

#### POTATO

- Arrange multiple potatoes in a circular pattern with heavier ends pointing toward the outer edge of the turntable.
- Do not place potato in the center of oven when cooking.

#### FRESH VEGETABLE

- Place in a bowl or dish. Add 1 tablespoon water per serving. Cover.
- Weight shown is for washed, prepared vegetables.

#### FROZEN VEGETABLE

- **Frozen vegetables in a pouch:** Remove frozen vegetables from package and place them in a microwave-safe casserole or dish.

### Direct Access Cooking/Reheating Guide

Item/ Amount	Press keypad	Special Notes	Starting Temp.
Casserole/entree, lasagna, macaroni and cheese or other similar types.	<b>CHILLED ENTREE</b> (1 - 3 servings)	Cover with plastic wrap or casserole lid. Stir after reheating. Foods that cannot be stirred (Ex. lasagna) should be allowed to stand covered for a few minutes after reheating.	Refridge.
Plate of food, pasta in sauce, meatloaf dinner, turkey dinner or other similar types.		Arrange less dense foods in the center of plate. To reheat 2 to 3 servings, place on large plate. Cover with plastic wrap. Allow to stand covered for a few minutes after reheating.	
Frozen entrees, such as lasagna, macaroni and cheese or other similar types.	<b>FROZEN ENTREE</b> (6, 9, 15, 20 oz)	Follow package directions for removing or venting cover, piercing pouch, replacing foil, covering with plastic wrap, etc.	Frozen

Item/ Amount	Press keypad	Special Notes	Starting Temp.
Coffee/Tea 1 serving (8 oz)	<b>SOUP/ BEVERAGE</b> (1 - 3 servings)	No cover. Stir after reheating.	Room/ Refridge.
Soup 1 serving (8 oz)		Cover. Stir after reheating.	
Milk 1 serving (8 oz)		No cover. Stir after reheating. For hot chocolate, etc.	
Cooked pizza 1 slice (3 oz)	<b>PIZZA SLICE</b> (1 - 3 slices)	Place on paper towel or paper plate or leave in uncovered cardboard box, point toward center. <b>CAUTION:</b> Be careful when eating pizza. The pizza surface and sauce can be very hot.	Room/ Refridge.
Popcorn	<b>POPCORN</b> (3.5 oz, 3.0 oz, 1.75 oz)	Unfold the bag and place in oven according to directions.	Room
Potatoes, white, baking 1 potato (6 oz)	<b>POTATO</b> (1 - 3 potatoes)	Pierce skin with fork. Place on a paper towel. Turn over halfway through cooking. Let stand 3 -5 minutes after cooking.	Room
Artichokes, beans, broccoli, Brussel sprouts, cabbage, carrots, corn, cauliflower, eggplant, mushrooms, onion, okra, peas, spinach, squash, zucchini, or a mixture of these.	<b>FRESH VEGETABLE</b> (4, 8, 12 oz)	Wash. Prepare and cut into slices, cubes, wedges, or julienne strips. Place in a microwave-safe bowl or dish. Add 1 tablespoon water per serving. Cover.	Room/ Refridge.
Broccoli, Brussels sprouts, carrots, corn, cauliflower, green beans, peas, spinach, or a mixture of these.	<b>FROZEN VEGETABLE</b> (5, 10, 16 oz)	Follow package directions for adding water, piercing pouch, cooking in a dish, venting package, etc.	Frozen

## TIMED COOKING - APPETIZERS AND SNACKS

### Reheating Guide - Convenient Appetizers and Snacks

Cook on P100 power.

