Over The Range Microwave Oven User Manual



PLEASE READ THIS MANUAL FIRST!

Dear Customer,

Thank you for preferring a Beko product. We hope that you get the best results from your product which has been manufactured with high quality and state-of-the-art technology. Therefore, please read this entire user manual and all other accompanying documents carefully before using the product and keep it as a reference for future use. If you handover the product to someone else, give the user manual as well. Follow all warnings and information in the user manual.

Remember that this user manual is also applicable for several other models. Differences between the models are explicitly described in the manual.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- 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.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the microwave oven if it is damaged. It is particularly important that the microwave 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.
- The microwave oven should not be adjusted or repaired by anyone except properly qualified service personnel.

A WARNING

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception.

It has been type-tested and found to comply with limits for an 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 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 microwave oven and receiver are on different branch circuits.

THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHOR-IZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

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READ ALL INSTRUCTIONS BEFORE USING

IMPORTANT REGULATORY INFORMATION

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A WARNING Any changes or modifications to the appliance not expressly approved by the party responsible for compliance could void the user's authority to operate the appliance.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful 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 measures:

- · Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

A 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 instructions in PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY on page 2.
- **3.** This appliance must be properly grounded. See GROUNDING INSTRUCTIONS on page 6.
- **4.** Install or locate this appliance only in accordance with the provided Installation Manual.
- **5.** Some products, such as whole eggs in shell and sealed containers like closed glass jars, can rupture and should not be heated in the appliance.
- 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 appliance is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
- 7. As with any appliance, close supervision is necessary when used by children.
- 8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
- **9.** This appliance should be serviced only by qualified service personnel. Contact nearest Beko Authorized Servicer for examination, repair or adjustment.
- 10. Do not cover or block any openings on the appliance.
- 11. Do not store or use this appliance outdoors. Do not use this product near water, such as near a kitchen sink, in a wet basement, near a swimming pool or similar locations.
- 12. Do not immerse cord or plug in water.
- 13. Keep cord away from heated surfaces.
- 14. Do not climb or sit on the appliance.
- **15.** Keep fingers and other objects or materials away from the appliance opening when closing the appliance door.
- **16.** Do not cook in the microwave oven without the turntable properly inserted. Be sure turntable and turntable ring support are properly installed before using the oven. Do not use a container that obstructs the rotation of the turntable. The turntable will turn both clockwise and counter-clockwise.
- **17.** Be sure the food and container are smaller than the microwave cavity and fit properly on the turntable before closing the door.

18. When cleaning appliance sealing surfaces that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth. Never use metal scouring pads to clean the Microwave Oven as pieces may break off of pad and cause electric shock if they come in contact with electrical parts. See CLEANING AND CARE on page 20.

1

- 19. To reduce the risk of fire in the appliance cavity:
 - a. Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the appliance to facilitate cooking.
 - **b.** Remove wire twist-ties from paper or plastic bags before placing bag in appliance.
 - **c.** If materials inside the appliance ignite, keep appliance door closed, turn off appliance and shut off power at the fuse or circuit breaker panel.
 - **d.** Do not use the appliance for storage purposes. Do not leave paper products, cooking utensils or food in the appliance when not in use.
 - e. Clean ventilating hoods frequently. Grease should not be allowed to accumulate on hood or filter.
 - **f.** Never operate the fan or oven without the filters in place.
 - **g.** When flambéing foods under the hood, turn on the fan.
 - h. Never leave surface units unattended, especially if cooking with high heat, as smoke and spillovers from grease may ignite and spread if using the microwave vent fan.
 - i. In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan by covering the pan completely with a lid, a cookie sheet or a flat tray.
 - j. Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.

20. Liquids, such as water, coffee or tea, are able to 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 appliance 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.

WARNING To reduce the risk of injury to persons:

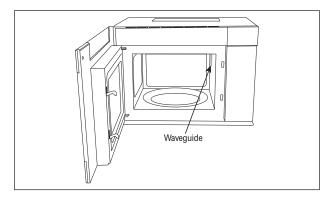
- a. Do not overheat the liquid.
- **b.** Stir the liquid both before and halfway through heating it.
- **c.** Do not use straight-sided containers with narrow necks. Use wide-mouthed containers.
- **d.** After heating, allow the container to stand in the appliance at least for 20 seconds before removing the container.
- e. Use extreme care when inserting a spoon or other utensil into the container.
- f. Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.

SAVE THESE INSTRUCTIONS

Over The Range Microwave Oven / User Manual

ABOUT UNPACKING AND EXAMINING YOUR MICROWAVE OVEN

1. Remove all packing materials from inside the microwave oven. DO NOT REMOVE THE WAVEGUIDE COVER, which is located on the side of the oven cavity inside of the microwave oven.



- 2. Check that there are Installation Instructions, Wall Template, Top Cabinet Template, Mounting Plate, Installation Hardware Accessories, Charcoal Filter, Grease Filters and Exhaust Damper Assembly. Read enclosures and save the Installation Instructions.
- 3. Remove the feature sticker, if there is one. Check the oven for any damage, such as misaligned or bent oven door, damaged oven seals and sealing surfaces, broken or loose door and dents inside the cavity or on the front side of the oven. If there is any damage, do not operate the microwave oven and contact your dealer or a Beko AUTHORIZED SERVICER.

