



***1200W MICROWAVE OVEN  
INVERTER Technology &  
SENSOR Cooking***

***OWNER'S MANUAL  
ER105006***

Visit our website at "[www.emersonradio.com](http://www.emersonradio.com)"

UNAUTHORIZED MODIFICATIONS TO THIS DEVICE COULD VOID MANUFACTURER'S WARRANTY.

# 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.
- (e) For more safety tips, visit following FDA web site:  
<http://www.fda.gov/cdrh/radhealth/products/microwave.html>

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# IMPORTANT SAFETY INSTRUCTIONS

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

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

1 Read all instructions before using this appliance.

2 Read and follow the specific

## “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”

found on page 1.

3 This appliance must be grounded. Connect only to a properly grounded outlet. See

## “GROUNDING INSTRUCTIONS”

found on page 5.

4 Install or locate this appliance only in accordance with the provided installation instructions.

5 Some products such as whole eggs and sealed containers (for example, closed glass jars) may explode and should not be heated in this oven.

6 Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.

7 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 the nearest authorized service facility for examination, repair or adjustment.

10 Do not cover or block any openings on this appliance.

11 Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, or near a swimming pool, or similar location.

12 Do not immerse cord or plug in water.

13 Keep cord away from heated surfaces.

14 Do not let cord hang over edge of table or counter.

15 When cleaning surfaces of door and oven that come together when closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

16 To reduce the risk of fire in the oven cavity:

(a) Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

(b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.

(c) If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

(d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

17 Do not use this microwave oven to heat corrosive chemicals (for example, sulfides and chlorides). Vapors from such corrosive chemicals may interact with the contact and

## FOR HOUSEHOLD USE ONLY. SAVE THESE INSTRUCTIONS

# IMPORTANT SAFETY INSTRUCTIONS

springs of the safety interlock switches, thereby rendering them inoperable.

**18** Keep the waveguide cover clean at all times. Wipe the oven interior with a soft damp cloth after each use. If you leave grease or fat anywhere in the cavity it may overheat, smoke or even catch fire when next using the oven.

**19** 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 container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER**

WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID. 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.
- (d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- (e) Use extreme care when inserting a spoon or other utensil into the container.

## FOR HOUSEHOLD USE ONLY. SAVE THESE INSTRUCTIONS

### SAFETY PRECAUTIONS

#### General Use

**1** Do NOT attempt to tamper with or make any adjustments or repairs to door, control panel or any other part of the oven. Do NOT remove outer panel from oven. Repairs should only be done by qualified service personnel.

**2** Do NOT operate the oven empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.

**3** If a fire occurs in the oven, touch the Stop/Clear button and LEAVE THE DOOR CLOSED. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

**4** Do NOT attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.

**5** Do NOT use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should

be avoided, as they may ignite.

**6** Some styrofoam trays (like those that meat is packaged in) have a thin strip of metal embedded on the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.

**7** Avoid inserting nails, wire, etc. through any holes in the unit during operation. Never insert a wire, nail or any other metal objects through the holes on the cavity or any other holes or

gaps, because such objects may cause electric shock and microwave leakage.

#### Utensils

**1** METAL CONTAINERS or dishes with metallic rims should not be used. Arcing may occur.

**2** METAL TWIST-TIES may not be used in the microwave oven.

**3** Do NOT use SEALED JARS or NARROW NECK bottles for cooking or reheating. They may shatter.

**4** Do NOT use CONVENTIONAL THERMOMETERS in the microwave oven. They may cause arcing.

**5** Remove PLASTIC STORE WRAPS before cooking or defrosting foods in the oven.

**6** For FURTHER INFORMATION on proper cooking utensils, refer to the **COOKING GUIDE** on page 17.

#### Food

**1** Never use your microwave oven for HOME CANNING. The oven is not designed to permit proper canning. Improperly canned food may spoil and be dangerous to consume.

**2** COOKING TIMES given in the cooking guide are approximate. Factors that may affect cooking are starting temperature, altitude, volume, size and shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.

# SAFETY PRECAUTIONS

- 3 It is better to UNDERCOOK RATHER THAN OVERCOOK foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.
- 4 SMALL QUANTITIES of food or foods with LOW MOISTURE content can burn, dry out or catch on fire if cooked too long.
- 5 Do NOT boil eggs in their shell. Pressure may build up and the eggs may explode.
- 6 Potatoes, apples, egg yolks, whole acorn squash and sausage are some examples of foods with NONPOROUS SKINS. These must be pierced before cooking to prevent bursting.
- 7 POPCORN must be popped in a microwave corn popper. Microwave popped corn produces a lower yield than conventional popping. Do not use oven for popcorn unless popped in a microwave approved popcorn utensil or unless it's commercially packaged and recommended especially for microwave ovens. Do not use oil unless specified by the manufacturer.
- 8 Do NOT attempt to deep fry in your oven.
- 9 HEATED LIQUIDS can ERUPT if not mixed with air. Do not heat liquids in your microwave oven without first stirring.
- 10 Do NOT use paper towels to cover food as they can ignite.

## FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT

**WARNING:** This equipment generates and uses ISM frequency energy and if not installed and used properly, 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 UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

### ARCING

If you see arcing, press **STOP/CLEAR** button and correct the problem.