Item	Reheating Time	Special Notes
Bagel dogs Frozen: 1 Room temp: 1	1½ min. 1 min.	Place on paper towel. Let stand for 1 minute after heating.
Corn dogs Frozen: 1	1 min.	Remove from wrapper and wrap in paper towel. Let stand for 1 minute after heating.
Burritos Frozen: 1 Room temp: 1	2 min. 1 min.	Place on paper plate or microwave-safe dish. Turn over halfway through cooking. Let stand for 1 minute after heating.
Taquitos Frozen: 3 6	1 min. 2 min.	Place on microwave-safe plate. Let stand for 1 minute after heating.
Mini pizza, pocket snacks Frozen: 6	1 min.	Place in a circle on microwave-safe plate. Let stand for 1 minute after heating.
Mini egg rolls Frozen: 6 12	1 min. 2 min.	Place egg rolls in circle on paper towel. Let stand for 1 minute after heating.
Chicken or turkey nuggets Frozen: 3 6	1 min. 2 min.	Remove nuggets from bag and place on paper towel. Let stand for 1 minute after heating.
Meatballs Frozen: 6 10	1 min. 2 min.	Use microwave-safe plate lined with paper towels. Place meatballs in circle. Let stand for 1 minute after heating.
Nacho cheese sauce Room temp: 16 oz.	1 min.	Place sauce in microwave-safe dish. Stir halfway through heating and after heating. <b>CAUTION:</b> Sauce may be very hot after heating.

## TIMED COOKING - RICE

### Cooking Guide - Rice

Use a 3-quart (3 L) microwave-safe casserole dish. Heat water 4 to 7 minutes to boil. Add rice, salt and butter or margarine. Cover tightly. Set cooking time and power level according to chart. Let stand for 5 minutes after cooking.

Rice	Water	Power	Cooking Time
Long Grain, 1 cup (250 mL)	1¾ cups (425 mL)	P30	20 - 25 min.
Short Grain, 1 cup (250 mL)	1½ cups (375 mL)	P30	22 - 27 min.

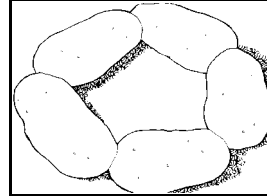


## TIMED COOKING - VEGETABLES

### Fresh Vegetables

Spread out cut vegetables in a shallow microwave-safe dish. Add water as recommended in chart. If desired, add salt to water or salt after cooking. Cook covered. Whole vegetables such as potatoes, squash or eggplant should be pierced and arranged in a circular pattern with heavier ends pointing towards the outer edge of dish.

Halfway through cooking, stir, rearrange and/or turn vegetables over. Let stand, covered. Whole vegetables should stand 10 minutes and cut vegetables 5 minutes.



### Fresh Vegetable Cooking Chart

Cook on P100 power. All weights in this chart are weights after peeling and trimming.

Vegetable	Amount	Water	Approx. Cooking Time
Asparagus, spears	1 lb (450 g)	2 tbsp (30 mL)	3 - 4 min.
Beans, green or wax, cut in pieces	1 lb (450 g)	1/4 cup (50 mL)	5 - 7 min.
Broccoli, cut in pieces	1 lb (450 g)	1/4 cup (50 mL)	3 - 5 min.
Brussels sprouts	10 oz. (280 g)	1/4 cup (50 mL)	3 - 5 min.
Cabbage shredded	1 lb (450 g)	1/4 cup (50 mL)	5 - 6 min.
Carrots, sliced or diced	1 lb (450 g)	2 tbsp (30 mL)	5 - 7 min.
Cauliflower, chopped	1 medium	1/4 cup (50 mL)	3 - 5 min.
Corn on the cob	1 ear 2 ears 4 ears	none none none	2 - 5 min. 5 - 8 min. 10 - 13 min.
Mushrooms, sliced	1/2 lb (230 g)	2 tbsp (30 mL)	2 - 4 min.
Peas, green, shelled	1 lb (450 g)	1/4 cup (50 mL)	5 - 7 min.
Potatoes, white, baking, 6 - 8 oz. (170 - 230 g) each. Pierce skin.	1 2 4	none none none	3 1/2 - 6 min. 6 - 8 min. 8 - 11 min.
Potatoes, red, boiling	3	1/4 cup (50 mL)	7 - 9 min.
Spinach, leaf	1 lb (450 g)	none	3 - 5 min.
Squash, pierce with fork	1 1/2 lb (680 g)	none	7 - 9 min.
Zucchini, sliced	1 lb (450 g)	1/4 cup (50 mL)	5 - 7 min.