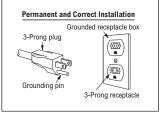
RADIO OR TV INTERFERENCE

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different electrical circuit, relocate the radio or TV as far away from the microwave oven as feasible or check position and signal of receiving antenna.

GROUNDING **INSTRUCTIONS**

This appliance must be grounded. The microwave oven is equipped with a cord having a grounding wire with a grounding plug. The electrical requirements are a 120 volt 60 Hz, AC only, 20 amp. 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.



AWARNING Improper use of the grounding plug can result in a risk of electric shock. DO NOT USE AN EXTENSION CORD. If the power supply cord is too short, have a gualified electrician or serviceperson install an outlet near the appliance.

If you have any questions about the grounding or electrical instructions, consult a qualified electrician or serviceperson.

ABOUT YOUR MICROWAVE OVEN

ALWAYS have food in the microwave oven when it is on to absorb the microwave energy.

The vent under the microwave oven must not be blocked. During microwave cooking, steam may come from the left side lower vent (when facing the product).

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 and the amount being vented is directly related to the moisture content of the food and room humidity. A cooler room will produce more condensation. Check the vented area after each use of the microwave oven and wipe it down if needed.

The microwave oven is for food preparation only. Do not use it to dry clothes or newspapers.

When using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

When opening or closing the microwave oven quickly, food in the microwave oven may be spilled. To clean, see CLEANING AND CARE on page 20.

ABOUT MICROWAVE COOKING

- · Arrange food carefully. Place thickest areas toward 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.
- While cooking, cover foods with paper towels, wax paper, microwave plastic wrap or a lid. Check recipes or cookbooks for other suggestions. Covers prevent spattering and help cook foods evenly. For information about microwave safe covering materials, see ABOUT UTENSILS AND COVERINGS on page 7.
- · Stir foods from outside to center of dish once or twice during cooking, if possible.
- For speedy and even cooking, turn foods once during microwave 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 right to left.

2 INFORMATION YOU NEED TO KNOW

- Add standing time. Remove food from microwave oven and stir, if possible. Cover for standing time to allow 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 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.

UTENSILS

Use these utensils for safe microwave cooking and reheating:

- glass ceramic (Pyroceram[®] or Corningware[®])
- heat-resistant glass (Pyrex[®])
- microwave safe plastics
- microwave safe paper plates
- · microwave safe pottery, stoneware and porcelain
- browning dish (Do not exceed recommended preheating time. Follow manufacturer's directions.)

Wood, straw and wicker utensils can be used with short cook times when reheating foods with little or no fat or sugar content.

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
- aluminum foil

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

COVERINGS

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.
- Microwave safe lids are a good choice because heat is kept near the food to hasten cooking.
- Oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist-ties. Vent so steam can escape.

ACCESSORIES

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

ABOUT CHILDREN AND THE MICROWAVE

Children under 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. The child must be able to reach the microwave oven comfortably.

Never allow anyone to lean or swing on microwave oven.

Children should be taught all safety precautions:

- · Use potholders.
- Remove coverings carefully.
- Pay special attention to packages that crisp food, as they may be extra hot.

Do not assume a child can cook everything in the microwave oven just because they have mastered one skill.

The Control Lock prevents unwanted oven operation, such as by small children. The microwave oven can be set so that the control panel is deactivated or locked. For instructions, see CONTROL LOCK on page 19.

ABOUT SAFETY

Cook foods to temperatures recommended by the United States Department of Agriculture (USDA).

145°F	-	Fish
160°F	-	Pork, ground beef/veal/lamb, egg dishes
165°F	-	Whole, pieces and ground turkey/chicken/ duck
		Leftover, ready-to-reheat refrigerated, deli and carry-out fresh food

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 use.

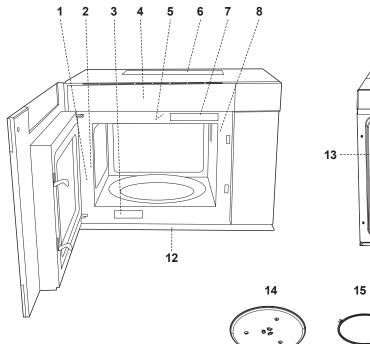
• ALWAYS use potholders to prevent burns when handling utensils in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

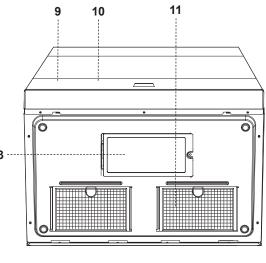
- Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- Stay near the microwave oven and check cooking progress frequently to avoid overcooking food.
- NEVER use the microwave oven 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. For more information on the waveguide cover, see CLEANING AND CARE on page 20.
- Use care when removing items from the oven so that utensils, clothes or accessories do not touch the safety door latches.

FOOD	DO	DON'T
Eggs, sausages, fruits & vegetables	 Puncture egg yolks before cooking to prevent bursting. Pierce skins of potatoes, apples, squash, hot dogs and sausages so steam escapes. 	 Cook eggs in shells. Reheat whole eggs. Dry nuts or seeds in shells.
Popcorn	 Use specially bagged popcorn for the microwave. Listen while popping corn for the popping to slow to 1 or 2 seconds between pops 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. Test temperature on wrist 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. Be sure food and container are smaller than the microwave cavity and the turntable turns completely without obstruction from container. 	 Heat or cook in closed glass jars or airtight containers. Use the microwave oven for canning, as harmful bacteria may not be destroyed. Deep fat fry. Dry wood, gourds, herbs or wet papers.

