# FRIGIDAIRE

All about the Use & Care of your Microwave Oven

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WELCOME & CONGRATULATIONS

Congratulations on your purchase of a new microwave oven! At Electrolux Home Products, we are very proud of our product and are completely committed to providing you with the best service possible. Your satisfaction is our number one priority.

We know you’ll enjoy your new microwave oven and Thank You for choosing our product. We hope you consider us for future purchases.

PLEASE CAREFULLY READ AND SAVE THESE INSTRUCTIONS
This Use & Care Manual provides specific operating instructions for your model. Use your microwave oven only as instructed in this manual. These instructions are not meant to cover every possible condition and situation that may occur. Common sense and caution must be practiced when installing, operating and maintaining any appliance.

Please record your model and serial numbers below for future reference.

Model Number: ____________________________
Serial Number: ____________________________
Purchase Date: ____________________________

NEED HELP?
Visit the Frigidaire Web Site at: http://www.frigidaire.com
Before you call for service, there are a few things you can do to help us serve you better.

Read this manual.
It contains instructions to help you use and maintain your microwave oven properly.

If you received a damaged Microwave Oven... immediately contact the dealer (or builder) that sold you the Microwave Oven.

Save time and money.
Check the section titled “Service Call Check”. This section helps you solve common problems that might occur. If you do need service, you can relax knowing help is only a phone call away. A list of toll-free customer service numbers is included in the back of this manual. Or call Frigidaire Customer Services at 1-800-374-4432, 24 hours a day, 7 days a week.

IMPORTANT SAFETY INSTRUCTIONS
For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

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.
IMPORTANT SAFETY INSTRUCTIONS

Definitions

WARNING indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

CAUTION indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury.

READ ALL INFORMATION BEFORE USING

To reduce the risk of fire, burns, electric shock, injury to persons, or exposure to excessive microwave energy when using your appliance, follow basic precautions, including the following sections.

- Do not store anything directly on top of the appliance surface when the appliance is in operation.
- To reduce the risk of fire in the microwave oven cavity:
  - Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the microwave oven to facilitate cooking.
  - Remove wire twist-ties from paper or plastic bags before placing bag in microwave oven.
  - If materials inside the microwave oven ignite, keep microwave oven door closed, turn microwave oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
  - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.

Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present.

To reduce the risk of injury to persons:
- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks. Use a wide-mouthed container.
- After heating, allow the container to stand in the microwave oven at least for 20 seconds before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

Clean ventilation openings and grease filters frequently. Grease should not be allowed to accumulate on ventilation openings, louver or grease filters.

Use care when cleaning the louver and the grease filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the louver and the grease filters.

When flaming food under the hood, turn the fan on.

This appliance is suitable for use above both gas and electric cooking equipment 36" wide or less.

SAVE THESE INSTRUCTIONS.
IMPORTANT SAFETY INSTRUCTIONS

• Do not clean with metal scouring pads. Pieces off the pad can touch electrical parts involving risk of electric shock.

![WARNING]

If you see arcing, press the Cancel button and correct the problem.

**ARCING**
Arcing is the microwave term for sparks in the oven. Arcing is caused by:

• Metal or foil touching the side of the oven.

• Foil not molded to food (upturned edges act like antennas).

• Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.

• Recycled paper towels containing small metal pieces being used in the microwave.

Federal Communications Commission Radio Frequency Interference Statement (U.S.A. Only)
This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

• Reorient the receiving antenna of the radio or television.

• Relocate the microwave oven with respect to the receiver.

• Move the microwave oven away from the receiver.

• Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

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

UNPACKING AND EXAMINING YOUR MICROWAVE OVEN
Open the bottom of the carton, bend the carton flaps back and tilt the microwave oven over to rest on plastic foam pad. Lift carton off microwave oven and remove all packing materials, Installation Instructions, Wall Template, Top Template, PureAir® Microwave Carbon Filter, Turntable and Turntable Support. SAVE THE CARTON AS IT MAY MAKE INSTALLATION EASIER.
- Remove the feature sticker from the outside of the door, if there is one.
- DO NOT REMOVE THE WAVEGUIDE COVER, which is located on the ceiling in the microwave oven cavity. Check to see that there are Installation Instructions, Wall Template, Top Template and PureAir® Microwave Carbon Filter, which is used when recirculating is chosen. Read enclosures and SAVE the Use and Care Manual.
Check the microwave oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the microwave oven and contact your dealer or ELECTROLUX SERVICER. See Installation Instructions for more details.

GROUNDING INSTRUCTIONS
This appliance must be grounded. This microwave oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. 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
Check Installation Instructions for proper location for the power supply.
The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more protected electrical supply. It is recommended that a separate circuit serving only the microwave oven be provided.
The microwave oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. DO NOT UNDER ANY CIRCUMSTANCES CUT OR REMOVE THE GROUNDING PIN FROM THE PLUG.
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.
The Power Supply Cord and plug must be connected to a separate 120 Volt AC, 60 Hz, 15 Amp, or more branch circuit, single grounded receptacle. The receptacle should be located inside the cabinet directly above the Microwave Oven mounting location as shown in Figure 1.

NOTES
1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither Electrolux nor the dealer can accept any liability for damage to the microwave oven or personal injury resulting from failure to observe the correct electrical connection procedures.

Figure 1
IMPORTANT SAFETY INSTRUCTIONS

ABOUT YOUR MICROWAVE OVEN
This Use and Care Manual is valuable: read it carefully and always save it for reference.
A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes.
NEVER use the microwave oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the microwave oven.
ALWAYS have food in the microwave oven when it is on to absorb the microwave energy.
When using the microwave oven at power levels below 100%, you may hear the magnetron cycling on and off. It is normal for the exterior of the microwave oven to be warm to the touch when cooking or reheating.
Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the microwave oven. Generally, covered foods will not cause as much condensation as uncovered ones. Ventilation openings must not be blocked.
The microwave oven is for food preparation only. It should not be used to dry clothes or newspapers.
Your microwave oven is rated 1000 watts by using the IEC Test Procedure. In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

ABOUT MICROWAVE COOKING
• Arrange food carefully. Place thickest areas towards outside of dish.
• Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
• Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly.
• Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
• Stir foods from outside to center of dish once or twice during cooking, if possible.
• Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
• Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
• Add standing time. Remove food from microwave oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
• Check for doneness. Look for signs indicating that cooking temperatures have been reached.

Doneness signs include:
- Food steams throughout, not just at edge.
- Center bottom of dish is very hot to the touch.
- Poultry thigh joints move easily.
- Meat and poultry show no pinkness.
- Fish is opaque and flakes easily with a fork.

ABOUT FOOD

<table>
<thead>
<tr>
<th>FOOD</th>
<th>DO</th>
<th>DON'T</th>
</tr>
</thead>
</table>
| Eggs, sausages, nuts, seeds, fruits & vegetables | • Puncture egg yolks before cooking to prevent "explosion".  
• Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes. | • Cook eggs in shells.  
• Reheat whole eggs.  
• Dry nuts or seeds in shells. |
| Popcorn                     | • Use specially bagged popcorn for microwave cooking.  
• Listen while popcorn is popping for the slow to 1 or 2 seconds or use special popcorn pad. | • Pop popcorn in regular brown bags or glass bowls.  
• Exceed maximum time on popcorn package. |
| Baby food                   | • Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving.  
• Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding. | • Heat disposable bottles.  
• Heat bottles with nipples on.  
• Heat baby food in original jars. |
| General                     | • Cut baked goods with filling after heating to release steam and avoid burns.  
• Stir liquids briskly before and after heating to avoid "eruption".  
• Use deep bowl, when cooking liquids or cereals, to prevent boilovers. | • Heat or cook in closed glass jars or air tight containers.  
• Can in the microwave as harmful bacteria may not be destroyed.  
• Deep fat fry.  
• Dry wood, gourds, herbs or wet papers. |
IMPORTANT SAFETY INSTRUCTIONS

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

Use these utensils for safe microwave cooking and reheating:
• glass ceramic (Pyroceram®), such as Corningware®.
• heat-resistant glass (Pyrex®)
• microwave-safe plastics
• paper plates
• microwave-safe pottery, stoneware and porcelain
• browning dish (Do not exceed recommended preheating time. Follow manufacturer’s directions.)

