

Microwave Operating Instructions

- 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.

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" above.
3. The oven must be placed on a countertop which is a minimum of 920mm(36 inches) from the floor., For correct operation, the oven must have sufficient air flow. Allow 7.8" of space above the oven, 4" at back and 2" at both sides. Do not cover or block any openings on the appliance. Do not remove feet.
4. This appliance must be grounded and connected only to a properly grounded outlet. See "grounding instructions" on page 3.
5. Some products such as whole eggs and sealed containers, for example, closed glass jars may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
7. Use caution when handling the microwave oven. It is necessary when used by children.
8. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
 - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
9. Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
10. Do not deep fry food in the microwave. It is difficult to control the fat which could cause a fire hazard.
11. Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking.
12. The contents of feeding bottles and baby jar foods should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
13. See door surface cleaning instructions on page

14. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
15. Do not cover or block any openings on the appliance.
16. Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
17. Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.
18. Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.
19. Use only thermometers which are specifically designed for use in microwave ovens.
20. Do not operate any heating or cooking appliance beneath this appliance.
21. Be certain the glass tray and roller ring are in place when you operate the oven.
22. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
23. Liquids, such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present.
THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.
To reduce the risk of injury to person:
 - a. Do not overheat the liquid.
 - b. Stir the liquid both before and halfway through heating it.
 - c. Do not use straight-sided containers with narrow necks.
 - d. After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - e. Use extreme care when inserting a spoon or other utensil into the container.

SAVE THESE INSTRUCTIONS!

GROUNDING INSTRUCTIONS

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

WARNING: Improper use of the grounding plug can result in a risk of electric shock.

Electrical Requirements

The electrical requirements are a 120 volt 60 HZ, AC only, 20 amp. It is recommended that a separate circuit serving only the oven be provided. The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a long cord.

Extension Cord

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

Notes: 1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.

Notes: 2. Neither Danby nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe proper electrical connection procedures.

Radio or TV Interference

Should there be any interference caused by the microwave oven to your radio or TV, check that the

microwave oven is on a different circuit, relocate the radio or TV as far away from the oven as possible or check position and signal of receiving antenna.

Power Supply Cord

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

UTENSILS GUIDE

1. The ideal material for a microwave utensil is transparent to microwaves, it should allow energy to pass through the container and heat the food.
2. Microwaves cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. A round dish is preferable to oval or rectangular dishes, because food cooked in corners allow more exposure to microwaves. Over cooking at corners may occur.

The list below is a general guide to help you select the correct utensils.

<u>Cookware</u>	<u>Microwave Cooking</u>
Heat-Resistant Glass	Yes
Non Heat-Resistant Glass	No
Heat-Resistant Ceramics	Yes
Microwave-Safe Plastic Dish	Yes
Kitchen Paper	Yes
Metal Tray	No
Metal Rack	No
Aluminum Foil & Foil Containers	Yes

MICROWAVE COOKING PRINCIPLES

The speed and evenness of microwave cooking is affected by the foods themselves. Microwaves penetrate foods to a depth of 1.8 to 3.8 cm (3/4 to 1 1/2 inches) on all surfaces. The interior of foods greater than 5 cm (2 inches) in diameter heats by conduction. Food with high water, fat or sugar content respond quickly to microwave energy.

Quantity. Microwave cooking times are directly related to the amount of food in the oven because energy is absorbed by the food itself.

MICROWAVE COOKING PRINCIPLES

Size. Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than 5 cm (2 inches), so microwave can penetrate to the center from all sides. For even cooking, make all the pieces the same size.

Shape. Foods irregular in shape, like fish or chicken breasts, take longer to cook in the thicker parts. To help them cook evenly, place the thickest parts to the outside of the dish, where they will receive more energy.

Starting temperature. Frozen or refrigerated food takes longer to heat than food at room temperature.

Moisture Content. Microwaves are attracted by moisture. Naturally moist foods microwave better than

dry ones. Add a minimum of liquid to moist foods, as excess water slows cooking. Prick foods with skins like those on potatoes or squash, so internal steam can escape.