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.**
- \* **Burnt (carbonized) food residue or grease spattered inside of cabinet.**

**DO NOT LEAVE OVEN UNATTENDED WHILE COOKING!**

# FOR HOUSEHOLD USE ONLY. SAVE THESE INSTRUCTIONS

# GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded.

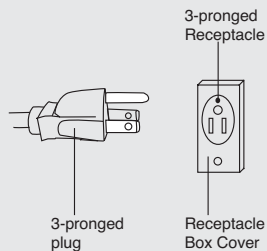
**WARNING:** Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or service personnel if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

If it is necessary to use an extension cord, use only a three wire extension cord that has a three blade grounding plug, and a three slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

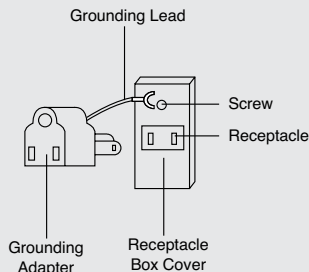
## INSTALLATION

- Steady, flat location:** When positioning the microwave oven, it should be set on a steady, flat surface.
- Ventilation:** DO NOT BLOCK AIR VENTS. If they are blocked during operation, the oven may overheat and eventually cause oven failure. For proper ventilation, KEEP THREE INCHES OF SPACE BETWEEN THE OVEN'S TOP, SIDES, REAR AND THE AREA WHERE THE UNIT IS TO BE INSTALLED.
- Radio and TV reception:** Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, or antenna wire. Position the oven as far from them as possible.
- Temperature and moisture:** Keep the oven away from hot air, steam or splashing liquids when choosing a place to locate it, otherwise, the unit's operation may be adversely affected, causing it to break down.
- Power supply:**
  - Check your local power source. This microwave oven requires a AC120V, 60Hz, 13Amp power supply.
  - Use a receptacle that will accept the ground prong.
  - (a) A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
  - (b) Longer cord sets or extension cords are available and may be used if care is exercised in their use.
  - (c) If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (3) the longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.
- Examine the oven for any damage such as:** Dents, a misaligned door, broken door or a dent in the cavity. If any of the above are visible, DO NOT INSTALL THE UNIT. Notify the dealer immediately.

### When using a 3-pronged plug

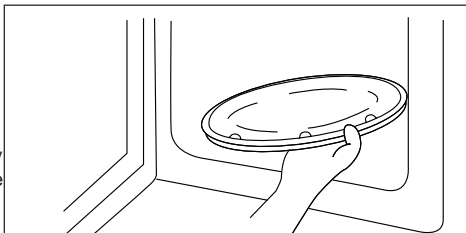


### When using a grounding adapter, make sure the receptacle box is fully grounded.



## CARE OF YOUR MICROWAVE OVEN

- 1 Disconnect the AC plug from the outlet before cleaning.
- 2 Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
- 3 The outside oven surface should be cleaned with mild soap and water. Then wiped dry with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation slots. If the Control Panel becomes dirty or wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives cleaner.
- 4 If steam accumulates on both sides of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and this is not an indication of a malfunction in the unit.
- 5 It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm, sudsy water or in a dishwasher.
- 6 The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water and dry. The roller guide may be washed in mild, sudsy water or in the dishwasher.

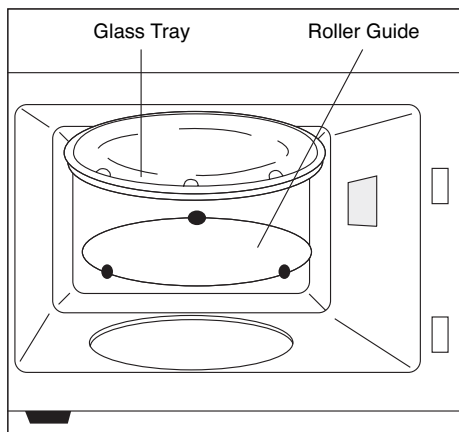


### Roller Guide

- 1 The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
- 2 The ROLLER GUIDE MUST ALWAYS be used for cooking together with the Glass Tray.

### Glass Tray

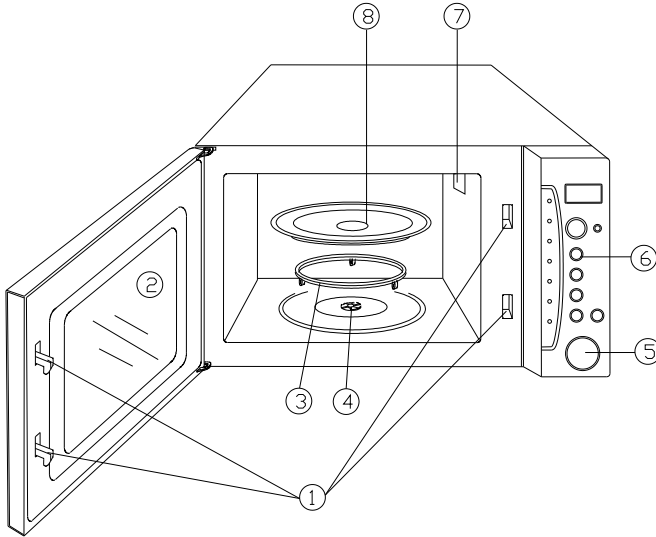
- 1 Do NOT operate the oven without the Glass Tray in place.
- 2 Do NOT use any other Glass Tray with this oven.
- 3 If the Glass Tray is hot, ALLOW IT TO COOL before cleaning it or placing it in water.
- 4 Do NOT cook directly on the Glass Tray.