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

DO NOT USE
• metal pans and bakeware
• dishes with metallic trim
• non-heat-resistant glass
• non-microwave-safe plastics (margarine tubs)
• recycled paper products
• brown paper bags
• food storage bags
• metal twist-ties

Should you wish to check if a dish is safe for microwaving, place the empty dish in the microwave oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

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

How to use aluminum foil in your microwave oven:
• Small fat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly.
• Foil should not come closer than one inch to any surface of the microwave oven.

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

ABOUT CHILDREN AND THE MICROWAVE
Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room. As with any appliance, close supervision by an adult is necessary when used by children. At no time should anyone be allowed to lean or swing on the microwave oven door.

Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot. Don’t assume that because a child has mastered one cooking skill he/she can cook everything.

About baking, children need to learn that the microwave oven is not a toy. See page 20 for Child Lock feature.

ABOUT SAFETY
• Check foods to see that they are cooked to the United States Department of Agriculture’s recommended temperatures.

<table>
<thead>
<tr>
<th>TEMP (°F)</th>
<th>FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>145°F (63°C)</td>
<td>For beef, lamb or veal cut into steaks, chops or roasts, fish</td>
</tr>
<tr>
<td>160°F (71°C)</td>
<td>For fresh pork, ground meat, seafood, egg dishes, frozen prepared food and beef, lamb or veal cut into steaks, chops or roasts</td>
</tr>
<tr>
<td>165°F (74°C)</td>
<td>For leftover, ready-to-reheat refrigerated, deli and carry out “fresh” food, whole chicken or turkey, chicken or turkey breasts and ground poultry used in chicken or turkey burgers</td>
</tr>
</tbody>
</table>

NOTE
Do not cook whole, stuffed poultry. Cook stuffing separately to 165°F.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.
• ALWAYS use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
• Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish’s covering and carefully open popcorn and oven cooking bags away from the face.
• Stay near the microwave oven while it’s in use and check cooking progress frequently so that there is no chance of overcooking food.
• NEVER use the cavity for storing cookbooks or other items.
• Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
• Keep waveguide cover clean. Food residue can cause arcing and/or fires.
• Use care when removing items from the microwave oven so that the utensil, your clothes or accessories do not touch the safety door latches.
• Keep aluminum foil used for shielding at least 1 inch away from walls, ceiling and door.
PART NAMES

FRONT VIEW

1. Microwave oven door with see-through window
2. Door hinges
3. Waveguide cover: DO NOT REMOVE.
4. Turntable motor shaft
5. Microwave oven light
   It will light when microwave oven is operating or door is open.
6. Rack holders
7. Safety door latches
   The microwave oven will not operate unless the door is securely closed.
8. Handle
9. Light hi/lo/off pad
   Press the light hi/lo/off pad once for high, twice for low and three times to turn off the light.
10. Vent hi/lo/off pad
    Press the vent hi/lo/off pad once for high speed, twice for low speed and three times to turn off the fan.
11. Auto-Touch control panel
12. Time display: Digital display, 99 minutes, 99 seconds
13. Ventilation openings
14. PureAir® Filter Access Door
15. PureAir® Microwave Carbon Filter
16. Menu label
17. Removable turntable
   The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.
18. Removable turntable support
   First, carefully place the turntable support on the motor shaft in the center of the microwave oven floor. Place the support ring on the microwave oven floor. Then, place the turntable on the turntable support securely.
19. Rack for 2-level cooking/ reheating
20. Light cover
21. Grease filters

BOTTOM VIEW

(Do not leave rack in microwave unless cooking on rack.)
CONTROL PANEL

The 7-digit Interactive Display spells out operating steps and shows cooking hints.

1. Display:
The display includes a clock and indicators that show the time of day, cooking time settings, cook powers, sensor, quantities, weights and cooking functions selected.

1a. SENSOR:
Icon displayed when using sensor cook.

1b. TIMER:
Icon displayed when timer is being set or running.

1c. COOK:
Icon displayed when starting microwave cooking.

1d. DEF:
Icon displayed when defrosting food.

1e. LOCK:
Icon displayed in control lock.

1f. PRESS AGAIN FOR OPTIONS:
Icon displayed when additional options are available.

1g. PRESS START:
Icon displayed when a valid function can be started.

1h. kg, oz, lb:
Icon displayed when choosing the weight.

1i. FILTER:
Icon displayed replace PureAir® Filter.

2. Auto Cook (P18)
3. Sensor Reheat (5 different settings) (P14)
4. Sensor Cook (P13)
5. Auto Defrost (P21)
6. Melt/Soften (P17)
7. Potato (1-4 potatoes) (P16)
8. Veggies (P15)
9. Popcorn (P15)
10. Snacks (P16)
11. Numeric pads (0 thru 9)
12. Stop/Clear (P10)
13. START +30 sec (P11)
14. Clock & Settings (P10) (P25)
15. Power Level (11 power levels available) (P12)
16. Turntable (On-Off) (P28)
17. Exhaust (High/Low/Off) ~ Use to turn the exhaust fan off, or to adjust fan speed. (P28)
18. Timer (On-Off) (P28)
19. Surface Light (High/Low/Off) ~ Press this pad to adjust the brightness of surface lights. (P28)
20. Quick Start (9 instant key settings)(P10)

Note: For detailed information, please go to relative page listed above.
BEFORE OPERATING

- Before operating your new oven make sure you read and understand this Use and Care Guide completely.
- The clock can be disabled when the microwave is first plugged in and the STOP key is selected.
  To re-enable the clock follow clock instructions.

To Set the Clock

- Suppose you want to enter the correct time of day 10:59

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Clock &amp; Settings</td>
<td>12:00 ENTER TIME</td>
</tr>
<tr>
<td>2. 0 0 5 9</td>
<td>10:59</td>
</tr>
<tr>
<td>3. START +30 Sec</td>
<td>10:59</td>
</tr>
</tbody>
</table>

NOTE

1. If you begin to enter an incorrect time (e.g. 2:89) the 8 is an invalid digit and cannot be entered. Enter the correct time.
2. If you touch STOP while setting the clock, the display will show the last time of day set or a blank display if no time of day has been set.

STOP clear

Press the STOP to:
1. Erase if you make a mistake during programming.
2. Cancel timer setting and the signal after cooking.
3. Stop the oven temporarily during cooking.
4. Return the time of day to the display.
5. Cancel a program during cooking, press twice.

MANUAL COOKING

Time Cooking

Your Over the Range Microwave Oven can be programmed for 99 minutes 99 seconds (99:99). Always enter the seconds after the minutes, even if they are both zeros.
- Suppose you want to cook for 5 minutes, 30 seconds at 100% power,

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 3 3 0</td>
<td>5:30</td>
</tr>
<tr>
<td>2. START +30 Sec</td>
<td>5:30</td>
</tr>
</tbody>
</table>

Interrupting Cooking

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan turns off, but the light stays on.
To restart cooking, close the door and Touch.
START +30 Sec

If you do not want to continue cooking, open the door and touch STOP.

Using One Touch Start

This is a time saving pad that will automatically start cooking 2 seconds after selected. Numeric key 1, 2, or 3 can be touched for a 1 minute, 2 minute or 3 minute automatic start cooking feature.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 2</td>
<td>2:00</td>
</tr>
</tbody>
</table>

NOTE

“Food” will be displayed if a quick start cooking cycle or +30 sec key is not selected within 5 minutes of placing food in the microwave. You must open then close the door again to clear “Food” from the display.
MANUAL COOKING

Using Add 30 Sec.
This is a time-saving pad. It is a simplified feature that lets you quickly set and start microwave cooking at 100% power.

1. Suppose you want to cook for one minute.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>START +30 Sec</td>
<td>3:30</td>
</tr>
</tbody>
</table>

2. Suppose you want to cook for 5 minutes, 30 seconds at 80% power.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>START +30 Sec</td>
<td>1:00</td>
</tr>
<tr>
<td></td>
<td>Time counting down</td>
</tr>
</tbody>
</table>

NOTE
"Food" will be displayed if a quick start cooking cycle or +30 sec key is not selected within 5 minutes of placing food in the microwave. You must open then close the door again to clear "Food" from the display.