Fat and Bone. Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat to slow cooking. Center bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

Density. The depth to which microwaves penetrate foods varies depending on their density. Porous foods, like ground beef or mashed potatoes, microwave faster than dense ones like steak or whole potatoes

SPECIFICATIONS

Power Consumption:	120V~60HZ, 1050W
Output:	700W
Operation Frequency:	2450MHZ
Outside Dimensions:	10 5/16" (H) X17 13/16" (W) X14 9/16" (D) or 262mm (H) X452mm (W) X370mm (D)
Oven Cavity Dimensions:	8 4/16" (H) X12 6/16" (W) X12 6/16" (D) or 210mm (H) X315mm (W) X314mm (D)
Oven Capacity:	0.7 cu. ft.
Cooking Uniformity:	Turntable System (9 10/16" / 345mm)
Net Weight:	Approx.23.8lbs./10.8kg

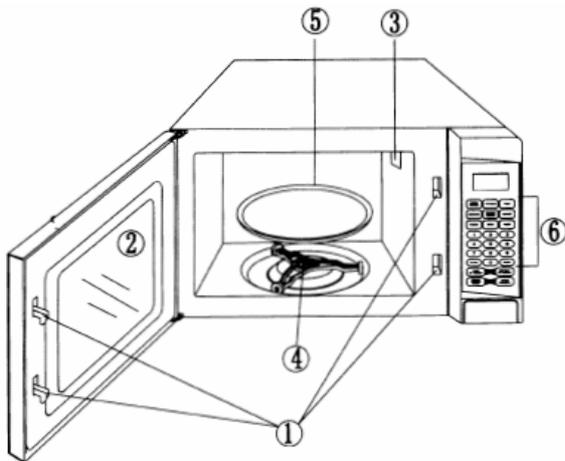
BEFORE YOU CALL FOR SERVICE

If the oven fails to operate:

- A) Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds and plug it in again securely.
- B) Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
- C) Check to ensure that the control panel is programmed correctly and the timer is set.
- D) Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not follow into the oven.

IF NONE OF THE ABOVE RECTIFY THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

PART NAMES



- ① Door Safety Lock System
- ② Oven Window
- ③ Microwave outlet cover
- ④ Roller Ring
- ⑤ Glass Tray
- ⑥ Control Panel

CONTROL PANEL

DISPLAY

When set, displays clock/timer, shows cooking function (COOK, DEFROST, etc.) and step-by-step word prompts (which tell you which pad to touch) for easy oven setting.

BAKED POTATOES

Automatic program designed for best microwaving potatoes. For small potatoes (3.5-5 oz.) touch once, touch AMOUT (1 to 4) then START. For large potatoes (6-8 oz.) tap pad twice, touch AMOUT (1 to 4) then START.

POPCORN PAD

Automatic one-step setting for a 1/2-3 oz. bag of microwave popcorn. Touch POPCORN pad, then START. See pages on "POPCORN" to reset control for packages of different ounce weight.

PIZZA PAD

Automatic program designed for pizza. Touch once then touch START for reheating 1 slice; tap pad twice, then START for frozen whole microwave pizza.

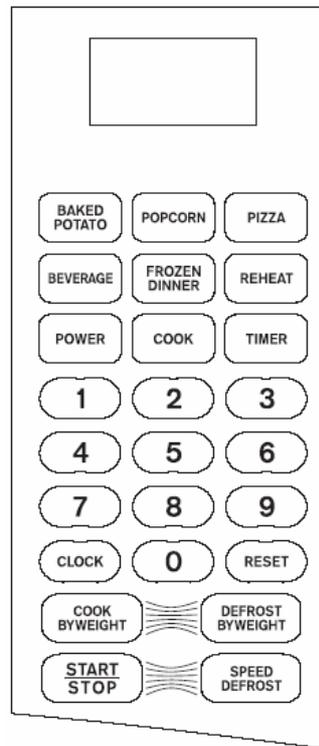
BEVERAGE PAD

Automatic setting for cups or mugs of hot beverages (tea/coffee) For cup size (4-6 oz.), touch pad once, touch AMOUT(1-4) then START. For larger mugs (7-9), tap pad twice, touch AMOUNT(1-4) then START.

REHEAT PAD

Automatically programs oven to heat a plate of food evenly. Touch REHEAT pad then START.

(Also see following pages for more detail.)