## HOW TO USE YOUR MICROWAVE OVEN SAFELY

Although your oven is provided with safety features, it is important to observe the following:

- a) It is important not to defeat or tamper with safety interlocks.
- b) Do not place any object between the oven face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or buttons.
- c) When opened, the door must not be subjected to strain, for example, a child hanging on an open door or any load which could cause the oven to fall forward and cause injury and damage to the door. Do not operate the oven if it is damaged until it has been repaired by a qualified person. It is particularly important that the oven door close properly and that there is no damage to the following:
  - (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.

**LOCATION OF CONTROLS**

**1. Door Safety Lock System** - When the door is closed, it will automatically lock shut. If the door is opened while the oven is operating, the magnetron will automatically shut off.

**2. Oven Window** - Allows viewing of food. The screen is designed so that light can pass through, but not the microwaves.

**3. Roller Ring** - Support the glass cooking tray. Must always be in proper position before operating the oven.

**4. Shaft**

**5. Door Release Button**

**6. Control Panel**

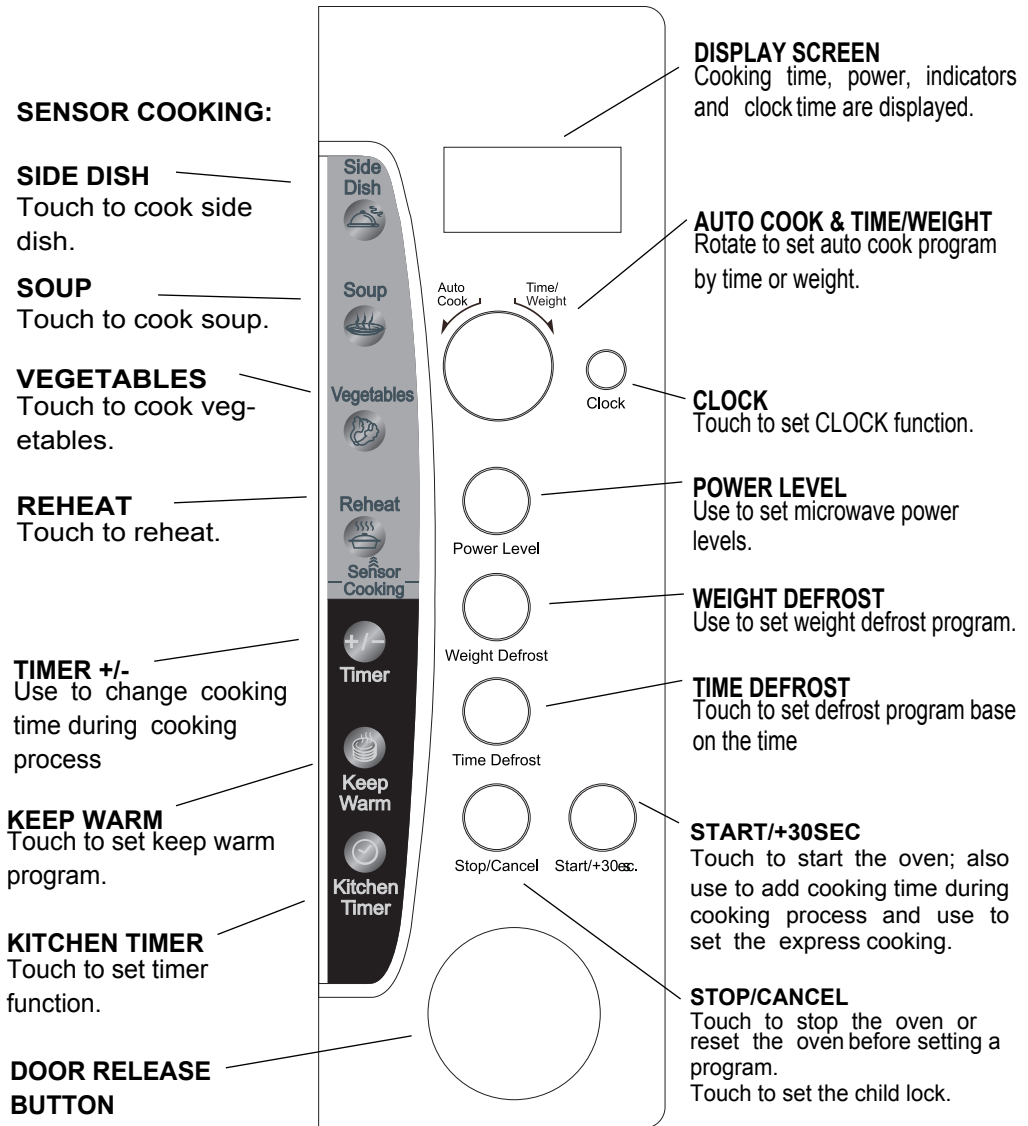
**7. Wave Guide** - Please do not remove the mica plate covering the wave guide.

**8. Glass Tray** - Made of special heat resistant glass. The tray must always be in proper position before operating the oven. Do not cook food directly on the tray.

**Alert:** Please clean microwave oven often. Failure to do so may create a fire hazard and void the warranty.



# LOCATION OF CONTROLS



## OPERATION

### **INVERTER Technology**

Traditional microwaves send out a single level of power in small bursts to cook food at different speeds. In contrast, INVERTER technology directly controls the power output. This constant soft penetration of microwave energy prevents the common problems of shrinkage, overcooking, and loss of nutrients. Inverter technology cooking results in evenly cooked food, defrosting without cooked edges, and the ability to keep foods warm until mealtime.

### **SENSOR Cooking**

This microwave oven built-in humidity sensor, automatically adjusts time and temperature during the cooking process by constantly monitoring the food's humidity level.