Setting Timed Cooking With Power Level
This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH (100%) power.

1. Suppose you want to cook for 1 minute.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 3 0</td>
<td>5:30</td>
</tr>
</tbody>
</table>

2. Suppose you want to cook for 5 minutes, 30 seconds at 80% power.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Level x 3</td>
<td>PL-80</td>
</tr>
</tbody>
</table>

3. To set a 7 minute cook time at 50% cook power.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 0 0</td>
<td>7:00</td>
</tr>
</tbody>
</table>

NOTE
If you do not select a power level, the oven will automatically cook at HIGH (100%) power.

Setting Two-Stage Cooking
For best results, some recipes call for different power levels during a cook cycle. You can program your oven for two power level stages during the cooking cycle.

1. Suppose you want to set a 2-stage cook cycle. The first stage is a 3 minute cook time at 80% cook power then a 7 minute cook time at 50% cook power.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 0 0</td>
<td>3:00</td>
</tr>
<tr>
<td></td>
<td>Time counting down</td>
</tr>
</tbody>
</table>

2. To set a 3 minute cook time for first stage.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Level x 3</td>
<td>PL-80</td>
</tr>
</tbody>
</table>

3. To set a 7 minute cook power for the second stage.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 0 0</td>
<td>7:00</td>
</tr>
</tbody>
</table>

4. Power Level x 6

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Level x 6</td>
<td>PL-50</td>
</tr>
</tbody>
</table>

NOTE
You can program a "0" power second stage for standing time inside the oven.
MANUAL COOKING

To Set Power Level
There are eleven preset power levels. Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

<table>
<thead>
<tr>
<th>PRESS POWER LEVEL PAD NUMBER OF TIMES FOR DESIRED POWER</th>
<th>APPROXIMATE PERCENTAGE OF POWER</th>
<th>COMMON WORDS FOR POWER LEVELS</th>
</tr>
</thead>
<tbody>
<tr>
<td>POWER LEVEL x 1</td>
<td>100%</td>
<td>High</td>
</tr>
<tr>
<td>POWER LEVEL x 2</td>
<td>90%</td>
<td></td>
</tr>
<tr>
<td>POWER LEVEL x 3</td>
<td>80%</td>
<td></td>
</tr>
<tr>
<td>POWER LEVEL x 4</td>
<td>70%</td>
<td>Medium High</td>
</tr>
<tr>
<td>POWER LEVEL x 5</td>
<td>60%</td>
<td></td>
</tr>
<tr>
<td>POWER LEVEL x 6</td>
<td>50%</td>
<td>Medium</td>
</tr>
<tr>
<td>POWER LEVEL x 7</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>POWER LEVEL x 8</td>
<td>30%</td>
<td>Med Low/Defrost</td>
</tr>
<tr>
<td>POWER LEVEL x 9</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>POWER LEVEL x 10</td>
<td>10%</td>
<td>Low</td>
</tr>
<tr>
<td>POWER LEVEL x 11</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

Using the Rack
The rack allows several foods to be cooked or reheated at one time. However, for the best cooking and reheating, use Turntable ON function and cook with SENSOR COOKING or AUTO COOKING without the rack. When the rack is used, set time and power level manually. Allow plenty of space around and between the dishes. Pay close attention to the cooking and reheating progress. Reposition the foods and reverse them from the rack to turntable and/or stir them at least once during any cooking or reheating time. After cooking or reheating, stir if possible. Using a lower power level will assist in better cooking and reheating uniformity.

Avoid:
- Storing the rack in the microwave oven when not in use.
- Popping popcorn with the rack in the microwave oven.
- Using any browning dish on the rack.
- Using SENSOR COOKING and AUTO COOKING with the rack.
- Cooking directly on the rack—use microwave-safe cookware.

Manual Defrost
If the food that you wish to defrost is not listed on the Defrost chart or is above or below the limits in the Amount column on the Defrost chart (see page 22-23), you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using power level for 30%. For either raw or previously cooked frozen food the rule of thumb is approximately 4 minutes per pound. For example, defrost 4 minutes for 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on power level 30% until totally defrosted.

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

NOTE
DO NOT STORE THE RACK IN THE MICROWAVE WHEN NOT IN USE.
Sensor cooking has an electronic controlled sensor that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities automatically.

**Using Sensor Settings:**
1. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
2. The oven works with foods at normal storage temperature. For example, popcorn would be at room temperature.
3. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
4. During the first part of SENSOR COOKING, food name will appear in the display. Do not open the oven door or press the **STOP clear** pad during this part of the cycle. The measurement of vapor will be interrupted.
5. If the sensor does not detect vapor properly when popping popcorn, the oven will turn off, and the correct time of day will be displayed. AN ERROR CODE will be displayed, and the oven will turn off.
6. Check food for temperature after cooking. If additional time is needed, continue to cook manually.

**Covering Foods:**
Some foods cook better when covered.

- Casserole lid.
- Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
- Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

---

**NOTES for SENSOR COOKING**

1. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.
2. Stay near the oven while it’s in use and check cooking progress frequently so that there is no chance of overcooking food.
3. When SENSOR COOKING is selected Turntable On is automatically set for optimum cooking.

**Sensor Cook**
You can cook foods by pressing the sensor cook pad multiple times. You don't need to calculate cooking time or power level.

- Suppose you want to cook frozen breakfast.

**Touch:**

**Display Shows:**

<table>
<thead>
<tr>
<th>Touch</th>
<th>Display Shows</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sensor Cook</td>
<td>BACON</td>
</tr>
<tr>
<td>2. Sensor Cook</td>
<td>FROZEN DINNER</td>
</tr>
<tr>
<td>3. Sensor Cook</td>
<td>RICE</td>
</tr>
<tr>
<td>4. Sensor Cook</td>
<td>FROZEN BREAKFAST</td>
</tr>
<tr>
<td>5. START +30 Sec</td>
<td>FROZEN BREAKFAST</td>
</tr>
</tbody>
</table>
### SENSOR COOKING

#### Sensor Cook chart

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bacon</td>
<td>1-3 slices</td>
<td>Place bacon strips on a microwave bacon rack for best</td>
</tr>
<tr>
<td></td>
<td></td>
<td>results. (Use dinner plate lined with paper towels if rack</td>
</tr>
<tr>
<td></td>
<td></td>
<td>is not available).</td>
</tr>
<tr>
<td>2. Frozen Dinner</td>
<td>10 oz./ 20 oz.</td>
<td>Place in an appropriately sized microwave container.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cover with plastic wrap. After cooking, stir and allow</td>
</tr>
<tr>
<td></td>
<td></td>
<td>to stand for 3 minutes.</td>
</tr>
<tr>
<td>3. Rice</td>
<td>1-2 cups</td>
<td>Place rice and twice as much liquid (water, chicken</td>
</tr>
<tr>
<td></td>
<td>Use medium or long grain rice. Cook instant rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>according to directions on the package.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cover with plastic wrap. After cooking, stir and allow</td>
</tr>
<tr>
<td></td>
<td></td>
<td>to stand for 3 minutes.</td>
</tr>
</tbody>
</table>

#### Sensor Reheat

- Suppose you want to reheat rolls with sensor reheat.