FROZEN DINNER PAD

Automatic program designed for best reconstituting a variety of frozen single-serving entrees and dinners. For smaller single serving entree (5-7 oz.) touch once, touch AMOUT(1-2) then START. For a single larger (TV dinner type) frozen dinner (8-10 oz.) tap pad twice touch AMOUNT (1-2) then START.

NUMBER PADS

Touch to set cook, speed defrost, timer and clock.

POWER PAD

Oven automatically cooks at high power. For a lower power level, set cook time, touch POWER and enter number (1-9) for lower power level.

TIMER PAD

Independent kitchen timer. Set any time even while oven is operating. Touch TIMER pad, set time then START. Touch RESET to cancel.

COOK PAD

Cook at one power level for a period of time, then automatically switch to another power level for the remaining cook time.

COOK BY WEIGHT

Touch COOK BY WEIGHT pad, enter weight of meat accurately, then START. After partial cooking, oven stops, leaving time on display. Turn over meat when oven stops after partial cooking. Re-touch START to finish.

DEFROST BY WEIGHT

Automatic defrosting for large meats. Controls power level to thaw without excessive outside warming.

SPEED DEFROST

Automatically programs lower power levels for even defrosting. Touch SPEED DEFROST, set time and START.

CLOCK

Touch pad once, touch number pads and CLOCK to set clock.

RESET

Touch to clear display of unused time after cooking, also cancel timer.

START/STOP PAD

Touch as final step in setting oven. Touch to stop microwaving while oven is in operation (re-touch to continue timing shown on display). Will not stop timer.

OPERATING INSTRUCTIONS

1. SETTING THE CLOCK

A. Setting the clock when the oven is plugged in.

- When the oven is first plugged into a wall outlet, touch the CLOCK pad once, the display will show “ENTER CLOCK TIME”.
- Enter the correct time of day by touching the correct number pads. You must set at least 3 digits (one for hour(s) and two for minutes). For minute less than 10, precede the “minutes” digit by a 0. Example: for 5 minutes past 2, set 2:05. The colon will flash between hour and minute digits. If you prefer not to have the clock displayed, set the clock for 00:00 and the display will only show a colon.

Touch CLOCK to lock in the time.

Colon will stop flashing and clock will begin to keep current time. After clock has been set, the word prompt clock will always show on the display unless oven is in a cooking operation.

B. Changing the clock time.

Touch the CLOCK pad once, the display will show “ENTER CLOCK TIME”

- Enter the correct time of day by touching the correct number pads. You must set at least 3 digits (one for hour(s) and two for minutes). For minute less than 10, precede the “minutes” digit by a 0. Example: for 5 minutes past 2, set 2:05. The colon will flash between hour and minute digits. If you prefer not to have the clock displayed, set the clock for 00:00 and the display will only show a colon.

Touch CLOCK to lock in the time.

Colon will stop flashing and clock will begin to keep current time. After clock has been set, the word prompt clock and time of day will always show on the display unless oven is in a cooking operation.

- C. Notes on setting the clock.
- If YOU MAKE A MISTAKE in setting the correct time, start oven by pressing the CLOCK pad twice.
 - TO RECALL TIME OF DAY WHILE YOU ARE COOKING, press the CLOCK pad. Time of the day will be displayed for 3 seconds before returning to displaying the counting down of the cooking time.
 - IN CASE OF POWER FAILURE, when the power has been restored, the control will be in a clock set mode. Follow the directions for setting the clock.
 - BEEPS DURING OVEN SETTING ONE BEEP: Oven accepts the entry. Information has been entered in the correct sequence. TWO BEEPS: Oven does not accept the entry. Check and try again.

2. SETTING THE OVEN TIMER

- A. Timer works independently of cooking and can be set anytime for various kitchen tasks. Use oven timer though oven is also timing a microwave cooking function. Set time as follows:
- Touch the TIMER pad. Word prompts ENTER TIMER TIME show on the display. If you are using the TIMER while cooking in the oven: Cooking time countdown will be temporarily replaced on the display while timer is being set.
 - Enter the amount of time you wish to set by touching the correct number pads. Digit time is in minutes and seconds and set left to right. Set one digit (a 5 for 5 seconds) or up to four digits (2405 for 24 minutes, 5 sec-seconds). ENTER TIMER remains on the display.
 - Touch START/STOP pad. Word prompt TIMER starts flashing and timer countdown can be seen on display for 3 seconds before cooking time is returned to display. Word prompt TIMER is displayed alone with additional word prompt indicating current cooking mode.