## TIMED COOKING - MEATS, POULTRY AND FISH

### PREPARATION

- Use a microwave-safe dish.
- Defrost frozen food completely.
- Wash poultry and fish in cool water.
- Arrange small items in a single layer in dish, avoid overlapping edges of food.
- Place thick sections toward edge of the dish.
- Use a rack in the dish to elevate meat out of the juices.
- Use spices, seasonings as desired.
- Add salt after cooking if necessary.
- Aluminum foil can be used to cover thin parts of meat or poultry wings and legs to prevent overcooking.
- Foil should be applied toward the end of cooking time.
- Place meat fat side down.

### COOKING

- Use wax paper or plastic wrap to stop splattering.
- Turn over or rearrange meat, poultry and fish halfway through cooking time.

### CHECKING DONENESS

**Beef:** The color inside meat indicates doneness. Rare roast should be red inside. Medium is pink and gray indicates well done.

**Pork:** Cooked pork meat should be gray with clear juice.

**Poultry:** Juices should be clear yellow when cooked. Legs should move freely.

**Fish and Seafood:** Should be opaque in color and flake easily.

To check internal temperature of various meats and poultry, use a microwave or conventional meat thermometer after removing meat from the oven. Insert the thermometer avoiding bone or fat. Lower temperatures are found in the center of the roast or in the muscle close to a large bone. **Never use a conventional meat thermometer in the microwave oven.**

Return undercooked food to oven for a short period of time at the recommended power level. Let stand as recommended in chart. Cover roasts and whole poultry during stand time.

Food	Power	Cooking Time	Standing Time	Special Notes
<b>Beef</b> 4 oz each				Place in a shallow dish and cover loosely with wax paper. Turn over halfway through cooking.
Hamburgers, refrigerated	2 P100 4 P100	2 - 4 min. 4 - 6 min.	2 min. 2 min.	
Hamburgers, frozen	2 P100 4 P100	4 - 6 min. 7 - 9 min.	3 min. 3 min.	Defrost frozen patties just enough to easily separated. Turn over halfway through cooking.
Roasts, tender 1 lb	P50	10 - 13 min.	10 - 15 min.	Cover with wax paper. Shield halfway through cooking and turn roast over if necessary. Stand tented with foil.

Food	Power	Cooking Time	Standing Time	Special Notes
<b>Beef</b> Meat loaf, 1 1/2 lb	P50	15 - 20 min.	5 min.	Arrange in loaf dish. Cover with wax paper.
<b>Pork</b> Chops, loin 1/2 inch thick, 7 oz each	1 P100 2 P100 4 P100	3 - 5 min. 6 - 8 min. 9 - 11 min.	2 min. 3 min. 3 min.	Place in a shallow dish. Cover loosely with wax paper. Turn over halfway through cooking.
Pork roast, 1 lb	P50	12 - 15 min.	10 - 15 min.	Cover with wax paper. Shield halfway through cooking and turn roast over if necessary. Approx. temp. after standing: 170°F to 175°F (77°C to 79°C)*
Ham, slice 1 inch thick, 1 lb	P100	7 - 9 min.	5 min.	Cover with wax paper. Turn over halfway through cooking.
Sausage links, Wieners, fresh 1 - 2 oz each	2 P100 4 P100	1/2 - 2 min. 1 - 3 min.	1 min. 1 min.	Score or pierce before cooking. Cover with wax paper. Turn over once.
Bacon, slices	2 P100 4 P100	1 1/2 - 2 min. 2 1/2 - 4 min.	1 min. 1 min.	Cook on bacon rack and cover with a paper towel, or place bacon between two sheets of paper towel on dish. Do not turn bacon over.
<b>Lamb</b> Chops, shoulder 1/2 inch thick	1 P100 2 P100	2 - 4 min. 4 - 6 min.	2 min. 5 min.	Cover loosely with wax paper.
<b>Poultry</b> Chickens, whole, up to 4 lb 1 lb Cornish hens 1 lb	P100 P100	6 - 9 min. 5 - 8 min.	10 min. 10 min.	Place breast-side down on a roasting rack in a dish. Cover with plastic wrap or wax paper. Turn over halfway through cooking. Stand tented with foil. When cooked, internal temperature should be 185°F (85°C) and juices should run clear.