<table>
<thead>
<tr>
<th>Touch: Sensor Reheat</th>
<th>Display Shows: BEVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Sensor Reheat</td>
<td>DINNER PLATE</td>
</tr>
<tr>
<td>3. Sensor Reheat</td>
<td>SOUP SAUCE</td>
</tr>
<tr>
<td>4. Sensor Reheat</td>
<td>CASSEROLE</td>
</tr>
<tr>
<td>5. Sensor Reheat</td>
<td>ROLLS</td>
</tr>
<tr>
<td>6. START +30 Sec</td>
<td>ROLLS</td>
</tr>
</tbody>
</table>

#### Sensor Reheat chart

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverage</td>
<td>1 - 3 cups</td>
<td>To reheat beverages. Stir liquid briskly before and after heating to</td>
</tr>
<tr>
<td></td>
<td></td>
<td>avoid “eruption”.</td>
</tr>
<tr>
<td>Dinner Plate</td>
<td>1-2 Plates</td>
<td>Place on a low plate. Cover with vented plastic wrap. Let stand 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>minutes after cooking.</td>
</tr>
<tr>
<td>Soup/Sauce</td>
<td>1-2 Cups</td>
<td>Place in shallow microwaveable casserole. Cover with vented plastic</td>
</tr>
<tr>
<td></td>
<td></td>
<td>wrap. After cooking, stir and let stand 3 minutes.</td>
</tr>
<tr>
<td>Casserole/</td>
<td>1-4 Servings</td>
<td>Place in a microwaveable bowl or casserole. Cover with vented plastic</td>
</tr>
<tr>
<td>Lasagna</td>
<td></td>
<td>wrap. After cooking, stir and let stand 3 minutes.</td>
</tr>
<tr>
<td>Roll/Muffin</td>
<td>1-3 Pieces</td>
<td>Place on paper towel. Do not cover.</td>
</tr>
</tbody>
</table>

14
ONE TOUCH COOK

Popcorn
The Popcorn quick touch pad lets you pop 3.3, 3.0, 1.75 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions.
- Suppose you want to pop a 3.3 oz. popcorn.

Touch: Display Shows:
1. Popcorn
2. START +30 Sec

NOTES
1. Remove the metal shelf from microwave oven when cooking popcorn. Do not use regular paper bags. Do not re-pop unpopped kernals. Do not pop popcorn in glass cookware.

Veggies
There are 2 options (Frozen Vegetables, Fresh Vegetables) under the Veggies.
- Suppose you want to cook two cups of frozen veggies.

Touch: Display Shows:
1. Veggies
2. Veggies
3. START +30 Sec

Vegetables chart

<table>
<thead>
<tr>
<th>FOOD (Initial temperature)</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Frozen Vegetables (-18°C)</td>
<td>4 - 24 oz</td>
<td>Add no water. Cover with lid or plastic wrap. Press the vegetables pad two times for Frozen Vegetables. After cooking, stir and let stand, covered, for 3 minutes.</td>
</tr>
<tr>
<td></td>
<td>0.2 - 0.7 kg</td>
<td></td>
</tr>
<tr>
<td>2. Fresh Vegetables (5°C)</td>
<td>4 - 24 oz</td>
<td>Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. Press the vegetables pad one time for fresh vegetables. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.</td>
</tr>
<tr>
<td></td>
<td>0.2 - 0.7 kg</td>
<td></td>
</tr>
<tr>
<td>Carrots, sliced</td>
<td></td>
<td>Place in casserole. Add 1-4 tbsp. water. Cover with lid for tender vegetables. Use plastic wrap cover for tender-crisp vegetables. Press the vegetables pad one time for fresh vegetables. After cooking stir, if possible. Let stand, covered, for 2 to 5 minutes.</td>
</tr>
<tr>
<td>Corn on cob</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter squash - diced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter squash - halves</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ONE TOUCH COOK

Snack Menu
Snack Menu is for cooking/heating foods that take a short amount of time!

- Suppose you want to reheat 3 hotdogs.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Frozen MW Pizza</td>
<td>(6 - 8 oz)</td>
<td>Use for frozen microwave pizza. Remove from package and unwrap. Follow</td>
</tr>
<tr>
<td></td>
<td>(170 - 225 g)</td>
<td>package directions for use of package and/or silver crisping disk.</td>
</tr>
<tr>
<td>2. Hot Dogs</td>
<td>1 - 6 pieces</td>
<td>Place hot dog in bun. Wrap each with paper towel or napkin.</td>
</tr>
<tr>
<td>3. Meal in a Cup</td>
<td>2.39 oz</td>
<td>This setting is ideal for individual portions of canned food packed in a</td>
</tr>
<tr>
<td></td>
<td></td>
<td>small microwaveable container, usually 6 to 8 ounces. Remove inner metal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>lid and replace outer microwaveable lid. After cooking, stir food and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>allow to stand 1 or 2 minutes.</td>
</tr>
<tr>
<td>4. Frozen Kid’s Meal</td>
<td>8.8 oz</td>
<td>Use this pad for frozen, convenience foods. It will give satisfactory</td>
</tr>
<tr>
<td></td>
<td></td>
<td>results for most brands. You may wish to try several and choose your</td>
</tr>
<tr>
<td></td>
<td></td>
<td>favorite. Remove package from outer wrapping and follow package</td>
</tr>
<tr>
<td></td>
<td></td>
<td>directions for covering. After cooking, let stand, covered for 1 to 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>minutes.</td>
</tr>
</tbody>
</table>

Potato
- Suppose you want to cook 1 to 4 baked Potatoes.

Touch: Display Shows:
1. Potato

NOTES
1. Cooking times are based on an average 8 ounce potato.

Baked Potato chart

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato</td>
<td>1 - 4 pieces</td>
<td>Pierce with fork in several places. Place on paper towel on turntable. After cooking, remove from oven and let stand for 5 minutes.</td>
</tr>
</tbody>
</table>

* It is not necessary to enter amount or number.
**ONE TOUCH COOK**

**Setting Melt/ Soften**

The oven uses low power to melt and soften items. See the following table.

- Suppose you want to melt 2 sticks of Butter.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Melt/ Soften</td>
<td>MELT BUTTER</td>
</tr>
<tr>
<td>2. START +30 Sec</td>
<td>ENTER 1-2 STK</td>
</tr>
<tr>
<td>3.</td>
<td>2 STICK</td>
</tr>
<tr>
<td>4. START +30 Sec</td>
<td>MELT BUTTER</td>
</tr>
</tbody>
</table>

**MELT TABLE**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>AMOUNT</th>
<th>DIRECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUTTER</td>
<td>1 or 2 sticks</td>
<td>Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.</td>
</tr>
<tr>
<td>CHOCOLATE</td>
<td>2, 4 or 8 oz.</td>
<td>Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.</td>
</tr>
<tr>
<td>ICE CREAM</td>
<td>Pint, 1.5 Quart.</td>
<td>Place container in oven. Ice cream will be soft enough to make scooping easier.</td>
</tr>
<tr>
<td>CREAM CHEESE</td>
<td>3 or 8 oz.</td>
<td>Unwrap and place in microwavable container. Cream cheese will be at room temperature and ready for use in recipe.</td>
</tr>
</tbody>
</table>
Auto Cook
Auto cook is divided into 2 parts-Quick Meals (Scrambled Eggs, Hot Cereal, Frozen Pizza, Fudge Brownies) and Dinner Recipes (Garlic Shrimp, Asiago Red Potatoes, Roasted Vegetable Medley, Lemon and Shrimp Risotto, White Chicken Chili).

Quick Meals chart

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Eggs</td>
<td>1 - 6 eggs</td>
<td>Whisk together egg and milk (use 1/2 tablespoon milk for each egg) in a microwave safe bowl that has been coated with cooking spray. Select &quot;Scrambled Eggs&quot; under the Auto Cook menu and the desired number of eggs to be cooked. Stir half way through cooking time.</td>
</tr>
<tr>
<td>Hot Cereal</td>
<td>1 - 3 servings</td>
<td>Use individual packets or bulk cereal in your favorite variety: oatmeal, oat bran, cream of wheat, farina or wheatena. Follow package directions for the correct amount of water or milk. To prevent boilovers, it is very important to choose a large container because microwave cooking of cereal causes high boiling. Select &quot;Hot Cereal&quot; under the Auto Cook menu and the desired number servings.</td>
</tr>
<tr>
<td>Frozen Pizza</td>
<td>12 oz</td>
<td>Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disk.</td>
</tr>
<tr>
<td>Fudge Brownies</td>
<td>18-19 oz</td>
<td>Prepare brownie mix according to package directions. Spoon batter into an 8 x 8 inch microwave safe glass dish that has been coated with cooking spray. Select &quot;Fudge Brownies&quot; under the Auto Cook menu.</td>
</tr>
</tbody>
</table>

NOTES
When AUTO COOKING is selected, Turntable On is automatically set for optimum cooking.
<Dinner Recipes>

• Suppose you want to cook Garlic shrimp.