ABOUT FOODS

MICROWAVE OVEN





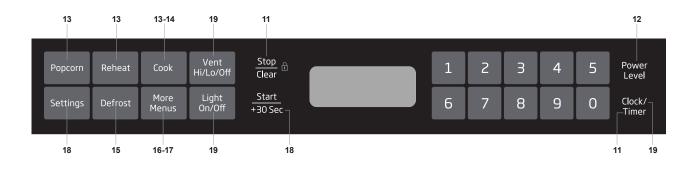
- 1. DOOR LATCHES
- 2. WINDOW with METAL SHIELD
- 3. MODEL NUMBER PLATE On the front wall of the microwave oven
- 4. CHARCOAL FILTER Behind Vent Grill
- 5. OVEN LIGHT
- VENTILATION MOTOR Designed for adaptation to the following three types of ventilation: recirculation ventilation system, vertical ventilation system and horizontal ventilation system

See the Installation Manual to select the type of ventilation required for your installation.

7. MENU LABEL - See details on page 10.

- 8. WAVEGUIDE COVER Protects the microwave outlet from splashes of cooking foods
- **9.** TOUCH CONTROL and DIGITAL DISPLAY See details on page 10
- 10. HOOD CONTROLS Touch VENT Hi/Lo/Off
- **11. GREASE FILTERS**
- 12. HEAT DEFLECTOR
- 13. COOKTOP LIGHT
- 14. TURNTABLE/GLASS TRAY
- 15. GUIDE ROLLER RING Placed in the bottom of the microwave oven to support the glass trayBoth the glass tray and the guide roller ring must be in place for microwave cooking.

TOUCH CONTROL



Numbers with this Glass Touch Control illustration indicate which pages include feature descriptions and usage information.

MENU LABEL

DEFROST	SENSOR COOK	MORE MENUS
 Ground Meat Steaks/Chops Boneless Poultry Bone-in Poultry Roast Casserole or Soup 	1 Baked Potatoes 6 Quick Fresh Vegetables 2 Sweet Potatoes 7 Longer Fresh Vegetables 3 Fish/Seafood 8 Frozen Vegetables 4 Brown Rice 9 Ground Meat 5 White Rice 10 Frozen Entrees	Melt 1 Butter 7 Beverage Reheat 022 022 022 2 Chocolate 8 Hot Water 8 Hot Water 9 Soften 3 Ice Cream 9 Hot Cereal 9 Warm 5 Syrup 9 Hot Cereal 9

Before operating your new microwave oven, make sure you read and understand this operation manual completely. Follow these steps:

- **1.** Plug in the microwave oven. *ENJOY YOUR MICROWAVE TOUCH CLEAR* will appear.
- 2. Touch the STOP/CLEAR pad. : will appear.
- 3. Set clock.

TO SET THE CLOCK

- 1. Touch TIMER/CLOCK two times. The display shows TO SET CLOCK ENTER TIME.
- 2. Touch number pads for correct time of day

3. Touch START/+30 SEC.

This is a 12 hour clock. If you attempt to enter an incorrect clock time, *ERROR* will appear in the display. Touch the **STOP**/**CLEAR** pad and re-enter the time.

• If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show *ENJOY YOUR MICROWAVE TOUCH CLEAR* after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will also be erased. Simply touch **STOP/CLEAR** pad and reset the clock.

Note: Any program can be set on the microwave oven with the oven door open except for **START/+30 SEC**. The oven can be programmed while the door is opened, but it must be closed to begin cooking.

STOP/CLEAR

Touch the STOP/CLEAR pad to:

- 1. Erase if you make a mistake during programming.
- 2. Cancel timer.
- 3. Pause the oven during timed cooking. To restart the oven, close the door and touch START/+30 SEC.
- **4.** Return the time of day to the display.
- **5.** Cancel a program during cooking. Touch **STOP/CLEAR** 2 times to cancel timed cooking.

TIME COOKING

Your 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 at 100%.
- 1. Enter cooking time 5 0 0.
- 2. To cook at 100% power (High), touch START/+30 SEC pad.

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 and milk and long slow cooking of meats. Consult a microwave cookbook or recipes for specific recommendations.

- Suppose you want to defrost for 5 minutes at 30%.
- 1. Enter defrost time 5 0 0.
- 2. Touch POWER LEVEL pad 8 times.
- 3. Touch START/+30 SEC pad.

TOUCH POWER LEVEL PAD NUM- BER OF TIMES FOR DESIRED POWER	APPROXIMATE PERCENTAGE OF POWER	COMMON WORDS FOR POWER LEVELS
POWER LEVEL x 1	100%	High
POWER LEVEL x 2	90%	
POWER LEVEL x 3	80%	
POWER LEVEL x 4	70%	Medium High
POWER LEVEL x 5	60%	
POWER LEVEL x 6	50%	Medium
POWER LEVEL x 7	40%	
POWER LEVEL x 8	30%	Med Low/Defrost
POWER LEVEL x 9	20%	
POWER LEVEL x 10) 10%	Low
POWER LEVEL x 11	0%	

SENSOR SETTINGS

Beko's Sensor is a semi-conductor device that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power levels for various foods and quantities.