## OPERATION INSTRUCTIONS

When the oven is first plugged in, it will beep and the display will show "1:01". During the setting mode, if no operation is performed within 25 seconds, the system will return to waiting mode.

During cooking, if STOP/CANCEL is pressed once or the door is opened, the program will be paused. To resume press START/+30SEC. Note: If you press STOP/CANCEL twice, the program will be cancelled.

After cooking has ended, the oven will beep every 2 minutes as a reminder, or until the STOP/CANCEL is pressed or the door is opened.

### **Setting The Clock**

This clock has both 12 or 24 hour cycle settings. You can change between these settings by pressing CLOCK. Suppose you want to enter 8:08.

1. In standby mode, press CLOCK button once, "Hr24" should be displayed. If you want to change the clock to a 12 hour cycle, press the CLOCK button again, "Hr12" will now be displayed.
2. Turn AUTO COOK/TIME/WEIGHT dial to indicate the hour digit.
3. Press CLOCK button once.
4. Turn AUTO COOK/TIME/WEIGHT dial to indicate the minute digits.
5. Press START/+30SEC to confirm the setting.

**NOTE:** During cooking, you can press CLOCK button to check the clock time.

## OPERATION

### Microwave cooking

For microwave cooking, just press POWER LEVEL button a number of times to choose a cooking power level and then turn the AUTO COOK/TIME/WEIGHT dial to enter cooking time. The longest cooking time is 95 minutes. During the cooking process, you can add additional time by pressing START/+30SEC button.

**Select power level by pressing the POWER LEVEL button:**

| Press POWER LEVEL button | COOKING POWER | DISPLAY |
|--------------------------|---------------|---------|
| Once                     | 100%          | P100    |
| Twice                    | 90%           | P-90    |
| 3 times                  | 80%           | P-80    |
| ...                      | ...           | ...     |
| 9 times                  | 20%           | P-20    |
| 10 times                 | 10%           | P-10    |

Suppose you want to cook for 5 minutes at 60%:

1. Press POWER LEVEL button continuously until the desired power level is displayed.
2. Turn AUTO COOK/TIME/WEIGHT dial to enter 5 minutes
3. Press START/+30SEC button to start.

**NOTE:** During cooking you can check the cooking power level by pressing POWER LEVEL button. If you want to cook at full power level, omit the first step.

### Express cook

In standby mode, press START/+30SEC buttons to enter cooking time, and the oven will start automatically at 100% high power level. During cooking, you can add the cooking time by pressing START/+30SEC button. The longest cooking time is 95 minutes.

### Adjust the cooking time

During cooking process (except the auto cook and sensor cook program), you may press TIMER +/- button once and then turn the AUTO COOK/TIME/WEIGHT dial to extend or shorten the cooking time while the COOK sign is blinking.

### Keep warm

1. In standby mode, press KEEP WARM buttons once.
2. Turn AUTO COOK/TIME/WEIGHT dial to enter desired time.
3. Press START/+30SEC button to confirm.

## OPERATION

### Setting the timer

Press KITCHEN TIMER button..

Turn AUTO COOK/TIME/WEIGHT dial to enter time. The longest time you can set is 95 minutes.

Press START/+30SEC button to confirm.

#### **NOTE:**

1. If you want to cancel the timer, press the KITCHEN TIMER button, then press the STOP/ CANCEL button.
2. When the countdown ends, the buzzer will beep to remind you.
3. During sensor cooking, the timer program cannot be set or checked.

### Time defrost

Touch TIME DEFROST button once.

Enter desired defrosting time by turning AUTO COOK/TIME/WEIGHT dial.

Touch START/+30SEC button.

The longest defrosting time programmable is 95 minutes.

**NOTE:** During defrost, the oven will pause and beep to remind user to turn the food over and then press START/+30SEC to resume.

### Weight defrost

The oven can be used to defrost food based on the weight entered. The defrosting time and power level are automatically set once the weight is programmed. FOR EXAMPLE: Suppose you want to defrost food.

1. Press WEIGHT DEFROST button once.
2. Enter weight by turning AUTO COOK/TIME/WEIGHT dial. The maximum weight is 6 LB.
3. Press START/+30SEC button.

**NOTE:** During defrosting process, the system will pause to remind user to turn food over, after that, press START/+30SEC to resume.

## OPERATION

### Multiple cooking

The microwave oven can be programmed with up to 3 periods of cooking programs. Suppose you want to set the cooking program:

**Program 1:** Microwave and power level cooking (2 minutes at 100% power level);

**Program 2:** Microwave and power level cooking (5 minutes at 60% power level);

1. Press STOP/CANCEL button to reset the oven.

#### **Program 1:**

1. Touch POWER LEVEL button to select "P100" power level.
2. Turn AUTO COOK/TIME/WEIGHT dial to enter cooking time "2:00".

#### **Program 2:**

3. Touch POWER LEVEL button and then use the number button 6 to select "P-60" power level.
4. Turn AUTO COOK/TIME/WEIGHT dial to enter cooking time "5:00".
5. Press START/+30SEC button to start.

**NOTE:** Sensor cooks, Weight defrost, Time defrost and Auto cook cannot be set in multiple cooking program.

### Child lock

Use to prevent unsupervised operation of the oven by little children. The Child Lock indicator will show on display screen, and the oven cannot be operated while the Child Lock is set.

To set: In standby mode, press and hold the STOP/CANCEL button for 3 seconds, a beep sounds and lock indicator lights.

To cancel: Press and hold the STOP/CANCEL button for 3 seconds until lock indicator light on display turns off.