Touch: Display Shows:

1. Auto Cook SCRAMBLED EGGS
2. Auto Cook HOT CEREAL
3. Auto Cook FROZEN PIZZA
4. Auto Cook FRUIT BROWNIES
5. Auto Cook GARLIC SHRIMP
6. START +30 Sec Time counting down

Stuffed Mushrooms

1 pound whole baby bella mushrooms
2 tablespoons butter, melted
1 bunch green onion, chopped
¼ cup shredded Parmesan cheese
2 tablespoons bread crumbs
1 teaspoon lemon juice
¼ teaspoon garlic pepper
Crushed red pepper to taste

Remove stems from mushrooms and set aside. Arrange mushroom caps on microwave safe plate. Finely chop reserved mushroom stems. Combine butter, chopped mushroom stems, and green onion in a 1 quart microwave safe dish; microwave on High power for 2 minutes. Add remaining ingredients and mix well. Spoon stuffing into mushroom caps. Microwave on High power for 4 to 5 minutes, or until mushrooms are tender.

Asiago Red Potatoes

1 ¼ pound red potatoes, peeled and thinly sliced
2 tablespoons all purpose flour
½ teaspoon salt
1 ¼ cups milk
1 tablespoon butter, melted
5 ounces shredded Asiago cheese

Combine potatoes, flour, and salt in a zip top plastic bag; seal bag and shake to coat potatoes. Transfer potatoes to a lightly greased 2 quart microwave safe casserole dish. Add milk and butter, stirring well. Cover and microwave on 80% power for 12 minutes or until potatoes are tender; sprinkle with cheese and microwave on 80% power for an additional 3 minutes or until cheese melts.
### AUTO COOKING

#### Roasted Vegetables Medley
- 1 cup baby carrots
- 1 cup sliced yellow squash
- 1 cup sliced zucchini
- ½ cup sliced red bell pepper
- ½ cup thinly sliced onion
- 1 tablespoon butter
- Garlic and herb seasoning to taste

Combine carrots, squash, zucchini, bell pepper, and onion in a 2 quart microwave safe casserole dish. Dot with butter and sprinkle with seasoning. Cover, and microwave on High power for 8 minutes or to desired degree of doneness.

#### Lemon and Shrimp Risotto
- 2 teaspoons butter
- 2 teaspoons olive oil
- 2 tablespoons finely chopped shallot
- 4 cups chicken broth
- ¼ cup fresh squeezed lemon juice
- 2 cups risotto
- 1 pound medium shrimp, peeled and deveined
- 1 cup frozen peas, thawed
- 2 teaspoons grated lemon zest
- ¼ teaspoon black pepper
- ¾ teaspoon salt

Combine butter, olive oil, and shallot in a 1 quart microwave safe dish. Microwave on High for 1 minute or until shallot is tender. Set aside.

Combine chicken broth and lemon juice in a 2 quart microwave safe measuring cup or casserole dish. Cover with lid or vented plastic wrap. Microwave on High power for 10 minutes. Stir in reserved shallot mixture and risotto. Cover and continue to microwave on 50% power for 20 minutes. Stir in shrimp, peas, grated lemon zest, pepper, and salt. Cover and microwave on 50% power for 5 minutes or until shrimp is opaque.

#### White Chicken Chili
- 1 pound boneless, skinless chicken breast, cubed
- ½ cup chopped onion
- 3 garlic cloves, minced
- 1 (15 ounce) can white beans, drained
- 1 (4 ounce) can chopped green chili pepper
- 1 cup chicken broth
- 1 ½ teaspoon chili powder
- ¾ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice

Combine chicken, onion, and garlic in a 2.5 quart microwave safe dish. Cover, and microwave on High for 6 minutes, or until chicken is fully cooked and onion is tender, stirring after 3 minutes.

Add white beans, chili pepper, chicken broth, chili powder, cumin, salt and pepper, stirring well. Cover and microwave on High for 10 minutes, stirring after 5 minutes.

Stir in cilantro and lime juice before serving.

### Lemon and Shrimp Risotto

- 2 teaspoons butter
- 2 teaspoons olive oil
- 2 tablespoons finely chopped shallot
- 4 cups chicken broth
- ¼ cup fresh squeezed lemon juice
- 2 cups risotto
- 1 pound medium shrimp, peeled and deveined
- 1 cup frozen peas, thawed
- 2 teaspoons grated lemon zest
- ¼ teaspoon black pepper
- ¾ teaspoon salt

Combine butter, olive oil, and shallot in a 1 quart microwave safe dish. Microwave on High for 1 minute or until shallot is tender. Set aside.

Combine chicken broth and lemon juice in a 2 quart microwave safe measuring cup or casserole dish. Cover with lid or vented plastic wrap. Microwave on High power for 10 minutes. Stir in reserved shallot mixture and risotto. Cover and continue to microwave on 50% power for 20 minutes. Stir in shrimp, peas, grated lemon zest, pepper, and salt. Cover and microwave on 50% power for 5 minutes or until shrimp is opaque.

### White Chicken Chili

- 1 pound boneless, skinless chicken breast, cubed
- ½ cup chopped onion
- 3 garlic cloves, minced
- 1 (15 ounce) can white beans, drained
- 1 (4 ounce) can chopped green chili pepper
- 1 cup chicken broth
- 1 ½ teaspoon chili powder
- ¾ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice

Combine chicken, onion, and garlic in a 2.5 quart microwave safe dish. Cover, and microwave on High for 6 minutes, or until chicken is fully cooked and onion is tender, stirring after 3 minutes.

Add white beans, chili pepper, chicken broth, chili powder, cumin, salt and pepper, stirring well. Cover and microwave on High for 10 minutes, stirring after 5 minutes.

Stir in cilantro and lime juice before serving.
Using Auto Defrost

The auto defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange the food in order to get the best defrost results. Three different defrosting levels are provided:

1. MEAT
2. POULTRY
3. FISH

Available weight is 0.1-6.0 lbs

• Suppose you want to defrost 1.2 lbs of fish.

Operating Tips

• For best results, remove fish, shell fish, meat and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.

• For best results, roll your ground meat into a ball before freezing. During the DEFROST cycle, the microwave will signal when it is time to turn the meat over. Scrape off any excess frost from the meat and continue defrosting.

• Place foods in a shallow container or on a microwave roasting rack to catch drippings. This table shows food type selections and the weights you can set for each type. For best results, loosen or remove covering on food.

<table>
<thead>
<tr>
<th>WEIGHTS YOU CAN SET (tenths of a pound)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Available weight is 0.1-6.0 lb</td>
</tr>
</tbody>
</table>

NOTES

The oven will beep during the DEFROST cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START +30 Sec to resume the defrost cycle.

Weight conversion table

You are probably used to measuring food in pounds and ounces that are fractions of a pound (for example, 4 ounces equals 1/4 pound). However, in order to enter food weight in Auto Defrost, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following table to convert the weight to decimals.

<table>
<thead>
<tr>
<th>Equivalent Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>OUNCES</td>
</tr>
<tr>
<td>1.6</td>
</tr>
<tr>
<td>3.2</td>
</tr>
<tr>
<td>4.0</td>
</tr>
<tr>
<td>4.8</td>
</tr>
<tr>
<td>6.4</td>
</tr>
<tr>
<td>8.0</td>
</tr>
<tr>
<td>9.6</td>
</tr>
<tr>
<td>11.2</td>
</tr>
<tr>
<td>12.0</td>
</tr>
<tr>
<td>12.8</td>
</tr>
<tr>
<td>14.4</td>
</tr>
<tr>
<td>16.0</td>
</tr>
</tbody>
</table>

NOTES

If between two decimal weights, choose the lower weight for the best defrosting results.
# AUTO DEFROST

## Auto Defrost Table

**NOTE:** Meat of irregular shape and large, fatty cuts of meat should have the narrow或 fatty areas shielded with foil at the beginning of the defrost sequence.