- B. Notes on setting the oven timer.
- To STOP OR RESET TIMER when cooking is not taking place, touch RESET pad.
 - WHEN SETTING TIMER DURING A COOKING OPERATION take care to set timer correctly. Once the timer is set during cooking, setting cannot be changed without resetting the cooking function at the same time. Touching RESET will not allow you to change timer setting while cooking.
 - When end of time has been reached, one long beep can be heard and timer will leave the display. If oven is not cooking, CLOCK and time of day (if set) will return to the display. If oven is in cooking operation, one long beep can be heard and TIMER will leave display while oven is continuing cooking time countdown.

3. SETTING THE COOKING TIME & POWER LEVEL

- A. QUICK & EASY
When cooking at 100% power, simply set cook time by touching number pads (for example, 3 minutes: touch 3-0-0) and START. 100% power is automatically set. For 1-step cooking, you do not have to touch COOK pad before setting time.
- B. TO COOK AT LOWER POWER LEVELS
After setting cook time, touch POWER pad then single digit representing the power level desired. Touch START pad. Since oven automatically assumes 100% power, you must switch power level (when desired) after setting cook time.

USE THESE SINGLE DIGITS TO REPRESENT POWER LEVELS	
Digit	% of Power
9	90%
8	80%
7	70%
6	60%
5	50%
4	40%
3	30%
2	20%
1	10%

C. TWO-STAGE COOKING

Two-stage cook function lets you cook a food at two different power levels with one time setting. For example, rice should be cooked in two stages. Stage 1 starts rice at 100% power for 5 minutes; stage 2 completes cooking 10-12 minutes at 50% power level.

SET STAGE 1:

Assuming 100% power, just touch number pad illustrated in “Quick and Easy” setting above for correct first stage time. (Most 2 stage recipes start with 100% power but you can also switch power levels after setting cook time.)

DO NOT TOUCH START PAD.

SET STAGE 2:

Touch COOK pad then enter proper cooking time and (lower) power level. (Most 2 stage recipes use lower power for second stage.) Touch START pad. First stage of cooking begins.

MEM (memory) word prompt shows on the display during Stage 1 Cooking, indicating that the oven is remembering that a second step (stage 2) has been programmed. After Stage 1 time has elapsed, signal may be heard, signaling the beginning of Stage 2.

AFTER TOTAL TIME HAS ELAPSED, 4 long beeps sound and END appears in display. Touch RESET pad or open oven door to clear END before starting another cooking function.

THESE ARE NORMAL:

Outside of oven may feel warm. Steam may escape from oven or moisture in oven may be seen after cooking.

Change in interior light intensity, and change in blower sound when lower power setting are used. TV or radio interference (similar to interference experienced in other small appliances) may be noticed. This does not indicate a problem.

4. SETTING “SPEED DEFROST”

A. Speed Defrost automatically sets microwave oven power for quickest thawing of small to medium size foods. Speed Defrost works on a timer, so you must know how much time to set. Speed Defrost thawing times are usually fast enough that you stay close to oven and can attend to the food as it is defrosting. Many foods benefit from being turned over, rearranged or broken apart (if separate pieces are frozen together.) This attention makes defrosting faster and more even. “How do I know whether to set Speed Defrost or Defrost by Weight?” This is determined by the type of food being defrosted and amount of attention that must be paid to the food. The automatic-coded Defrost by Weight requires only turn-over of the meat.

Touch SPEED DEFROST pad.

Word prompts ENTER DEF TIME shows on the display.

Enter desired Speed Defrost time by touching correct number pads. Digital timer sets minutes and seconds from left to right so a single digit can be set (5 for 5 seconds) or up to 4 digits (2405 for 24 minutes 5 seconds). ENTER DEF remains on the display. Touch START/STOP pad. DEF flashes on the display and defrost time begins counting down. AFTER TIME HAS ELAPSED signal sound and END appears in display. Touch RESET pad or open door to clear END before starting another cooking function.