# OPERATION





## SENSOR COOKING

The sensor features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Suppose you want to cook potatoes:

1. Place the food in the oven and close the door, press desired sensor menu buttons once to enter menu code, the oven will start automatically one second later and the display will show "AUTO", "[ ]" and COOK.
2. After cooking for a period of time, the system will detect whether there is an error, if there is an error, for example, the sensor short circuit or open circuit, the system will stop automatically with the display showing E-0, the unit will beep until the STOP/CANCEL button is pressed.
3. If there is no error, the system will determine the cooking time based on the amount of steam which has been generated by the food in the oven. The cooking time appears on display and begins counting down. You can adjust the cooking time by touching the TIMER +/- button once and then turn the AUTO COOK/TIME/ WEIGHT dial to change the cook time while the sign COOK is blinking.
4. When cooking has completed, END will be displayed and a beep will sound. During cooking, once you open the door or press the STOP/CANCEL button, the oven will return to standby mode.

## SENSOR COOKING CHART

| Food Category  | Food Code | Food          |
|--|-----------|---------------|
| Reheat<br>       | SR-1      | Beverage      |
|  | SR-2      | Casserole     |
|  | SR-3      | Plate of Food |
|  | SR-4      | Steak         |
| Vegetables<br>  | SE-1      | Fresh         |
|  | SE-2      | Frozen        |
|  | SE-3      | Canned        |
| Side Dishes<br> | SS-1      | Potato        |
|  | SS-2      | Rice          |
|  | SS-3      | Pasta         |
| Soup            | SOUP      | Soup          |

For example, you want to reheat a plate of food:

Place food into the oven and close the door. Press REHEAT button 3 times to choose Sr-3, and the oven will auto start cooking.

## Auto Cook

For food or the following cooking mode, it is not necessary to program the duration and the cooking power. It is sufficient to indicate the type of food that you wish to cook as well as the weight of this food.

For example: to cook 1/2 Stick of Butter.

1. In waiting mode, place food into oven, and close the door.

2. Turn AUTO COOK/TIME/WEIGHT dial counter-clockwise once and then rotate it clockwise until code B1 displays.

Press START/+30SEC to start.

## Auto Cook Menu

| Food                           | Food Code | Weight     | POWER | TIME |
|--------------------------------|-----------|------------|-------|------|
| Butter                         | B1        | 1/2 Stick  | P-20  | 0:20 |
|                                | B2        | 1 Stick    |       | 0:30 |
|                                | B3        | 2 Stick    |       | 0:40 |
| Cheese                         | C1        | 3 ounce    | P-20  | 0:20 |
|                                | C2        | 6 ounce    |       | 0:30 |
| Frozen Pizza<br>(4 ounce each) | F1        | 1 slice    | P-100 | 0:40 |
|                                | F2        | 2 slice    |       | 1:00 |
|                                | F3        | 3 slice    |       | 1:50 |
| Ice Cream                      | E1        | 1 pint     | P-20  | 0:40 |
|                                | E2        | 1 quart    |       | 1:00 |
| Popcorn                        | P1        | 1.75 ounce | P-100 | 1:30 |
|                                | P2        | 3.0 ounce  |       | 1:50 |
|                                | P3        | 3.5 ounce  |       | 2:00 |

## Failure warning

In microwave mode, if undetectable feedback signal is not received for five minutes, the system will stop working. A constant buzzer will sound and the unit will display "E-1". After troubleshooting, press the STOP/CANCEL button. The system will then go back to normal standby mode.

# COOKING GUIDE

## THE PRINCIPLES OF MICROWAVE COOKING

Microwaves are a form of high frequency radio waves similar to those used by a radio including AM, FM and CB. Electricity is converted into microwave energy by the magnetron tube. From the magnetron tube, microwave energy is transmitted to the oven where it is reflected, transmitted and absorbed by the food.

**Reflection:** Microwaves are reflected by metal just as a ball is bounced off of a wall. For this reason, metal utensils are not suitable for use in the microwave. A combination of stationary interior walls and a rotating metal turntable or stirrer fan helps assure that the microwaves are well distributed within the oven cavity to produce even cooking.

**Transmission:** Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.

**Absorption:** During cooking, microwaves will be absorbed by food. They penetrate to a depth of about 3/4 to 1 1/2 inches. Microwave energy activates the molecules in the food (especially water, fat and sugar) and heat is produced. If you vigorously rub your hands together, you will feel heat produced by friction. The internal cooking of larger foods is done by conduction as the heat which is produced by friction is conducted to the middle of the food. Foods also continue to cook by conduction during standing time.

## FOOD CHARACTERISTICS

**Quantity:** The amount of food placed in a microwave oven has a direct effect on the cooking time. Small amounts of food or liquid require less cooking time than larger amounts of the same substance. As quantity increases, concentration decreases.

**Size:** Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than two inches (5 cm), so microwaves can penetrate to the middle from all sides. Pieces which are similar in size and shape cook more evenly.

**Shape:** Many foods are uneven, like a chicken, ribs or broccoli. The thin parts will cook faster than the thick parts, while uniformly thick foods cook evenly. To compensate for irregular shapes, place thin pieces toward the center of the dish and thicker pieces toward the edge of the dish.

**Starting Temperature:** Frozen or refrigerated foods take longer to cook than foods at room temperature.

**Bone and Fat:** Because bones conduct heat, the side of the meat the bone is on will cook first, while boneless cuts cook slower but more evenly. Fat attracts microwaves. The middle of these foods is cooked by heat conduction.

**Moisture Content:** Microwaves are attracted by moisture. Naturally moist foods absorb microwaves better than dry ones. Add a minimum of liquid to moist foods, as excess water slows cooking.