### Meat Settings

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SETTING</th>
<th>AT BEEP</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground Beef, Bulk</td>
<td>MEAT</td>
<td>Remove thawed portions with fork. Turn over. Return remainder to oven.</td>
<td>Do not defrost less than 1/4 lb. Freeze in ball shape.</td>
</tr>
<tr>
<td>Ground Beef, Patties</td>
<td>MEAT</td>
<td>Separate and rearrange.</td>
<td>Do not defrost less than 2 oz. patties. Depress center when freezing.</td>
</tr>
<tr>
<td>Round Steak</td>
<td>MEAT</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Tenderloin Steak</td>
<td>MEAT</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Stew Beef</td>
<td>MEAT</td>
<td>Remove thawed portions with fork.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Pot Roast, Chuck Roast</td>
<td>MEAT</td>
<td>Return remainder to oven.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Rib Roast</td>
<td>MEAT</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Rolled Rump Roast</td>
<td>MEAT</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cubes for Stew</td>
<td>MEAT</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Chops (1 inch thick)</td>
<td>MEAT</td>
<td>Remove thawed portions with fork. Return remainder to oven.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chops (1/2 inch thick)</td>
<td>MEAT</td>
<td>Separate and rearrange.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Hot Dogs</td>
<td>MEAT</td>
<td>Separate and rearrange.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Spareribs</td>
<td>MEAT</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Country-style Ribs</td>
<td>MEAT</td>
<td>Separate and rearrange.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Sausage, Links</td>
<td>MEAT</td>
<td>Remove thawed portions with fork.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Sausage, Bulk</td>
<td>MEAT</td>
<td>Turn over. Return remainder to oven.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Loin Roast, Boneless</td>
<td>MEAT</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish.</td>
</tr>
</tbody>
</table>
### AUTO DEFROST

**Auto Defrost Table (Continued)**

#### Poultry Settings

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SETTING</th>
<th>AT BEEP</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN Whole</td>
<td>POULTRY</td>
<td>Turn over breast side down. Cover warm areas with aluminum foil.</td>
<td>Place chicken breast-side up in a microwave safe dish. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted. Place in a microwave safe dish. Finish defrosting by immersing in cold water.</td>
</tr>
<tr>
<td>Cut-up</td>
<td></td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Separate pieces and rearrange.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Place chicken breast-side up in a microwave safe dish.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Finish defrosting by immersing in cold water.</td>
<td></td>
</tr>
<tr>
<td>CORNISH HENS Whole</td>
<td>POULTRY</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish. Finish defrosting by immersing in cold water.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Place in a microwave safe dish.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Finish defrosting by immersing in cold water.</td>
<td></td>
</tr>
<tr>
<td>TURKEY Breast</td>
<td>POULTRY</td>
<td>Turn over. Cover warm areas with aluminum foil.</td>
<td>Place in a microwave safe dish. Finish defrosting by immersing in cold water.</td>
</tr>
<tr>
<td>(up to 6 lbs)</td>
<td></td>
<td>Place in a microwave safe dish.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Finish defrosting by immersing in cold water.</td>
<td></td>
</tr>
</tbody>
</table>

#### Fish Settings

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SETTING</th>
<th>AT BEEP</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FISH Fillets</td>
<td>FISH</td>
<td>Turn over. Separate fillets when partially thawed, if possible.</td>
<td>Place in a microwave safe dish. Carefully separate fillets under cold water.</td>
</tr>
<tr>
<td>Steaks</td>
<td>FISH</td>
<td>Separate and rearrange.</td>
<td>Place in a microwave safe dish. Run cold water over to finish defrosting.</td>
</tr>
<tr>
<td>Whole</td>
<td>FISH</td>
<td>Turn over</td>
<td>Place in a microwave safe dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.</td>
</tr>
<tr>
<td>SHELLFISH</td>
<td>FISH</td>
<td>Break apart. Turn over.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Crab meat</td>
<td>FISH</td>
<td>Turn over and rearrange.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Lobster tails</td>
<td>FISH</td>
<td>Separate and rearrange.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Shrimp</td>
<td>FISH</td>
<td>Separate and rearrange.</td>
<td>Place in a microwave safe dish.</td>
</tr>
<tr>
<td>Scallops</td>
<td>FISH</td>
<td>Separate and rearrange.</td>
<td>Place in a microwave safe dish.</td>
</tr>
</tbody>
</table>
AUTO DEFROST

Defrosting Tips

- When using Auto Defrost, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- Before starting, make sure to remove any and all metal twist-ties that often come with frozen food bags, and replace them with strings or elastic bands.
- Open containers, such as cartons, before placing in the oven.
- Always slit or pierce plastic pouches or packaging.
- If food is foil wrapped, remove foil and place food in a suitable container.
- Slit the skin of skinned food, such as sausage.
- Bend plastic pouches of food to ensure even defrosting.
- Always underestimate defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.

- The length of defrosting time varies according to how solidly the food is frozen.
- The shape of the package affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- As food begins to defrost, separate the pieces. Separated pieces defrost more easily.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- For better results, let food stand after defrosting.
- Turn over food during defrosting or standing time. Break apart and remove food as required.
CONVENIENT FEATURES

Clock & Settings
The microwave oven has settings that allow you to customize the operation for your convenience. Below is the table showing the various settings. Touch the Clock&Settings key multiple times to scroll to the desired setting function.

<table>
<thead>
<tr>
<th>Key press</th>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clock &amp; Settings x1</td>
<td>Clock</td>
</tr>
<tr>
<td>Clock &amp; Settings x2</td>
<td>Control Lock</td>
</tr>
<tr>
<td>Clock &amp; Settings x3</td>
<td>Power Save</td>
</tr>
<tr>
<td>Clock &amp; Settings x4</td>
<td>Volume</td>
</tr>
<tr>
<td></td>
<td>Low/Med/High/Off</td>
</tr>
<tr>
<td>Clock &amp; Settings x5</td>
<td>Pure Air Filter Reset/Off</td>
</tr>
<tr>
<td>Clock &amp; Settings x6</td>
<td>Language</td>
</tr>
<tr>
<td>Clock &amp; Settings x7</td>
<td>Weight lb/kg</td>
</tr>
<tr>
<td>Clock &amp; Settings x8</td>
<td>Demo</td>
</tr>
</tbody>
</table>

(1). Setting Clock
The clock can be disabled when the microwave is first plugged in and the STOP key is selected.

To re-enable the clock follow clock instructions.

• Suppose you want to set the clock for 10:59.

Touch: Display Shows:

1. Clock & Settings

2. 10 5 9

3. START +30 Sec

NOTE
1. If you begin to enter in an incorrect time (e.g. 2:89) the 8 is an invalid digit and cannot be entered. Enter the correct time.
2. If you touch STOP while setting the clock, the display will show the last time of day set or a blank display if no time of day has been set.

(2). Setting Control Lock On/Off
To turn ON Control Lock.

Touch: Display Shows:

1. Clock & Settings

2. CONTROL LOCK

3. START +30 Sec

To turn OFF the Control Lock, touch Clock & Settings

(3). Setting Power Save On/Off
To turn ON Power Save. Turning ON power save turns off the time of day clock display.

Touch: Display Shows:

1. Clock & Settings

2. CONTROL LOCK

3. POWER SAVE OFF

4. START +30 Sec

To turn OFF the Power Save, touch Clock & Settings and choose POWER SAVE, select OFF then touch START +30 Sec.
CONVENIENT FEATURES

(4). Turning Sound Low/ Med/ High/ Off
Audible signals are available to guide you when setting and using your oven.

• A programming tone will sound each time you touch a pad.
• Three tones signal the end of a Kitchen Timer count down.
• Three tones signal the end of a cooking cycle.
• Suppose you want to turn audible signal off.

Touch: Display Shows:
1. Clock & Settings 12:00 ENTER TIME
2. Clock & Settings CONTROL LOCK
3. Clock & Settings POWER SAVE OFF
4. Clock & Settings VOLUME LOW
5. Clock & Settings VOLUME MED
6. Clock & Settings VOLUME HIGH
7. Clock & Settings VOLUME OFF
8. START +30 Sec OFF

(5). Setting Filter Reset or Filter Off

• Suppose you want to set the filter reset to off.