B. To set “SPEED DEFROST” and one or two-stage cooking sequentially. After setting SPEED DEFROST, oven can be programmed to automatically switch to One or Two-Stage cook. This feature is useful for frozen, moist casseroles and similar foods which can be stirred while reconstituting. After defrosting, cook at 100% power level, then reduce to lower settings until bubbling hot. Stir occasionally to break up and redistribute heat.

- For Defrost and One Stage Cook, follow steps above. Before touching START pad, touch COOK pad, enter time using number pads and power if desired. Then touch START pad. MEM shows on the display until oven switches (beeps twice) to COOK. See page 9 for detailed information on Staged Cooking.
- For Defrost and Two Stage Cook, follow steps above. Before touching START pad, enter two COOK programs, using a different (usually lower) power for the second COOK. MEM shows on the display during both Defrost and first COOK stage. Signal sound when switching stages.

INTERRUPT DEFROSTING (to stir food, turn it over, or provide other attention). Either touch START/STOP pad or open the oven door. Unelapsed time will show on display; recluse the door and restart to continue. Or if no additional defrosting is required, touching RESET pad clears the display.

5. SETTING COOK BY WEIGHT“

This feature is for roasting meats in the microwave. Its pre-set times and power levels give better results than microwaving at one power only, and it is easier to microwave meat with this setting than with cookbook instructions because you do not have to calculate “minutes per pound” cooking times. As soon as you enter the code (which tells the oven the type of meat) and the weight, the oven calculates cooking time. Meat must be defrosted and at refrigerated temperature to correspond with the pre-set times in this code. Meat-roast weights in about the 3 to 5 pound range microwave best, COOK BY WEIGHT code allows a setting lower than 3 lb. but no higher than 5 lb. Depending on code, two beeps signal an error in setting a too-high weight. “Cook by Weight” programs the oven to stop after partial cooking, so meat won’t overcook on one side. Turn meat over, then touch START pad to continue cooking.

- Touch CCOK BY WEIGHT pad. World prompt shows ENTER CODE on display.
- Select desired code from 1 through 3. Door frame (open the door to review) and chart at right describe types of food for each code.
- Enter the one-digit code by touching the correct number pad.
- Check weight of meat. Weight must be in pounds and ounces. If label gives weight in pounds only, change the fraction of a pound to ounces using chart on page 11.
 - Enter weight. Word prompt ENTER shows in display and 0’s show where LB and OZ should be entered. LB flashes until you enter pound(s) by touching correct number pad. When pound(s) has been entered, LB will stop flashing and OZ will flash. As soon as all these digits have been set, display will immediately show cook time. Ounce weights less than 10 must be preceded by a 0. As soon as three digits are set, display immediately shows cook time.
- Touch START/STOP to start oven, CODE flashes in display as time counts down. Interior light goes on and fan sound is heard. Signal sound after about 1/4 time. If necessary, check thin edges of meat and poultry for shielding.
 - After partial cooking, oven beeps twice and stops. Interior light goes off but time remains on the display. Stop is to prevent meat’s overcooking on one side before turning over. After turning meat over, touch START pad to resume the time on display and finish cooking.
- After total cooking time, 4 long beeps sound and END appears in display. Touch RESET or open oven door to clear END before starting another cooking function. Let roast stand few minutes before carving.

When oven switches power levels, you may observe change in lighting intensity and/or change in blower sound. This is normal.

“COOK BY WEIGHT” CODE DESCRIPTIONS			
Code	Roast Type	Internal Temperature After Standing	Maximum Recommended Weight
1	Beef Roast	Rare-140 deg.	5lb. 16oz
2	Beef and Lamb	Medium-160 deg.	5lb. 16oz
3	Pork	Well done-170 deg.	5lb. 14oz

- Check weight of meat. It must be in pounds and ounces. If label gives weight in pounds only, you can change the fraction of a pound to ounces using chart on page 11. Unwrap meat before defrosting. Touch DEFROST BY WEIGHT pad. Word prompt ENTER shows in display and 0's show where LB and OZ should be entered. LB flashes until you enter pound(s) by touching correct number pad. When pound(s) has been entered, LB will stop flashing and OZ will flash. As soon as all these digits have been set, display will immediately show cook time. Ounce weights less than 10 must be preceded by a 0. As soon as three digits are set, display immediately shows cook time.
- Touch START/STOP pad to start oven. CODE flashes in display as time counts down. Interior light goes on, turntable rotates and fan sound is heard.