**Density:** The density of food determines how easily the microwaves can penetrate and how quickly it will cook. Porous foods, like chopped beef or mashed potatoes, microwave faster than dense ones like steak or whole potatoes.

**Piercing:** Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

## MICROWAVE TECHNIQUES

**Stirring:** Stir foods from outside to center of dish once or twice during cooking to equalize heat and speed microwaving. Foods will not burn or stick, so there's no need to stir constantly as you do in conventional cooking.

**Arrangement:** Arrange foods with thin or delicate ends, like drumsticks or asparagus spears, with the thick or tougher portions to the outside of the dish. The parts which need more cooking will receive more energy, so food will microwave evenly.

**Spacing:** Individual foods, such as baked potatoes and cupcakes will cook more evenly if placed in the oven an equal distance apart. When possible, arrange foods in a circular pattern. Similarly, when placing foods in a baking dish, arrange around the outside of the dish, not lined up next to each other. Food should not be stacked on top of each other.

**Rearrangement:** Rearrange overlapping areas, like tails of long fish filets, from top to bottom, and closely packed pieces, like meatballs, from the outside to the center of the dish.

**Standing Time:** Standing time is especially important in microwave cooking. Microwave energy creates heat in the outer layers of the food. As a result of normal conduction, the food continues to cook for a few minutes after removal from the oven. Letting roasts, large whole vegetables, casseroles and cakes stand to finish cooking allows the middles to cook completely without overcooking, drying or toughening the outsides.

**Covering:** Covering speeds cooking time, retains moisture, tenderizes, insures even cooking and prevents spattering. Casserole lids or plastic wrap are used for a tighter seal. Vent plastic by turning back one edge at the side of dish to form a narrow slot where excess steam can escape. Various degrees of moisture retention are also obtained by using wax paper or microwave-safe paper towels.

**Browning:** Microwave energy cooks some foods so quickly that the fats and sugars within the food do not have time to caramelize and give a "browned" appearance. Browning agents do not affect the quality of microwaved foods, but can add color and flavor. For meats and poultry, use bouquet sauce diluted with water or melted butter, soy, Worcestershire, barbecue or steak sauce, a sprinkling of paprika or dry gravy mix, jelly glaze or crumb coating. Frosting and topping finish cakes and breads. Top casseroles at the end of microwaving with grated cheese or crumbs.



## COOKING GUIDE (CONTINUED)

### Some Foods Do Not Microwave Well

**Eggs in Shells** and hard boiled eggs can burst.

**Pancakes** do not crust, but they reheat well. Fully-prepared, frozen pancakes are available for microwaving.

**Deep Fat Frying** can cause burns.

**Bottles** with narrow necks may shatter if heated.

**Pop Popcorn** only in special microwave poppers. Do not use oil unless specified by the manufacturer, or heat longer than recommended. Never pop popcorn in paper bags or glass utensils or directly on the glass tray.

## HOT SNACKS AND APPETIZERS

Hot appetizers can be prepared very quickly in the microwave oven.

Many appetizers may be cooked on the serving platter, provided the platter does not have metal trim. A time saving tip – prepare these foods ahead of time, refrigerate or freeze, and refresh in the oven at serving time. A plate of appetizers will take only seconds to refresh.

Cheese melts very rapidly and will toughen if overcooked, so watch foods combined with cheese closely so that overcooking will not occur. As soon as cheese starts to bubble, cooking is completed.

Appetizers that have a crisp pastry exterior are best prepared in a conventional oven.

To prepare appetizers wrapped in bacon, it will be necessary to precook the bacon and then wrap around the foods. Oysters wrapped in bacon are easier to prepare in the broiler of your conventional oven.

Seafood mixtures can be prepared in serving shells as microwave energy will pass through the seafood shells without heating. Aluminum foil should not be used for shells.

If spreads are placed on crackers, care should be taken not to overcook as moisture from the food will cause crackers to become soggy. Crackers used for spreads should be very dry and crisp. This helps avoid sogginess. Heat only until spread is at serving temperature.

The time required to heat all appetizers will depend on the amount of food, and the number and the type of dish selected. Remember the food will become very hot even if the dish is cool. Cheese mixtures retain heat longer when heated with microwave energy.

## SEAFOOD

### Guide for Cooking Seafood

Microwaving is one of the easiest and most efficient ways of preparing fish and seafood, which stay delicate and tender with quick, moist cooking. Overcooking dries out and toughens seafood, so you should check it after the minimum time. If thick pieces like fish steaks or lobster tails are done on the outside, but still slightly translucent in the middle, let them stand for a few minutes; internal heat will complete the cooking.

| Food                                   | Power | Cooking Time | Standing   | Special Notes Level   |
|--|-------|--------------|------------|---|
| Whole Fish<br>(1 lb. to 1 1/2 lbs.)    | P100  | 6 - 7 min.   | 5 min.     | Turn over after half the time.  |
| Fish Fillet<br>(1 lb.)                 | P100  | 5 - 6 min.   | 4 - 5 min. | Turn over after half the time.  |
| Fish Steak<br>1 inch thick<br>( 1 lb.) | P100  | 4 - 5 min.   | 5 - 6 min. | Turn over after half the time.<br><br>Cover with microwaveable cover. |
| Shrimp<br>(1 lb.)                      | P100  | 3 - 4 min.   | 5 min.     | Rearrange once during cooking.<br><br>Cover with microwaveable cover. |
| Sea Scallops<br>(1 lb.)                | P80   | 6 - 7 min.   | 5 min.     | Rearrange once during cooking.<br><br>Cover with microwaveable cover. |