Touch: Display Shows:
1. Clock & Settings 12:00 ENTER TIME
2. Clock & Settings CONTROL LOCK
3. Clock & Settings POWER SAVE OFF
4. Clock & Settings VOLUME LOW
5. Clock & Settings FILTER RESET
6. START +30 Sec OFF

NOTE

When the cooking cycle is completed END will be displayed and the audible signal will sound if the sound is turned on.

NOTE

Select FILTER RESET to turn off "FILTER" icon and reset to remind in 6 months; if you want to turn off "FILTER" icon notification and not remind at all, select FILTER OFF and press START +30 Sec.
### CONVENIENT FEATURES

#### (6) SETTING LANGUAGE ENGLISH/FRANCAIS

- Suppose you want to set the language.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Clock &amp; Settings</td>
<td>12:00 ENTER TIME</td>
</tr>
<tr>
<td>2. Clock &amp; Settings</td>
<td>CONTROL LOCK</td>
</tr>
<tr>
<td>3. Clock &amp; Settings</td>
<td>POWER SAVE OFF</td>
</tr>
<tr>
<td>4. Clock &amp; Settings</td>
<td>VOLUME LOW</td>
</tr>
<tr>
<td>5. Clock &amp; Settings</td>
<td>FILTER RESET</td>
</tr>
<tr>
<td>6. Clock &amp; Settings</td>
<td>LANGUAGE FRENCH</td>
</tr>
<tr>
<td>7. START +30 Sec</td>
<td>FRANCAIS</td>
</tr>
</tbody>
</table>

**NOTE**

When **START +30 Sec** is pressed and the previous setting was English it will be set to French. If you want switch back to English you will have to again press **Clock & Settings** five times and then press **START +30 Sec**.

#### (7) Setting Weight Lb/Kg

- Suppose you want to toggle weight between pounds & kilograms.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Clock &amp; Settings</td>
<td>12:00 ENTER TIME</td>
</tr>
<tr>
<td>2. Clock &amp; Settings</td>
<td>CONTROL LOCK</td>
</tr>
<tr>
<td>3. Clock &amp; Settings</td>
<td>POWER SAVE OFF</td>
</tr>
<tr>
<td>4. Clock &amp; Settings</td>
<td>VOLUME LOW</td>
</tr>
<tr>
<td>5. Clock &amp; Settings</td>
<td>FILTER RESET</td>
</tr>
<tr>
<td>6. Clock &amp; Settings</td>
<td>LANGUAGE FRENCH</td>
</tr>
<tr>
<td>7. Clock &amp; Settings</td>
<td>LB / KG</td>
</tr>
<tr>
<td>8. START +30 Sec</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE**

If the display shows kg, pressing **START +30 Sec** button will reset the oven controls to lbs. To return to kg, you will have to again press **Clock & Settings** six times and then press **START +30 Sec**.
CONVENIENT FEATURES

1. Setting Demo Mode On/Off

- Suppose you want to enter Demo mode. When Demo mode is ON, programming functions will work in a rapid countdown mode with no cooking power.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Clock &amp; Settings</td>
<td>12:00 ENTER TIME</td>
</tr>
<tr>
<td>2. Clock &amp; Settings</td>
<td>CONTROL LOCK</td>
</tr>
<tr>
<td>3. Clock &amp; Settings</td>
<td>POWER SAVE OFF</td>
</tr>
<tr>
<td>4. Clock &amp; Settings</td>
<td>VOLUME LOW</td>
</tr>
<tr>
<td>5. Clock &amp; Settings</td>
<td>PAPER ROLL FILTER RESET</td>
</tr>
<tr>
<td>6. Clock &amp; Settings</td>
<td>LANGUAGE FRANÇAIS</td>
</tr>
<tr>
<td>7. Clock &amp; Settings</td>
<td>LB / KG</td>
</tr>
<tr>
<td>8. Clock &amp; Settings</td>
<td>DEMO OFF</td>
</tr>
<tr>
<td>9. START +30 Sec</td>
<td>ON</td>
</tr>
</tbody>
</table>

2. Setting Kitchen Timer

Your microwave oven can be used as a kitchen timer. You can set up to 99 minutes, 99 seconds. The kitchen timer can be used while the microwave oven is running.

- Suppose you want to set for three minutes.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Timer On-Off</td>
<td>ENTER TIME</td>
</tr>
<tr>
<td>2. 3 0 0</td>
<td>300</td>
</tr>
<tr>
<td>3. Timer On-Off</td>
<td>300</td>
</tr>
</tbody>
</table>

3. Using Vent Fan

The pad controls the 2-speed vent fan. If the vent fan is OFF, the first touch of the Vent pad will turn the fan on HIGH, second touch LOW and third touch OFF.

- Suppose you want to set the vent fan speed to LOW from the OFF position.

<table>
<thead>
<tr>
<th>Touch:</th>
<th>Display Shows:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Hi</td>
</tr>
<tr>
<td>2.</td>
<td>Hi</td>
</tr>
</tbody>
</table>

NOTE

- Suppose you want to turn the demo mode back OFF, you will have to again press Clock & Settings seven times and then press START +30 Sec.
CONVENIENT FEATURES

NOTE
If the temperature from the range or cooktop below the oven gets too hot, the vent fan will automatically turn on to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the Vent pad will not turn the fan off.

4. Using Cooktop Light

The pad controls the cooktop light. If the light is OFF, the first touch of the light pad will turn the light ON (high), second touch Nite (low) and third touch OFF.
• Suppose you want to set the light for HIGH from the OFF position.

Touch: Display Shows:
1. \[\text{Hi | Low | Off}\] \[\text{Hi} \]

5. Setting Turntable On/Off

Press Turntable On-Off to turn the turntable on or off. For best cooking results, leave the turntable on. It can be turned off for large dishes.

Touch: Display Shows:
1. Turntable On-Off OFF
2. Turntable On-Off

NOTE
Sometimes the turntable can become hot to the touch during and after cooking. Do not run the oven empty without food in it.
CLEANING AND CARE

Disconnect the power cord or leave the door open to deactivate the oven during cleaning. Disconnect the power cord before replacing filters and lights.

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

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

EASY CARE™ STAINLESS STEEL / SMUDGE_PROOF™ STAINLESS STEEL / BLACK STAINLESS STEEL (SOME MODELS)
Your microwave oven (some models) may have a Stainless Steel finish or coating. Clean the stainless with warm soapy water using a clean sponge or cloth. Rinse with clean water and dry with a soft clean cloth. DO NOT use ANY store bought cleaners like Stainless Steel cleaners or any other types of cleaners containing any abrasive, chlorides, chlorines or ammonia. It is recommended to use mild dish soap and water or a 50/50 solution of water and vinegar.

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

INTERIOR
Cleaning is easy because little heat is generated to the interior surfaces. To clean the interior surfaces, wipe with a soft cloth and warm water. DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. The round wire rack and shelf can be cleaned with hot soapy water, rinsed and dried.

WAVEGUIDE COVER
The waveguide cover is located on the right side in the microwave oven cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good microwave oven performance. Carefully wipe with a damp cloth any food spatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. DO NOT REMOVE THE WAVEGUIDE COVER.

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

TURNTABLE/TURNTABLE SUPPORT
The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and non-abrasive scouring sponge. They are also dishwasher-proof. Use upper wire rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.
Unplug the LED light from the harness. 

Remove the LED light mounting screw.

Re-install LED light cover and mounting screw.

Re-install LED light and mounting screw.

---

**CLEANING AND CARE**

**Cleaning the exhaust filters**
The oven ventilation exhaust filters should be removed and cleaned often; generally at least once every month.

Vent exhaust filter part number 5304478913

To order parts call 800-599-7569

---

**Surface light replacement**

To avoid risk of personal injury or property damage, wear gloves when replacing the light bulbs.

1. Unplug the microwave oven or turn off power at the main circuit breaker.
2. Remove the LED light cover mounting screws at both light positions under the microwave.
3. Remove the LED light mounting screw.
4. Unplug the LED light from the harness, replace with LED light of part #5304499540. To order parts call 800-599-7569. Then reconnect the harness.
5. Re-install LED light and mounting screw. When re-installing mounting screw be careful not to damage the LED light.
6. Re-install LED light cover and mounting screw.
7. Plug the microwave back into the power supply or turn the power back on at the main circuit breaker.