WEIGHT for large roasts.

CONVERTING FRACTIONS OF A POUND TO OUNCES	
Most meat packages show weight in pounds only. Convert fractions of a pound to ounces for <u>COOK BY WEIGHT</u> feature by using chart below.	
FRACTION OF A POUND	OUNCES
Less than .03	0
.03 to .09	1
.10 to .15	2
.16 to .21	3
.22 to .27	4
.28 to .34	5
.35 to .40	6
.41 to .46	7
.47 to .53	8
.54 to .59	9
.55 to .65	10
.66 to .71	11
.72 to .78	12
.79 to .84	13
.85 to .90	14
.91 to .97	15
Above.97	Go to next even

6. Setting “defrost by weight”

Set DEFROST BYWEIGHT for any weight up to 6 pounds. Because it is a more gentle defrost setting than “Speed Defrost”, it is especially good for meats which are dense in the center but vulnerable to overcooking on the edges. For meats as small as a pound of hamburger or delicate shrimp, choosing DEFROST BYWEIGHT will give more even thawed results than SPEED DEFROST setting. Choose DEFROST BY

- After partial defrosting, oven beeps twice and stops. Interior light goes off but time remains on the display. This pause in operation is to allow turning over, rearranging or shield. After attending to meat appropriately, touch START to resume the time on display and finish cooking. After total cooking time, 4 long beeps sound and END appears in display. Touch RESET or open oven door to clear END before starting another cooking function.

Notes:

- Allow enough time for defrosting because it is more slow and gradual than SPEED DEFROST. With DEFROST BY WEIGHT, low power microwaving is interspersed within “resting” and “standing” periods where no microwave at all enter the oven. These no-microwave periods allow meat to equalize in temperature before next period of microwaving automatically comes on.
- “DEPROST BY WEIGHT” automatically sets the correct thawing time, but you must enter the food weight accurately. Weight must be in pounds and ounces. Place meat on microwave-safe rack in microwave roasting dish. Place meats fat-side down and poultry breast-side down.

7. SETTING “SAFETY LOCK”

The safety lock prevents unsupervised operation by little children. During idle mode, press and hold the RESET pad for 3 seconds to activate the child lock function. To cancel the child lock, press and hold the RESET pad for 3 seconds again in idle mode.

ABOUT “ONE TOUCH” COOKING

Your oven has 6 “ONE TOUCH” cooking programs for microwaving popular foods. When selecting a “ONE TOUCH” setting, check visual guide on pad for correct setting. Where dots (.) (..) are shown on a “ONE TOUCH” pad, more than one size of food can be cooked. Three “ONE TOUCH” settings allow you to cook several amounts (one or more items) of the same food. These include the “FROZEN ENTER”, “BAKED POTATO” and “BEVERAGE”. After you touch these pads, AMT(amount) appears on the display as a reminder to program the number of items you are microwaving into the oven’s control. The categories which have dots corresponding to two sizes of foods include: “PROZEN ENTER”, “BAKED POTATO”, “PIZZA” AND “BEVERAGE”. In each “ONE TOUCH COOK” category, smaller size food is set by touching pad once. **One dot (.) signifies one touch of the pad. The large size can be set by tapping the pad twice. Two dots (..) signifies two taps of the pad.** Where AMT appears with “ONE TOUCH” settings, setting a greater number of items than allowed will result in two beeps, signaling an error. The following pages give the maximum number of items allowed for each setting.

SETTING “POPCORN”

The “POPCORN” control automatically sets the correct COOK time for a 3 1/2 oz. bag of microwave popcorn.

YOU CAN CHANGE THE POPCORN SETTING TO “REMEMBER” A DIFFERENT

COOK TIME. You may wish to do this if your favorite size of popcorn is something other than 3 1/2 oz. Sizes from the individual 2 oz. size up to the larger “family size” packages are now available. If you do change the popcorn setting, however, the oven will continue to select the new setting each time you touch the POPCORN pad until you reset it again.