## COOKING GUIDE (CONTINUED)

### MEATS

#### Guide for Cooking Meats

Roasts, chops, hamburgers and small cuts of tender meat cook beautifully in the microwave oven. Most roasts can be cooked rare, medium rare or even well done in less than one hour. Less tender cuts of meat such as pot roast can be simmered fork-tender in a sauce or gravy. Tough cuts that require slow cooking will do better in a conventional oven. A large piece of meat, especially if the shape is uneven, should be turned over occasionally for uniform roasting.

| Meat   | Power Level | Cooking Time (per lb) | Standing Time | Special Notes                                |
|--|-------------|-----------------------|---------------|--|
| <b>Beef Roast</b>  |             |                       |               |  |
| Rare   | P80         | 6 - 8 min.            | 5 - 7 min.    | Turn over after half the time.               |
| Medium   | P80         | 8 - 10 min.           | 10 - 15 min.  |  |
| Well   | P80         | 10 - 12 min.          | 10 - 15 min.  |  |
| <b>Pork Roast</b>  |             |                       |               |  |
| Bone-in  | P80         | 12 - 15 min.          | 10 min.       | Cover with microwaveable cover.              |
| Boneless   | P80         | 16 - 18 min.          | 10 - 15 min.  | Turn over after half the time.               |
| <b>Lamb Roast</b>  |             |                       |               |  |
| Bone-in  | Medium P80  | 7 - 9 min.            | 10 - 12 min.  | Turn over after half the time.               |
|  | Well P80    | 9 1/2 - 11 1/2 min.   | 10 - 15 min.  |  |
| Boneless   | Medium P80  | 9 - 11 min.           | 10 - 12 min.  |  |
|  | Well P80    | 11 - 13 1/2 min.      | 10 - 15 min.  |  |
| <b>Beef Patties (3 1/2 oz) each</b>                              |             |                       |               |  |
| 2 patties  | P100        | 2 1/2 - 3 min.        | 5 - 7 min.    | Turn over and rearrange after half the time. |
| 4 patties  | P100        | 3 1/2 - 4 1/2 min.    | 5 - 7 min.    |  |
| <b>Meat Loaf (2 lbs.)</b>  |             |                       |               |  |
|  | P100        | 15 - 17 min.          | 10 - 12 min.  | Cover with microwaveable cover.              |
| <b>Bacon</b>   |             |                       |               |  |
| Slices (4 strips)<br>(1 slice; weight:<br>1 oz., length: 11 in.) | P100        | 4 - 5 min.            | —             | Cover with microwaveable cover.              |
| <b>Ham</b>   |             |                       |               |  |
| Slices (1 in. thick)<br>4 slices                                 | P50         | 7 1/2 - 8 1/2 min.    | 5 - 7 min.    | Cover with microwaveable cover.              |

### POULTRY

#### Guide for Cooking Poultry

Chicken is one of the most popular foods and microwaving chicken is one of the best uses of your microwave oven. Chicken stays juicy and tender in the microwave oven. However, juiciness prevents browning because chicken crisps and browns only when the skin dries out enough to change color. Standing time is important, because it allows the interior to finish cooking without toughening the delicate breast meat.

| Poultry        | Power | Cooking Time Level | Standing (per lb.) | Special Notes Time   |
|----------------|-------|--------------------|--------------------|--|
| Chicken whole  | P100  | 6 - 8 min.         | 10 - 15 min.       | Place breast side up on roasting rack. Let stand, covered, before serving. |
| Chicken cut up | P100  | 6 - 7 min.         | 7 - 10 min.        |  |
| Turkey         | P80   | 6 1/2 - 8 min.     | 10 - 15 min.       |  |
| Cornish Hens   | P100  | 7 - 8 min.         | 7 - 10 min.        |  |
| Turkey Breast  | P50   | 10 - 11 min.       | 5 - 7 min.         | Rearrange once during cooking.<br>Cover with microwaveable cover.          |

## COOKING GUIDE (CONTINUED)

### EGGS & CHEESE

#### Guide for Cooking Eggs & Cheese

- CHEESE**

Cheese melts quickly and smoothly. When serving cheese as an appetizer, flavor is at peak when served at room temperature. Use a low power level for melting. Cheese melts best when shredded and heated with milk or other liquids. Stir cheese mixtures several times for even heating.

- EGGS**

Eggs cook differently by microwave. The high fat content of egg yolks absorbs energy, so yolks cook faster than whites. It's easy to poach eggs in a microwave oven, but if you want soft yolks, remove eggs from the oven before whites are completely cooked. A brief standing time allows whites to set without overcooking yolks. Check eggs for completion of cooking early, they toughen when overcooked.

When eggs and yolks are mixed together for omelets, scrambled eggs or custards, they cook more evenly and need less stirring than during conventional cooking methods.

Do not try to cook eggs in the shell. Steam can build up inside the shells, causing them to burst.