USING SENSOR SETTINGS:

- **1.** After the microwave oven is plugged in, wait 2 minutes before using any Sensor setting.
- 2. Be sure the exterior of the cooking container and the interior of the microwave oven are dry. Wipe off any moisture with a dry cloth or paper towel.
- **3.** The sensor works with foods at normal storage temperature. For example, popcorn would be at room temperature.
- More or less food than the quantity listed in the charts should be cooked following the guidelines in any microwave cookbook.
- During Sensor use, the food name will appear on the display. Do not open the microwave oven or touch STOP/ CLEAR during the cycle. The measurement of vapor will be interrupted. If this occurs, an error message will appear. To continue cooking, touch the STOP/CLEAR pad and cook manually.

When the sensor detects the vapor emitted from the food, the remainder of cooking/reheating time will appear.

- **6.** Except for Popcorn, if the sensor does not detect vapor properly when cooking other foods, *ERROR* will be displayed, and the microwave will turn off.
- **7.** Check food temperature after cooking. If additional time is needed, continue to cook manually.
- **8.** Each food on the menu label has a cooking hint. Touch the **SETTINGS** pad when the *HELP* indicator is illuminated in the display.

COVERING FOODS:

Some foods cook best when covered. Use the cover recommended in the charts for these foods. See charts beginning at the bottom of this page and continuing on the following pages. Refer to the hints by touching the **SETTINGS** pad. Recommended covers include:

- 1. Casserole lid.
- Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely, allowing approximately ¹/₂ inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
- **3.** Wax paper: Cover dish completely, folding 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.

SENSOR

POPCORN, REHEAT, COOK

You can cook or reheat many foods and don't need to calculate cooking time or power level.

- Suppose you want to cook baked potatoes.
- 1. Touch COOK pad once.

- See Menu Label. Select desired food by touching number pad. Ex: Touch 1 for baked potatoes.
- 3. Touch START/+30 SEC pad.

Note: To heat or cook other foods or foods above or below the quantity allowed on the chart, cook manually.

POPCORN, REHEAT CHART

FOOD	AMOUNT	PROCEDURES
POPCORN	Only 1 package at a time	Only cook one microwave popcorn package at a time with the appropriate side facing up. After cooking, remove and open carefully to allow steam to escape.
	2.85 - 3.5 oz (Regular/Regular light)	Touch POPCOR N pad once.
	1.2 - 1.75 oz (Mini/Snack)	Touch POPCORN pad twice.
REHEAT 4 - 36 oz		Use microwave safe cookware and cover with lid, plastic wrap or wax paper. Note: The tighter the cover, the hotter the food will be. However, it is necessary to leave a small vent for the steam/moisture to escape from the food as it heats. After reheating, stir well, if possible. Re-cover and allow to stand 2 to 3 minutes.

COOK CHART

FOOD	AMOUNT	PROCEDURES
 Baked Potatoes Sweet Potatoes 	1 - 6 med 1 - 6 med	Pierce the potatoes at least 3 times each on the top, bottom and sides. Piercing allows steam to escape. Place on paper towel in microwave oven. After cooking, remove from microwave, wrap in aluminum foil and let stand 5 to 10 minutes.
3. Fish/Seafood	0.25 - 2.0 lb	Arrange fish or seafood in ring in shallow glass dish. Tuck thin edges of fillets underneath. Cover with vented plastic wrap. After cooking, let stand, covered, for 3 minutes.
4. Brown Rice 5. White Rice	0.5 - 2.0 cups 0.5 - 2.0 cups	Place rice in a deep casserole and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed. Rice Water 0.5 cup
6. Quick Fresh Vegetables Broccoli Brussels sprouts Cabbage Cauliflower (flowerets) Cauliflower (whole) Spinach Zucchini Baked apples	0.25 - 2.0 lb 0.25 - 2.0 lb 0.25 - 2.0 lb 0.25 - 2.0 lb 1 med. 0.25 - 1.0 lb 0.25 - 2.0 lb 2 - 4 med.	Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Cover with plastic wrap for tender-crisp vegetables. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.
7. Longer Fresh Vegetables Carrots, sliced Corn on the cob Green beans Winter squash: diced halves	0.25 - 1.5 lb 2 - 4 pcs 0.25 - 1.5 lb 0.25 - 1.5 lb 1 - 2 pcs	Place in casserole. Add 1 to 4 tablespoons water. Cover with lid for tender vegetables. Cover with plastic wrap for tender-crisp vegetables. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.
8. Frozen Vegetables	0.25 - 1.25 lb	Add no water. Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.
9. Ground Meat	0.25 - 2.0 lb	Use this setting to cook ground beef or turkey as patties or in bulk to be added to other ingredients. Place patties on a microwave safe dish and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When microwave pauses, turn over patties or stir bulk meat to break up large pieces. Re-cover and touch START/ +30 SEC. After cooking, let stand, covered, for 2 to 3 minutes.
10. Frozen Entrées	6 - 17 oz	Remove entrée from outer packaging and follow package directions for cover- ing. After cooking, let stand, covered, for 1 to 3 minutes.

DEFROST

Use this feature to defrost the foods shown in the DEFROST CHART below.