TO AVOID DISCOLORATION ON YOUR OVEN TURNTABLE, set microwave popcorn packages on a microwaveable saucer or other small plate. The “this side down” side of microwave popcorn bags contains a heat-absorbing lining which gets very hot. Placing a saucer between the bag and the turntable prevents the bag’s dyes from staining the turntable when hot.

TIPS TO KNOW ABOUT MICROWAVE

POPCORN: Check popcorn as it pops and stop when pops slow down to 3 seconds apart. Do not try to re-pop unpopped kernels. Unless you have a microwave recommended utensil for popping corn, use only commercial bags of microwave popcorn. Using glass or ceramic dishes or paper bags may cause harm to oven. Be careful when handling hot bags of popcorn. To prevent steam burns, keep hands to sides of package, rather than the top. Especially warn children of high heat in popcorn bags.

1. Touch POPCORN Pad, COOK appears on the display, along with time setting of 2:10 (2 min. 10 sec.). This pre-set cook time has been coordinated with the oven’s wattage for best results of a regular-size 3 1/2 oz. bag of popcorn.
2. Touch START pad. Word prompt COOK flashes while the timer counts down during cooking operation. Interior light goes on and fan sound is heard. Turntable rotates. (For single popcorn bag, leaving turntable on gives best cooking results.)

- TO reset POPCORN time: Tap POPCORN pad twice. ENTER TIME appears on display. Touch number pads to enter minutes and seconds. Touch START pad. This new cook time will remain whenever you use the POPCORN pad until your reset it.

SETTING “BAKED POTATO”

The “POTATO” automatic setting allows you to easily set the microwave to cook a variety of potatoes. A built-in standing time helps equalize the potatoes temperature during the microwave process. Touch once for small to average (3.5 to 5 oz.) potatoes. Tap twice for the hefty 6 to 8 oz. dinner size. After you select the size of potato (by touching once for small-medium or tapping twice for large), you must set the amount the number of potatoes you are cooking. With the POTATO pad, you can cook up to 4 potatoes of either size.

- For 3.5 to 5 oz. potatoes, touch POTATO pad once. ENTER AMT appears on display. Enter number of potatoes (up to 4) by touching number pads from 1 to 4. Cook times for small-medium potatoes are as follows:
 - 1 potato: 3 min. 50 sec.
 - 2 potatoes: 5 min. 30 sec.
 - 3 potatoes: 8 min. .
 - 4 potatoes: 110 min..
- For large 6 to 8 oz. potatoes, tap POTATO pad twice. ENTER AMT appears on display. Enter number of potatoes (up to 4) by touching number pads from 1 to 4. Cook times for large potatoes are as follows:
 - 1 potato: 5 min..
 - 2 potatoes: 7 min.
 - 3 potatoes: 11 min.
 - 4 potatoes: 14 min..
- CODE and the correct amount of cook time depending on amount (number) of potatoes, appears on display. Touch START pad. CODE flashes on display and time begins to count down.

SETTING “PIZZA”

With the automatic PIZZA pad you can reheat single serving of leftover cooled pizza or a whole frozen microwave pizza. The amount depends on how you set the pad. For a thick slice (or two thin ones-about 4 or 5 ounces total) of reheated pizza, touch the PIZZA pad once. For a whole frozen microwave pizza, tap the PIZZA pad twice. **Dots of two kinds of pizza designate whether to touch once (for the reheated slice) or tap twice (for the whole frozen pizza).**

- REHEATING A SLICE (OR TWO THIN ONES) OF LEFTOVER PIZZA: Touch PIZZA pad once. CODE and 1:40 (1:40.) appears.
- HEATING A WHOLE PROZEN MICROWAVE PIZZA: Tap PIZZA pad twice. CODE and 2:30 (2 min. 30 sec.) appears.
- Touch START. CODE flashes on display and cook time begins to count down.

SETTING “BEVERAGE”

The BEVERAGE pad is automatically programmed to let you microwave cups of beverages (tea/coffee) in two sizes. For small “coffee cup” serving, touch the BEVERAGE pad once. **One dot designates one touch of the pad. With large coffee mugs, tap the BEVERAGE pad twice. Two dots on the BEVERAGE pad designates touching the BEVERAGE pad twice.** After you have selected the coffee cup size, you must set amount of cups to be microwaved.