\*Check with conventional thermometer.

**COOKING GUIDE**

Food	Power	Cooking Time	Standing Time	Special Notes
<b>Poultry</b> Chicken pieces, up to 2 lb 1 lb	P100	5 - 8 min.	5 min.	Arrange skin-side up in a baking dish. Halfway through cooking, place meatier portions toward edge of dish. Cover with plastic wrap or lid.
<b>Fish and Seafood</b> Fish fillets, $\frac{3}{4}$ lb Fish steaks 2, 6 oz each Scallops 1 lb Shrimp, medium size, shelled and cleaned, 1 lb Whole fish, stuffed or unstuffed, $1\frac{1}{2}$ to $1\frac{3}{4}$ lb	P100 P50 P70 P70 P100	4 - 6 min. 6 - 9 min. 4 - 7 min. 4 - 7 min. 7 - 10 min.	3 min. 5 min. 3 min. 3 min. 5 min.	Arrange in a single layer in dish. Cover with wax paper. Rearrange or stir shrimp or scallops halfway through cooking.

## TIMED COOKING - EGGS

### SCRAMBLED EGGS

Break eggs into a microwave-safe glass measure.

Add 1 tablespoon milk and 1 teaspoon butter for each egg.

Beat with a fork.

Cook at **Power Level P60** according to time in the chart. Stir at least once during cooking time.

Stir after cooking, and let stand for 1 minute.

Eggs	Cooking Time
1	$\frac{3}{4}$ - $1\frac{1}{2}$ min.
2	$1\frac{1}{2}$ - $2\frac{1}{2}$ min.
3	$2\frac{1}{4}$ - 4 min.
4	$3\frac{1}{4}$ - 5 min.

### POACHED EGGS

Use 6-ounce (170 mL) microwave-safe custard cup with  $\frac{1}{4}$  cup (50 mL) water for 1 to 3 eggs.

Use 1-quart (1 L) microwave-safe dish with 1 cup (250 mL) water for 4 eggs.

Heat at **P100 POWER** to bring water to a boil with  $\frac{1}{8}$  teaspoon salt and up to  $\frac{1}{4}$  teaspoon vinegar. Break egg carefully into hot water.

Pierce egg several times lightly with toothpick.

Cover with wax paper.

Cook at **Power Level P50** according to time in the chart. Let stand, covered, 1 minute before serving.

Eggs	Cooking Time
1	$\frac{3}{4}$ - $1\frac{1}{2}$ min.
2	$1\frac{1}{2}$ - 3 min.
3	2 - $3\frac{1}{2}$ min.
4	3 - 5 min.

## TIMED COOKING - BAKED GOODS AND DESSERTS

### Converting Recipes

When adapting quick bread recipes, you will find it necessary to reduce the amount of leavening (baking powder or soda) by about one-quarter the normal amount. A bitter aftertaste is apparent if too much leavening is used in biscuits or muffins. Since food rises higher in the microwave oven, you will not see a loss in volume from the reduction of soda or baking powder.

If a recipe contains buttermilk or sour cream, do not change the amount of soda, since it serves to counteract the sour taste and does not act only as a leavening agent.

When using a mix where leavening cannot be reduced, allow the dough to stand about 10 minutes before cooking in order for some of the gas to escape.

Breads and rolls should be reheated only until they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.