- 1. Touch DEFROST pad.
- 2. See Menu Label. Select desired food by touching the number pad. Ex: Touch 2 for steaks/chops.
- 3. Enter weight by touching number pads.
- **4.** Touch **START/+30 SEC** pad. The oven will stop so the food can be checked.
- After the audible signal, open the microwave and turn food over or break food apart. Close the microwave oven. Touch START/+30 SEC pad.

- 6. After each audible signal, turn food over or break food apart and touch START/+30 SEC again.
- **7.** After defrost cycle ends, cover and let stand as indicated in the chart below.

Notes:

- To defrost other foods or foods above or below the weights allowed on the DEFROST CHART, see MANUAL DEFROST below.
- Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not cook until all ice crystals are thawed.

DEFROST CHART

FOOD	AMOUNT	PROCEDURES
1. Ground Meat	0.5 - 2.0 lb	After each audible signal, remove any thawed pieces and touch START/+30 SEC again. After cooking, let stand, covered, for 5 to 10 minutes.
2. Steaks/Chops	0.5 - 3.0 lb	After each audible signal, turn food over and touch START/+30 SEC again. After cooking, let stand, covered, for 10 to 20 minutes.
3. Boneless Poultry	0.5 - 2.0 lb	After each audible signal, turn food over and touch START/+30 SEC again. After cooking, let stand, covered, for 10 to 20 minutes.
4. Bone-in Poultry	0.5 - 3.0 lb	After each audible signal, turn food over and touch START/+30 SEC again. After cooking, let stand, covered, for 10 to 20 minutes.
5. Roast	2.0 - 4.0 lb	After each audible signal, turn food over and touch START/+30 SEC again. After cooking, let stand, covered, for 30 to 60 minutes.
6. Casserole Soup	2 - 6 cups 1 - 6 cups	After each audible signal, break apart and remove any defrosted part. Touch START/+30 SEC again. After cooking, stir well and let stand, covered, for 5 to 10 minutes.

MANUAL DEFROST

If the food 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, you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using POWER LEVEL at 30%. For the 3-step procedure, see TO SET POWER LEVEL on page 12. Estimate defrosting time and touch **POWER LEVEL** pad eight times for 30% power.

For both raw and previously cooked frozen food, defrosting typically takes 4 minutes per pound of food. For example, defrost 4 minutes for 1 pound of frozen spaghetti sauce. Always stop the oven periodically to remove or separate the defrosted portions. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments with POWER LEVEL at 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.

MORE MENUS

MELT/SOFTEN/WARM

These features automatically compute the correct heating time and microwave power level for melting, softening and warming foods shown in the chart below.

- 1. Touch MORE MENUS pad once.
- 2. See Menu Label. Select desired food by touching number pad. Ex: Touch 2 for chocolate.
- **3.** Repeat touching same number pad to select quantity. Ex: Touch 2 two more times for 1 square.
- 4. Touch START/+30 SEC pad.

MELT/SOFTEN/WARM CHART

Note: To melt, soften or warm other food or foods above or below the quantity allowed on the MELT/SOFTEN/WARM CHART, use manual operation.

FOOD	AMOUNT	PROCEDURES	
Melt		Use a glass measuring cup. Cover with plastic wrap.	
1. Butter 2 tbsp 0.5 cup		After touching MORE MENUS , touch 1 two times for 2 tbsp. After touching MORE MENUS , touch 1 three times for 0.5 cup.	
2. Chocolate	1 cup chips 1 square	After touching MORE MENUS , touch 2 two times for 1 cup chips. After touching MORE MENUS , touch 2 three times for 1 square.	
Soften		DO NOT COVER.	
3. Ice cream	1 pint 1.5 qt	After touching MORE MENUS , touch 3 two times for 1 pint. After touching MORE MENUS , touch 3 three times for 1.5 quarts.	
4. Cream cheese 3 oz 8 oz		After touching MORE MENUS , touch 4 two times for 3 oz. After touching MORE MENUS , touch 4 three times for 8 oz.	
Warm		Use a glass measuring cup. DO NOT COVER.	
5. Syrup	0.25 cup 0.5 cup	After touching MORE MENUS , touch 5 two times for 0.25 cup. After touching MORE MENUS , touch 5 three times for 0.5 cup.	
6. Dessert Topping	0.25 cup 0.5 cup	After touching MORE MENUS , touch 6 two times for 0.25 cup. After touching MORE MENUS , touch 6 three times for 0.5 cup.	

BEVERAGE REHEAT/HOT WATER/HOT CEREAL

These features enable you to reheat coffee or tea to restore to a more suitable drinking temperature or to make instant coffee, tea or hot cereal.

- Suppose you want to make 2 cups of coffee.
- 1. Touch MORE MENUS pad once.
- See Menu Label. Select desired selection by touching number pad. Ex: Touch 8 to make coffee.
- **3.** Repeat touching same number pad to select quantity. Ex: Touch 8 two more times for 2 cups of coffee.
- 4. Touch START/+30 SEC pad.