---

**CAUTION**

To avoid risk of personal injury or property damage, do not operate oven hood without filters properly in place.

1. To remove the exhaust ventilation filters, slide the filter to the rear. Then pull filter downward and push to the other side. The filter will drop out. Repeat for the 2nd filter.
2. Soak the ventilation filters in hot water using a mild detergent. Rinse well and shake to dry or wash in a dishwasher. **Do not use ammonia. The aluminum on the filter will corrode and darken.**
3. To reinstall the exhaust ventilation filter, slide it into the side slot, then push up and toward oven to lock. Reinstall the 2nd filter using the same procedure.

---

Surface lights

Front

Ventilation filters

Tab.

Rear
CLEANING AND CARE

Disconnect the power cord or leave the door open to deactivate the oven during cleaning. Disconnect the power cord before replacing filters and lights.

PureAir® Microwave Filter replacement
For replacement filters visit Frigidaire.com or call 1 800 599 7569 and ask for OTRFILTER1.

PureAir® Filter Replacement Part Number: OTRFILTER1
Replace filter every 6 months.

The PureAir® Microwave Filter, when used with the recirculation fan, reduces cooking odors from your cooktop surface by trapping, neutralizing and removing odor-causing molecules. The proprietary activated carbon is 10 times more effective at reducing cooking odors than standard charcoal filters. For best results, replace every 6 months.

1. Remove the PureAir® filter from the packaging and shake filter to remove excess carbon.
2. Use a Phillips head screwdriver to unscrew the PureAir® Filter access door.
3. Open the filter access door.
4. Remove the existing PureAir® filter (if installed) by pulling forward out from the unit.
5. Place the new PureAir® filter into the slot behind the door at an angle until it's upright and securely placed in the duct.
6. Make sure the PureAir® filter is nested vertically in the slot. Close access door, tighten screw and the PureAir® filter is ready to use.
Cleansing and Care

Disconnect the power cord or leave the door open to deactivate the oven during cleaning. Disconnect the power cord before replacing filters and lights.

Oven light replacement

To access the light cover remove the PureAir® Microwave Carbon Filter per instructions 1-4 above in the PureAir® Microwave Carbon Filter re-placement section.

1. Open light cover located behind PureAir® Microwave Carbon Filter by carefully pulling up on the front edge.

2. Remove the LED bracket and light assembly. Remove the LED light from the bracket by removing the mounting screw and replace only with part 530499540. To order parts call 800-599-7569.

3. Re-install LED light to the bracket with mounting screw. When re-installing mounting screw be careful not to damage the LED light.

4. Reconnect LED light to the harness and place the LED light assembly back into the plastic housing.

5. Replace the microwave oven light cover by carefully pushing into place (make sure the light cover rear tab is inserted into slot at rear).

6. Replace the PureAir® Microwave Carbon Filter. Close the vent grille door and tighten the vent grill door mounting screw.
SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water in a glass measuring cup in the microwave oven and close the door securely. Operate the microwave oven for one minute at HIGH 100%.

A Does the microwave oven light come on? YES ____ NO ____

B Does the cooling fan work? (Put your hand on the louver above the Control Panel.) YES ____ NO ____

C Does the turntable rotate? (It is normal for the turntable to turn in either direction.) YES ____ NO ____

D Is the water in the microwave oven warm? YES ____ NO ____

If “NO” is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST ELECTROLUX AUTHORIZED SERVICE CENTER.

A microwave oven should never be serviced by a “do-it-yourself” repair person.

NOTES

If time appearing in the display is counting down very rapidly, check Demonstration Mode on page 27.

SPECIFICATIONS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>AC Line Voltage</td>
<td>Single phase 120V, 60Hz, AC only</td>
</tr>
<tr>
<td>AC Power Required</td>
<td>1550 W 14.2 amps. (for FGMV176NTF/D/B/W, CGMV176NTF/D/B/W)</td>
</tr>
<tr>
<td>Output Power*</td>
<td>1000 W</td>
</tr>
<tr>
<td>Frequency</td>
<td>2450 MHz (Class B/Group2)**</td>
</tr>
<tr>
<td>Outside Dimensions</td>
<td>29.88“(W) x 15.04”(D) x 16.41”(H)</td>
</tr>
<tr>
<td>Cavity Dimensions</td>
<td>20.94”(W) x 9.57”(D) x 14.43”(H)</td>
</tr>
<tr>
<td>Microwave oven Capacity***</td>
<td>1.7 Cu.Ft.</td>
</tr>
<tr>
<td>Cooking Uniformity</td>
<td>Turntable</td>
</tr>
<tr>
<td>Weight</td>
<td>Approx. (net) 56 lb, (gross) 62 lb</td>
</tr>
<tr>
<td>Work/Night Light</td>
<td>2*1.5W LED, the part number is 5304499540.</td>
</tr>
<tr>
<td>Oven Light</td>
<td>1*1.5W LED, the part number is 5304499540.</td>
</tr>
</tbody>
</table>

* The International Electrotechnical Commission’s standardized method for measuring output wattage. This test method is widely recognized.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

*** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

In compliance with standards set by:

FCC  - Federal Communications Commission Authorized.

DHHS  - Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.

NHW  - Department of National Health and Welfare of Canada.

UL  - This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.

CSA  - This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc. for use in USA or Canada.
Your appliance is covered by a one year limited warranty. For one year from your original date of purchase, Electrolux will pay all costs for repairing or replacing any parts of this appliance that prove to be defective in materials or workmanship when such appliance is installed, used and maintained in accordance with the provided instructions.

**Exclusions** This warranty does not cover the following:

1. Products with original serial numbers that have been removed, altered or cannot be readily determined.
2. Product that has been transferred from its original owner to another party or removed outside the USA or Canada.
3. Rust on the interior or exterior of the unit.
4. Products purchased "as-is" are not covered by this warranty.
5. Food loss due to any refrigerator or freezer failures.
6. Products used in a commercial setting.
7. Service calls which do not involve malfunction or defects in materials or workmanship, or for appliances not in ordinary household use or used other than in accordance with the provided instructions.
8. Service calls to correct the installation of your appliance or to instruct you how to use your appliance.
9. Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, shelves, etc., which are not a part of the appliance when it is shipped from the factory.
10. Service calls to repair or replace appliance light bulbs, air filters, water filters, other consumables, or knobs, handles, or other cosmetic parts.
11. Surcharges including, but not limited to, any after hour, weekend, or holiday service calls, tolls, ferry trip charges, or mileage expense for service calls to remote areas, including the state of Alaska.
12. Damages to the finish of appliance or home incurred during installation, including but not limited to floors, cabinets, walls, etc.
13. Damages caused by: services performed by unauthorized service companies; use of parts other than genuine Electrolux parts or parts obtained from persons other than authorized service companies; or external causes such as abuse, misuse, inadequate power supply, accidents, fires, or acts of God.

**Disclaimer of Implied Warranties; Limitation of Remedies**

CUSTOMER’S SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE PRODUCT REPAIR OR REPLACEMENT AS PROVIDED HEREIN. CLAIMS BASED ON IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO ONE YEAR OR THE SHORTEST PERIOD ALLOWED BY LAW, BUT NOT LESS THAN ONE YEAR. ELECTROLUX SHALL NOT BE LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN LIMITED WARRANTY OR ANY IMPLIED WARRANTY. SOME STATES AND PROVINCES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, OR LIMITATIONS ON THE DURATION OF IMPLIED WARRANTIES, SO THESE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS WRITTEN WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

Keep your receipt, delivery slip, or some other appropriate payment record to establish the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. Service under this warranty must be obtained by contacting Electrolux at the addresses or phone numbers below.

This warranty only applies in the USA and Canada. In the USA, your appliance is warranted by Electrolux Major Appliances North America, a division of Electrolux Home Products, Inc. In Canada, your appliance is warranted by Electrolux Canada Corp. Electrolux authorizes no person to change or add to any obligations under this warranty. Obligations for service and parts under this warranty must be performed by Electrolux or an authorized service company. Product features or specifications as described or illustrated are subject to change without notice.