### Cooking/Reheating Guide

Item	Power	Cooking Time	Special Notes
French bread, Frozen: 1 lb Room temp: 1 lb	P80 P80	1 - 2 min. 20 - 30 sec.	Place on paper plate or paper towel.
Whole coffee cake, Frozen: 10 - 13 oz Room temp: 10 - 13 oz	P80 P80	1 - 2 min. 1/2 - 1 min.	Place on paper plate or paper towel. Let stand for 5 - 10 minutes before serving.
Butter cake 2 1/4 cups (550 mL) batter 1st stage 2nd stage	P50 P100	5 - 7 min. 1 - 2 min.	Place on inverted pie plate.
Brownies 2 cups (500 mL) batter	P50	8 - 11 min.	Cover with wax paper. Place on inverted pie plate.
Muffins, 1/4 cup (50 mL) batter each	2 6 P70 P70	1 - 1 1/2 min. 3 - 4 min.	

## MAINTENANCE

### TROUBLESHOOTING

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start.	<ul style="list-style-type: none"> <li>• Electrical cord for oven is not plugged in.</li> <li>• Door is open.</li> <li>• The oven will not run.</li> <li>• A fuse in your home may be blown.</li> <li>• The circuit breaker tripped.</li> <li>• Plug is not inserted into wall outlet properly.</li> </ul>	<ul style="list-style-type: none"> <li>• Plug into the outlet.</li> <li>• Close the door and try again.</li> <li>• You did not press START.</li> <li>• Replace fuse or contact a qualified electrician.</li> <li>• Reset circuit breaker.</li> <li>• Fully insert the 3-prong plug into wall outlet.</li> </ul>
Arcing or sparking.	<ul style="list-style-type: none"> <li>• Materials to be avoided in microwave oven such as metal or foil are used.</li> <li>• The oven is operated when empty.</li> <li>• Spilled food remains in the cavity.</li> </ul>	<ul style="list-style-type: none"> <li>• Check materials and utensils you can use in microwave oven. (page 7)</li> <li>• Do not operate with oven empty.</li> <li>• Clean cavity with wet towel.</li> </ul>
Food is not cooked, defrosted enough or overcooked.	<ul style="list-style-type: none"> <li>• Materials to be avoided in microwave oven are used.</li> <li>• Oven ventilation ports are restricted.</li> <li>• The cooking time or power level is not at recommended setting.</li> <li>• Food is not turned or stirred.</li> </ul>	<ul style="list-style-type: none"> <li>• Use microwave-safe cookware only. (page 7)</li> <li>• Check to see that oven ventilation ports are not restricted.</li> <li>• Check the chart. (page 14)</li> <li>• Turn or stir food.</li> </ul>
LOCK appears on display.	<ul style="list-style-type: none"> <li>• The control is locked.</li> </ul>	<ul style="list-style-type: none"> <li>• Press START and hold for 4 seconds to unlock control panel. (page 12)</li> </ul>
The oven is not cooking even though the display shows time counting down.	<ul style="list-style-type: none"> <li>• You may be using Kitchen Timer.</li> </ul>	<ul style="list-style-type: none"> <li>• Press STOP/CLEAR to cancel the Kitchen Timer.</li> </ul>
The turntable will not rotate.	<ul style="list-style-type: none"> <li>• You have turned the turntable off.</li> <li>• The turntable is not correctly in place.</li> </ul>	<ul style="list-style-type: none"> <li>• Set TURNTABLE ON/OFF key to on. (page 20)</li> <li>• Check that the turntable is correctly placed on the receptacle. See turntable installation on page 9.</li> </ul>
You do not hear any tone when keypad is pressed or end-of-cooking sound.	<ul style="list-style-type: none"> <li>• You have turned off beep sound.</li> </ul>	<ul style="list-style-type: none"> <li>• Reset the setting to beep sound on. See the optional settings on page 16.</li> </ul>