- For 4 to 6 oz. coffee cups, touch BEVERAGE pad once. ENTER AMT (amount) appears on display. Enter number of cups (up to 4) by touching number pads from 1 to 4. Cook times for coffee cups are as follows:
 - 1 cup: 1 min..30 sec.
 - 2 cup: 2 min. 50 sec.
 - 3 cup: 4 min. 10 sec.
 - 4 cup: 5 min. 30 sec.

2. For the large 7 to 9 oz. coffee mugs, tap BEVERAGE pad twice. ENTER AMT (amount) appears on display. Enter number of mugs (up to 4) by touching number pads from 1 to 4. Cook times for coffee mugs are as follows:

1 mug: 2 min. 40 sec.
 2 mugs: 4 min. 50 sec.
 3 mugs: 7 min. 20 sec.
 4 mugs: 9 min. 50 sec.

3. CODE and the correct amount of cook time (depending on amount of cups or mugs) appears on display. Touch START. CODE flashes on display and time begins to count down.

SETTING “FROZEN DINNER”

This automatic setting is very useful for easily microwaving your favorite single-serving entrees and dinners. This setting may take slightly longer than the microwave time given on the package. That’s because of the built-in standing time included in the oven’s automatic program. The program’s specially designed sequence of power levels plus the automatic standing time allows one setting to microwave a great variety of frozen foods.

1. MICROWAVE 1 OR 2 SMALL SIZE (5-7 oz.) FROZEN DINNERS: Touch FROZEN DINNER pad once. ENTER AMT (amount) appears on the display. For 2 entrees, touch the “2” number pad. Cook times for small-size entrees are as follows:
 1 entree: 2 min. 30sec.
 2 entrees: 3 min. 30 sec.
2. MICROWAVING ONE LARGER 8~10 oz. FROZEN PLATED DINNER: Tap FROZEN DINNER pad twice. ENTER AMT (amount) appears on the display. For 2 entrees, touch the “2” number pad. Cook times for small-size entrees are as follows:
 1 entree: 3 min.
 2 entree: 4 min. 30 sec.
3. CODE and correct amount of cook time appears on display. Touch START pad. CODE flashes on display and time begins to count down.

SETTING “REHEAT”

This setting lets you reheat a dinner plateful of chilled leftovers with good results. Its automatic program has been designed to tolerate a large variety of food combinations when arranged together. Remember some of the following tips when preparing foods to reheat on the REHEAT setting. How you arrange foods on the plate affects how evenly they cook. Consider the amount and density of each food.

DENSE FOODS SUCH AS MEATS (large or bulky pieces or thick slices of precooked meats) AND COMPACT VEGETABLE such as mashed potatoes or potatoes au gratin should be placed around edges of plate and spread out as much as possible to expose them to microwave energy.

LARGE AMOUNT OF FOODS should be spread out to receive more microwave energy than smaller amounts. Covering dry meat slices with sauce or gravy also helps speed their heating.

LIGHT, AIRY FOODS such as rice, small pieces of vegetables, delicate seafood, small chicken nuggets, or small amounts of food absorb microwaves quickly. Place these in the center of the plate where they will be somewhat shielded by foods on the outside edges.

TEMPERATURE OF FOODS determine how evenly they cook together. A can of freshly opened vegetables (food is at room temperature) will probably heat more quickly than foods which are started from the refrigerator. DELICATE DINNER ROLLS, if desired, should be added only the last few seconds. COVER plate with wax paper to hold steam around most foods.

Exception: Do not cover to warm rare meats and foods with crisp exteriors.

1. Touch REHEAT pad. CODE appears on the display and 4:10 (4 min. 10 sec.) is set. This coded setting includes three automatic cooking levels which allow for even cooking of many food combinations and types.
2. Touch START pad. CODE flashes on display and cooking time begins counting down.
3. When cook time has elapsed, END appears on display. Open oven door or touch RESET pad to

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the window on both sides with a damp cloth to remove any spills or splatters.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions, this is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.