BEVERAGE REHEAT/HOT WATER/HOT CEREAL CHART

FOOD	AMOUNT	PROCEDURES
7. Beverage Reheat	0.5 - 2 cups	This setting is good for restoring a cooled beverage to a better drinking temperature. Touch number 7 pad for a 0.5 cup increase per touch. Stir after heating.
8. Hot Water	1 - 6 cups	Use this setting for heating COLD TAP WATER to a temperature somewhat below the boiling point to make instant coffee or tea. Touch number 8 pad for 1 cup increase per touch. Stir liquid briskly before and after heating to avoid eruption.
9. Hot Cereal	1 - 6 servings	Use individual packets or bulk cereal in your favorite variety: oatmeal, oat bran, cream of wheat, farina or wheatena. Follow the 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. Touch number 9 pad for 1 serving increase per touch. If the oven is stopped, stir and touch START/+30 SEC . After cooking, stir and let stand, covered, for 2 minutes.

TIMER/CLOCK

If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show *ENJOY YOUR MICROWAVE TOUCH CLEAR* after the power is reinstated. If this occurs, the SETTINGS option you input will be erased. Simply touch **STOP/CLEAR** pad and reset.

Note: For instructions on setting the clock, see TO SET THE CLOCK on page 11.

TIMER

1. Touch TIMER/CLOCK pad 1 time.

2. Enter time.

3. Touch START/+30 SEC pad.

To cancel timer, touch STOP/CLEAR.

SETTINGS

AUDIBLE SIGNAL ELIMINATION

At the end of timed cook, beeps will sound. The audible signal can be turned off if you prefer quiet operation.

TO TURN OFF SOUND

1. Touch SETTINGS pad 1 time.

2. Touch START/+30 SEC pad. The display shows SOUND OFF.

TO RESTORE SOUND

- 1. Touch SETTINGS pad 1 time.
- 2. Touch START/+30 SEC pad. The display shows SOUND ON.

END OF COOKING REMINDER

At end of timed cooking, the microwave will signal every 10 seconds for the first minute and then every 3 minutes for up to one hour until **STOP/CLEAR** pad is touched.

TO TURN OFF REMINDER

- 1. Touch **SETTINGS** pad 2 times. The display shows REMIND SIGNAL OFF? TOUCH START.
- 2. Touch START/+30 SEC pad. The display shows REMIND SIGNAL OFF.

TO RESTORE REMINDER SIGNAL

- 1. Touch SETTINGS pad 2 times. The display shows REMIND SIGNAL ON? TOUCH START.
- 2. Touch START/+30 SEC pad. The display shows REMIND SIGNAL ON.

DEMONSTRATION MODE

TO SELECT DEMO MODE

- 1. Touch SETTINGS pad 3 times. The display shows DEMO ON? HOLD START 3 SEC.
- Hold START/+30 SEC pad for 3 seconds. The display shows DEMO ON.

TO CANCEL DEMO MODE

- 1. Touch SETTINGS pad 3 times. The display shows DEMO OFF? HOLD START 3 SEC.
- 2. Touch START/+30 SEC pad. The display shows DEMO OFF.

Note: In Demo Mode, the microwave oven doesn't heat and the timer display counts down quickly.

HELP

Each setting of Popcorn, Reheat, Cook, Defrost and Beverage has a cooking hint. If you wish to check, touch **SETTINGS** whenever *HELP* is illuminated in the Interactive Display for these and other manual operation hints.

+30 SEC

To cook for 30 seconds at 100% power, touch the **START/+30 SEC** pad.

TO USE +30 SEC

- 1. Within 3 minutes of the end of timed cooking, touch **START/+30 SEC** pad.
- 2. After closing the oven or touching the STOP/CLEAR pad once, touch START/+30 SEC pad.
- **3.** During manual cooking, extend cooking time in multiples of 30 seconds by repeatedly touching the **START/+30 SEC** pad.

Note: +30 SEC cannot be used with SENSOR, REHEAT, MORE MENUS or DEFROST.

CONTROL LOCK

The Control Lock prevents unwanted oven operation, such as by small children. The microwave oven can be set so the control panel and the automatic oven mechanism are deactivated or locked.

TO LOCK CONTROL PANEL

Touch **STOP/CLEAR** pad and hold for 3 seconds. The display shows *LOCK ON*.

TO LOCK CONTROL PANEL

Touch **STOP/CLEAR** pad and hold for 3 seconds. The display shows *LOCK OFF*.

The Control Lock is canceled when the electrical power supply to your oven is interrupted. Set the Control Lock again when power to the oven is restored.

LIGHT

Touch **LIGHT** pad 1 time to turn on cooktop light. Touch **LIGHT** pad again to turn off cooktop light.

Note: The cooktop light will not turn off automatically. It must be turned off manually.

VENT

The microwave oven can be used as a range hood to remove steam, odors and grease from surface cooking. There are two fan speeds: HIGH and LOW.

TO USE VENT FAN

1. Touch VENT pad 1 time for HIGH SPEED fan.

- 2. Touch VENT pad 2 times for LOW SPEED fan.
- 3. Touch VENT pad a third time to turn off fan. The fan will not turn off automatically. It must be turned off manually.

Note: The Vent fan will automatically turn on to LOW SPEED setting after the microwave is in use for 18 minutes. Once microwave cooking has completed or has been cancelled, the Vent fan will turn off automatically. If the microwave is paused or the cooking session lasts longer than 18 minutes, the Vent fan will continue to run.

Be sure the microwave oven Control Lock feature is ON before cleaning. For instructions, see page 19.

EXTERIOR

The outside surface is precoated stainless steel, glass 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.