## QUESTIONS AND ANSWERS

- Q.** When the microwave oven is plugged into a wall outlet for the first time, it does not work properly. What is wrong?
- A.** The microcomputer used in the microwave oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the wall outlet and then plug it back in again. The microcomputer should then automatically reset for proper functioning.
- Q.** Why is there noise coming from the turntable when the microwave oven is turned on?
- A.** This noise occurs when the turntable roller rest and cavity bottom are dirty. Clean the turntable roller rest and cavity bottom. Frequent cleaning of these parts should eliminate or reduce the noise.
- Q.** Why is there noise coming from the microwave oven when reducing power?
- A.** When cooking with a power other than P100, the oven cycles on and off to obtain the lower power level. The clicking noise can be heard when the oven cycles on and off. This is normal.
- Q.** Why is there steam coming out of the air exhaust vent?
- A.** Steam is produced during cooking. The microwave oven has been made to vent this steam out of the air exhaust vent.
- Q.** What is wrong when the microwave oven interior light will not glow?
- A.** There may be several reasons why the interior light will not glow. The light bulb may have burned out or **START** may have not been pressed. Replace the light bulb or press **START**. Never replace the light bulb by yourself. Contact an Authorized Sanyo Service Center.
- Q.** Why do eggs sometimes pop?
- A.** The egg yolk may pop because of steam build-up inside the membrane. Pierce the membrane with a toothpick before cooking it. **Never microwave eggs in the shell since they may explode.**
- Q.** How are boil-overs avoided?
- A.** Use a larger utensil than usual for cooking. If you open the microwave oven door or touch **STOP/CLEAR**, the food will stop boiling.
- Q.** Why does the beep tone sound when a pad on the control panel is pressed?
- A.** The beep tone sounds to assure that the setting is being properly entered. However, you can turn off the beep tone. See optional settings on page 16.
- Q.** Why does the exhaust fan start when the FAN keypad is not pressed?
- A.** High temperature air from the heating surface below microwave oven can cause an overheating condition that may damage the oven. The exhaust fan will start automatically to cool off the microwave oven and prevent damage to it.
- Q.** How can you be sure your microwave oven is turned off when the exhaust fan is operating?
- A.** When you are operating the microwave, the sound of the exhaust fan may be louder than the microwave itself. This could possibly prevent you from knowing for sure if the microwave oven is turned off. The microwave oven is designed to automatically turn off when door is open. If for some reason you are not sure the microwave oven is turned off, turn the exhaust fan off to eliminate the sound and check to see if the microwave oven is operating. If you are still not satisfied, have the microwave oven checked.

MAINTENANCE

## CARE AND CLEANING

Wipe the microwave oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis, more often if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the top of the interior cavity will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

**Stubborn messes:** Boil a cup of water in the oven for 2 minutes. Steam will soften the mess. To get rid of odors inside the oven, boil a cup of water with some lemon juice in it.

### REMOVABLE PARTS

The following parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. Never use cleaning powders, steel wool or rough pads.

- The turntable may be cleaned in the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The turntable roller rest should be cleaned regularly.
- The metal grease filters should be cleaned once a month or as needed. Soak grease filters in hot water and a mild detergent. Scrub to remove embedded dirt and grease. Rinse well and shake to dry. Do not use ammonia, corrosive cleaning agents such as lye-based oven cleaner, or place in a dishwasher. The filter will turn black or could be damaged.

### SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe them often with a mild detergent. Then rinse and wipe dry. Never use cleaning powders or rough pads.

After cleaning the control panel, press **STOP/CLEAR** to clear any entries that might have been entered accidentally while cleaning the panel.

### COOKTOP LIGHT replacement

When cooktop light does not light, it may be time to replace the bulb. Follow instructions below for replacement.

1. Disconnect the power.
2. Remove the screw and carefully remove the cover.
3. Replace with a 40-watt incandescent lamp (617-222-2011) available from an authorized Sanyo Service Center (see page 33).
4. Replace the cover and put the screw back in.
5. Plug in oven or reconnect power.

### Caution:

Be sure the power is disconnected at the house circuit breaker or unplug the power supply cord.

When light is damaged, contact an Authorized Sanyo Service Center.