STAINLESS STEEL SURFACE

The exterior should be wiped often with a soft damp cloth and polished with a soft dry cloth to maintain its beauty. There are also a variety of products designed especially for cleaning and shining the stainless exterior of the oven. We recommend that the cleaner be applied to a soft cloth and then carefully used on the stainless exterior rather than sprayed directly on to it. Follow package directions carefully.

DOOR

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

CONTROL PANEL

Be sure Control Lock is ON. For instructions, see page 19. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any chemical cleaners. Close the door and turn OFF Control Lock if finished cleaning.

INTERIOR

Cleaning is easy because no heat is generated to interior surfaces of the oven, so spills and splatters are not baked in. To clean interior surfaces, wipe with a soft, damp cloth. For heavier soil, use mild soap and wipe clean with a soft, damp cloth. Never use abrasive or harsh cleaners or chemical oven cleaners.

Note: Never use metal scouring pads to clean the microwave oven as pieces may break off the pad and cause electric shock if they come in contact with electrical parts.

WAVEGUIDE COVER

ATTENTION DO NOT REMOVE THE WAVEGUIDE COVER.

The waveguide cover, located on the right side of the interior cavity, is made from mica, so it requires special care. Keep the waveguide cover clean to assure good microwave performance. Carefully wipe with a soft, 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.

ODOR REMOVAL

Occasionally, cooking odor may remain in the microwave oven. To remove odor, combine 1 cup water, grated peel and juice of one lemon and several whole cloves in a 2-cup glass microwave safe measuring cup. Boil for several minutes using 100% power. Leave in the microwave oven until water cools. Wipe interior with a soft cloth.

TURNTABLE AND TURNTABLE SUPPORT

The turntable and turntable support can be removed for easy cleaning. The turntable can become hot during cooking. Let it cool before cleaning to prevent the glass from breaking.

The turntable and turntable support can be washed in a dishwasher in the upper rack or by hand with mild, sudsy water. Use a mild cleaner and non-abrasive scouring sponge for stubborn stains.

Note: The turntable motor shaft in the oven is not sealed. Excess water or spills must be wiped up immediately.

THE EXHAUST FEATURE

The Exhaust Hood feature is equipped with two grease filters. When the Vent fan is operated, air is drawn up through the filters and then discharged through the venting to the outside or recirculated through the charcoal filter if not vented to the outside.

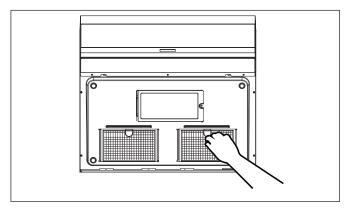
Note: Never operate the fan or oven without the filters in place.

REUSABLE GREASE FILTERS

The reusable grease filters should be cleaned at least once a month. In situations where flaming might occur on surfaces below the hood, filters will stop the entry of flames into the unit.

TO CLEAN GREASE FILTERS:

- 1. Turn ON Control Lock.
- **2.** Pull down gently on the tab toward the front of the oven and remove the filter. Repeat for the other filter.



- **3.** Soak the filters in a sink or pan filled with hot water and detergent. **DO NOT** use ammonia or products with ammonia, as this will darken the metal.
- **4.** Use light brushing if necessary to remove any embedded residue.
- **5.** Rinse thoroughly and shake dry to remove moisture before reinstalling.

- 6. Replace the filters into the openings.
- 7. Turn OFF Control Lock to use the oven.

COOKTOP LIGHTS

Clean off the grease and dust on the light compartment cover on the bottom side of the microwave oven often with warm water and detergent.

TO REPLACE COOKTOP LIGHT BULBS:

- 1. Turn ON Control Lock.
- **2.** Remove the screw on the lamp cover with a Phillips-head screwdriver.
- **3.** Unscrew the light bulbs from sockets and replace with 30 Watt or lower wattage appliance bulbs. Do not exceed 30 Watt.
- **4.** Replace the lamp cover and reinstall the screw to secure the cover.
- 5. Turn OFF Control Lock to use the oven.

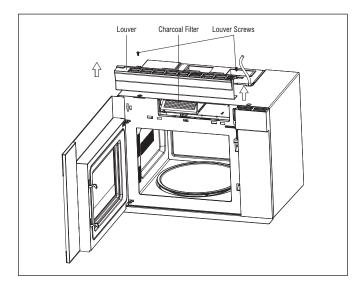
CAUTION If the lights are on, the lamp cover may be hot to the touch. Turn off the Cooktop Lights before replacing bulbs.

CHARCOAL FILTER

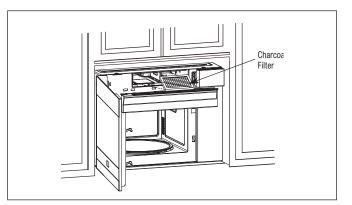
If your oven is vented inside, the charcoal filter should be replaced every 6 months.

TO REPLACE CHARCOAL FILTER:

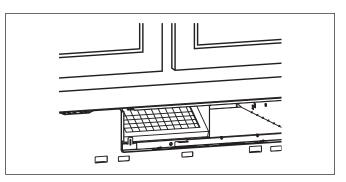
- **1.** Unplug the oven or turn off the power at the main power supply.
- 2. Remove the 2 louver mounting screws and open the door.