## **SANYO MICROWAVE OVEN LIMITED WARRANTY**

### **OBLIGATIONS**

In order to obtain warranty service, the product must be delivered to and picked up from an Authorized Sanyo Factory Service Center at the user's expense, unless specifically stated otherwise in this warranty. The names and addresses of Authorized Sanyo Service Centers may be obtained by calling the toll-free number listed below.

For product operation, authorized service center referral,  
service assistance or problem resolution, call  
**CUSTOMER INFORMATION 1 - 800 - 421 - 5013**  
**Weekdays 8:00 AM - 5:00 PM Pacific Time**  
For accessories and/or parts not available from an authorized dealer, call  
**PARTS ORDER INFORMATION 1 - 800 - 726 - 9662**  
**Weekdays 8:00 AM - 5:00 PM Pacific Time**

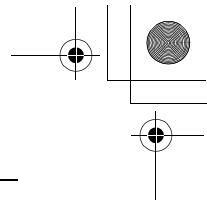
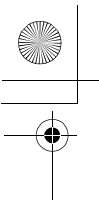
**THIS WARRANTY IS VALID ONLY ON SANYO PRODUCTS PURCHASED OR RENTED AND USED IN THE UNITED STATES OF AMERICA, EXCLUDING ALL U.S. TERRITORIES AND PROTECTORATES.**

THIS WARRANTY APPLIES ONLY TO THE ORIGINAL RETAIL USER, AND DOES NOT APPLY TO PRODUCTS USED FOR ANY INDUSTRIAL, PROFESSIONAL OR COMMERCIAL PURPOSE. THE ORIGINAL DATED BILL OF SALE, SALES SLIP OR RENTAL AGREEMENT MUST BE SUBMITTED TO THE AUTHORIZED SANYO SERVICE CENTER AT THE TIME WARRANTY SERVICE IS REQUESTED.

Subject to the OBLIGATIONS above and EXCLUSIONS on next page, SANYO FISHER COMPANY (SFC) warrants this Sanyo product against defects in materials and workmanship for the periods of LABOR and PARTS specified below. SFC will repair or replace (at its option) the product and any of its parts which fail to conform to this warranty. The warranty period commences on the date the product was first purchased or rented at retail.

<b>LABOR</b>	<b>PARTS</b>	<b>MAGNETRON TUBE (Part only)</b>	<b>SERVICE</b>
<b>1 YEAR</b>	<b>1 YEAR</b>	<b>5 YEARS</b>	<b>IN HOME</b>

**MAINTENANCE**



## **SANYO MICROWAVE OVEN LIMITED WARRANTY (CONT.)**

### **EXCLUSIONS**

This warranty does not cover (A) the adjustment of customer-operated controls as explained in the appropriate model's instruction manual, or (B) the repair of any product whose serial number has been altered, defaced or removed.

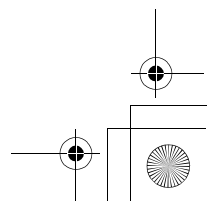
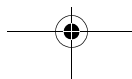
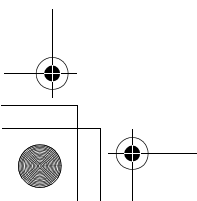
This warranty shall not apply to the temperature probe, turntable, lights, filters, shelf, stirrer cover and any damage initiated by spark fires caused by using anything metal inside the oven, except those accessories approved by SFC.

This warranty does not apply to uncrating, setup, installation, removal of product for repair, or reinstallation of the product after repair.

This warranty does not apply to repairs or replacements necessitated by any cause beyond the control of SFC including, but not limited to, any malfunction, defect or failure caused by or resulting from unauthorized service or parts, improper maintenance, operation contrary to furnished instructions, shipping or transit accidents, modification or repair by the user, abuse, misuse, neglect, accident, incorrect line voltage, fire, flood or other Acts of God, or normal wear and tear.

The foregoing is in lieu of all other expressed warranties and SFC does not assume or authorize any party to assume for it any other obligation or liability.

THE DURATION OF ANY WARRANTIES WHICH MAY BE IMPLIED BY LAW (INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS) IS LIMITED TO THE TERM OF THIS WARRANTY. IN NO EVENT SHALL SFC BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING FROM OWNERSHIP OR USE OF THIS PRODUCT, OR FOR ANY DELAY IN THE PERFORMANCE OF ITS OBLIGATIONS UNDER THIS WARRANTY DUE TO CAUSES BEYOND ITS CONTROL. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS AND/OR DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS AND EXCLUSIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.



## QUICK REFERENCE

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### SELECT VENTILATION DIRECTION

1. Plug in.
  2. Press number 1 or 2 to select direction.
- 

### DIRECT ACCESS COOKING

1. Press  
**CHILLED ENTREE,  
FROZEN ENTREE,  
SOUP/BEVERAGE,  
PIZZA SLICE,  
POPCORN,  
POTATO,  
FRESH VEGETABLE or  
FROZEN VEGETABLE,**  
1 - 4 times until desired food weight or number of servings appears.
  2. If desired, press **MORE/LESS** once or twice to increase or decrease cooking time.
  3. Press **START**.
- 

### CHILD LOCK-OUT

To set:

1. Press and hold **START** for 4 seconds. Indicator LOCK lights.

To cancel:

1. Press and hold **START** for 4 seconds. Indicator LOCK disappears.
- 

### QUICK-ON COOKING

(HI-power only)

1. Press **QUICK-ON**.
2. Press a number (0-9) for cooking time.

NOTE: To set Quick-On Cooking for 30 seconds, press **QUICK-ON** and **0**.

---

### TIMED COOKING

1. Press numbers for cooking time (in minutes and seconds).
  2. Press **POWER LEVEL** until desired power level (P100 - P 0) appears in the display.
  3. Press **START**.
- 

### AUTO DEFROST

1. Press **AUTO DEFROST** once or twice to select QUICK DEFROST or TOTAL DEFROST.
2. Enter the weight of food in pounds.
3. Press **START**.
4. At pause, rearrange food.
5. Press **START** to resume.

NOTE: If you do not open the door at the pause, the microwave oven continues to complete the defrosting.

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### CLOCK

1. Press **CLOCK**.
  2. Press numbers to set time.
  3. Press **CLOCK**.
- 

### KITCHEN TIMER

1. Press **KITCHEN TIMER**.
  2. Press numbers for desired time.
  3. Press **START**.
- 

### ADD 30 SECONDS

1. Press **ADD 30 SEC**.
2. Press **START**.

NOTE: If you use **ADD 30 SEC** while cooking, you do not need to press **START**. The microwave oven allows you to use **ADD 30 SEC** up to 3 times while oven is in operation.

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### OPTIONAL SETTINGS

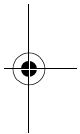
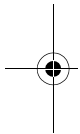
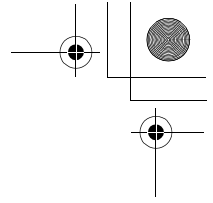
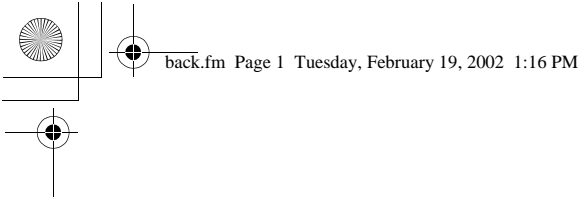
Allows you to customize the following oven features:

1. Press **OPTIONS** to select:

once	Word Prompt on/off
twice	Clock on/off
3 times	Beep on/off
4 times	Word speed setting
5 times	Language selection
6 times	Weight selection
7 times	Turbo Exhaust for room vent
2. Press a number (1 - 3) to select your desired setting.

NOTE: Turbo Exhaust feature only appears when room ventilation direction is selected.

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**SANYO**

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6/00 Printed in Singapore