3. Slide louver to the left and pull it straight out.



- 4. Push the charcoal filter backwards and remove it.
- **5.** Slide a new charcoal filter into place. The filter should rest at an angle.



- 6. Replace the louver and 2 screws and close the door.
- **7.** Plug in the oven or turn on the power at the main power supply.

OVEN LIGHT

To remove and replace the Oven Light, the steps to remove the Charcoal Filter must be completed first. The filters don't have to be removed, but it the process will be easier if they are. **ALWAYS RETURN THE CHARCOAL FILTER** before operating the microwave oven if the oven has non-vented recirculation installation.

TO REPLACE OVEN LIGHT BULB:

- 1. Turn ON Control Lock.
- 2. Remove light cover screw with a Phillips-head screwdriver.
- **3.** Slide out the light cover carefully.
- **4.** Unscrew the bulb from the socket and replace it with a 30 Watt or lower wattage appliance light bulb. Do not exceed 30 Watt.
- 5. Replace the light cover and reinstall the screw to secure.
- 6. Replace Charcoal Filter.
- 7. Turn OFF Control Lock to use the oven.

PROBLEM	POSSIBLE CAUSE	SOLUTION
1. Part or all of microwave oven does not operate.	 Power cord of microwave oven is not completely connected to the electrical outlet. 	Make sure the power cord is tightly connected to the outlet.
	Power outage.	 Check house lights to be sure. Call your local electric company for service.
	 Fuse/circuit breaker at home doesn't work. 	Replace the fuse or reset the circuit breaker.
	Oven is in Demo Mode.	• See page 18.
2. Food in microwave oven is not heated.	No power to the appliance.Oven controls improperly set.Oven is in Demo Mode.	 See SOLUTION for PROBLEM 1. Check if the controls have been properly set. See page 18.
3. Microwave oven light or cooktop light does not work.	Light bulb is loose or burned out.	See page 21.
4. Touch controls will not operate.	Control Lock is on.	See page 19.
5. Display flashes ENJOY YOUR MICROWAVE TOUCH CLEAR.	Power failure.	 Touch CLEAR pad and reset the clock. If the micro- wave oven was in use, reset the cooking function.

Please check the following before calling for service. It may save you time and expense.

For more complete information and safety precautions, refer to your Operation Manual.

SET CLOCK

9

- 1. Touch TIMER/CLOCK pad two times.
- Touch number pads for correct time of day and touch START/+30 SEC pad.
- **3.** If the electrical power supply to your microwave oven is interrupted, the display will intermittently show: *ENJOY YOUR MICROWAVE TOUCH CLEAR*.

TIME COOKING

High Power Cooking

- 1. Enter cooking time by touching number pads. (Ex: 5 0 0 minutes)
- 2. Touch START/+30 SEC pad.

Variable Power Cooking

- 1. Enter cooking time, then touch **POWER LEVEL** pad until desired power level is in the display.
- 2. Touch START/+30 SEC pad.

SENSOR

SENSOR automatically computes the correct time and power level to cook foods on the Menu Label perfectly.

- 1. Touch COOK pad once.
- See Menu Label. Select desired food by touching number pad. Ex: Touch 1 for baked potatoes.
- 3. Touch START/+30 SEC pad.

+30 SEC

Touch **START/+30 SEC** to cook for 30 seconds at 100% power or to add 30 seconds during manual cooking. Touch repeatedly for additional increases of 30 seconds to cook time.

DEFROST

Use this feature to defrost the foods shown on the Menu Label.

- 1. Touch DEFROST pad.
- See Menu Label. Select desired food by touching the number pad. Ex: Touch 2 for steaks/chops.
- 3. Enter weight by touching number pads.
- 4. Touch START/+30 SEC pad.
- Microwave will stop to allow food to be turned over or broken up. Close the microwave oven. Touch START/+30 SEC pad.

MORE MENUS

MELT/SOFTEN/WARM

Use these features to melt, soften or warm the foods shown on the Menu Label.

- 1. Touch MORE MENUS pad once.
- 2. See Menu Label. Select desired food by touching the number pad. Ex: Touch 2 for chocolate.
- **3.** Repeat touching same number pad to select quantity. Ex: touch 2 two more times for 1 square.
- 4. Touch START/+30 SEC pad.

BEVERAGE REHEAT/HOT WATER/HOT CEREAL

Use this feature to reheat coffee or tea or heat cereal.

- 1. Touch MORE MENUS pad.
- 2. See Menu Label. Select desired food by touching the number pad. Ex: Touch 8 for hot water.
- **3.** Repeat touching same number pad to select quantity. Ex: touch 8 two more times for 2 cups.
- 4. Touch START/+30 SEC pad.

TIMER

- 1. Touch TIMER/CLOCK once.
- 2. Enter time.
- 3. Touch START/+30 SEC pad.

To cancel timer, touch STOP/CLEAR pad.

SETTINGS

Touch SETTINGS pad

- 1 time for sound on/off.
- 2 times for End of Cooking Reminder on/off.
- 3 times for Demo Mode on/off.

CONTROL LOCK

The Control Lock prevents unwanted oven operation, such as by small children. The microwave oven can be set so that the control panel is deactivated or locked.

To Lock

Touch **STOP/CLEAR** pad and hold for 3 seconds.

To Unlock

Touch **STOP/CLEAR** pad and hold for 3 seconds.