#### Scrambled Eggs

| Eggs | Butter  | Milk or Water | Cook on Power P100 | Procedure  |
|------|---------|---------------|--------------------|--|
| 2    | 1 Tbsp. | 2 Tbsp.       | 1 - 2 min.         | Place butter in small casserole and melt. Add eggs and milk, scrambling with fork. Cook as directed in chart, breaking up and stirring eggs twice. Cover and let stand before serving. |
| 4    | 1 Tbsp. | 2 Tbsp.       | 2 - 3 min.         |  |
| 6    | 2 Tbsp. | 4 Tbsp.       | 3 - 4 min.         |  |

#### Poached Eggs

| Eggs | Water      | Cook Water on Power P100 | Cook Eggs on Power P80 | Standing Time | Procedure  |
|------|------------|--------------------------|------------------------|---------------|--|
| 1    | 1 1/2 cups | 4 - 6 min.               | 1 min.                 | 2 min.        | Place water into medium casserole. Cook at High until boiling. Break eggs one at a time into a separate dish. Pierce yolks once with wooden pick and slip egg carefully into hot water. Cook as directed in chart. |
| 2    | 1 1/2 cups | 4 - 6 min.               | 1 1/2 - 2 min.         | 2 min.        |  |
| 4    | 2 cups     | 6 - 7 min.               | 2 1/2 - 3 min.         | 2 min.        |  |

### SOUPS

#### Guide for Cooking Soups

Satisfy appetites with savory soups prepared in your microwave oven. Adapt your favorites by using similar cooking times and techniques.

| Food   | Power Level | Cooking Time       | Standing Time | Special Notes  |
|--|-------------|--------------------|---------------|--|
| Canned Condensed Cream style, Bean, Pea or Mushroom (10 1/2 - 11 1/2 oz) |             |                    |               |  |
| With Water   | P100        | 4 1/2 - 5 1/2 min. | 2 - 3 min.    | Stir halfway through cooking time. Cover with microwaveable cover. |
| With Milk  | P80         | 5 1/2 - 6 1/2 min. | 2 - 3 min.    |  |
| Dry Soup Mix   | P100 then   | 5 1/2 - 7 min.     | 2 - 3 min.    | Add water. Cover with microwaveable cover.                         |
| 1 envelope (10 1/2 oz.)  | P50         | 3 - 4 min.         | 2 - 3 min.    | Stir twice.  |
| Broth (10 1/2 oz.)   | P100        | 4 - 5 min.         | 2 - 3 min.    | Stir twice. Cover with microwaveable cover.                        |

## COOKING GUIDE (CONTINUED)

### VEGETABLES

#### Guide for Cooking Fresh Vegetables

Nutritional research indicates that many microwaved vegetables and fruits lose less water soluble vitamin C than when cooked conventionally. This is due to shorter cooking time and to the fact that less cooking water is needed when microwaving fruits and vegetables. Best of all, vegetables keep their fresh color, texture and flavor. Vegetables should be microwaved covered with vented plastic wrap or a casserole lid. Vegetables cooked in their skins, such as potatoes, are already so tightly covered that they should be pricked with a fork before cooking in order to release excess steam. To assure even cooking, vegetables should be cut in uniform pieces and stirred during the cooking time. Always add salt to water before adding vegetables. Reduce time a minute or two for crisp-tender texture. Increase time for very soft texture. Remember to allow standing time of two to five minutes after cooking because, as most foods do, vegetables will continue to cook after they are removed from the microwave oven.

| Food                         | Water Amount | Cook on Power P100 | Standing Time | Special Notes                                    |
|------------------------------|--------------|--------------------|---------------|--|
| <b>Asparagus</b>             |              |                    |               |  |
| Spears (1 lb.)               | 1/4 cup      | 5 - 6 min.         | 2 min.        | Medium Casserole. Rearrange once.                |
| Cuts (1 lb.)                 | 1/2 cup      | 5 - 6 min.         | 2 min.        |  |
| Fresh green beans (1/2 lb.)  | 1/4 cup      | 4 - 5 min.         | 2 min.        | Stir twice.                                      |
| Frozen green beans (1/2 lb.) | 2 Tbsp.      | 5 1/2 - 6 1/2 min. | 2 min.        | Stir twice.                                      |
| Green Peas (2 cups)          | 1/4 cup      | 4 - 5 min.         | 2 min.        | Small casserole. Stir twice.                     |
| Broccoli (2 cups)            | 1/4 cup      | 4 - 5 min.         | 2 min.        | Medium casserole. Rearrange once during cooking. |
| Brussels Sprouts (1 lb.)     | 1/4 cup      | 6 - 7 1/2 min.     | 2 - 3 min.    | Medium casserole. Stir once.                     |
| Cabbage (1 lb.)              | 1/4 cup      | 5 - 6 min.         | 2 - 5 min.    | Rearrange once during cooking.                   |
| Cauliflower pieces (1 head)  | 1/4 cup      | 6 - 7 min.         | 2 - 5 min.    | Cover with microwaveable cover. Stir once.       |
| Mushroom slices (1/2 lb.)    | 2 Tbsp.      | 3 - 4 min.         | 2 - 3 min.    | Small casserole. Stir once.                      |

### CASSEROLES

Casseroles may require occasional stirring to distribute heat. They cook more evenly when made with ingredients of similar size and shape. Because of their shorter cooking time, casseroles cooked in the microwave oven generally need less liquid. Casseroles with cream and cheese sauces, or meats which need slower cooking to tenderize, cook best on power level 40.

When cooking a favorite casserole, make two and freeze the second for future use. Line a casserole or baking dish with plastic wrap. Transfer the cooked food to the lined container and freeze. As soon as the food is frozen in the shape of the dish, remove it and wrap with freezer paper. Later it can be unwrapped and returned to the container for defrosting and heating.

#### Dry Casserole Mixtures

Many prepared box type casseroles are available on the grocery shelves. Many have freeze dried foods or evaporated foods included. Cooking periods are so short there may not be time for the foods to absorb the moisture sufficiently and reconstitute the foods. To prepare this type, boil the amount of water recommended on the package. Add the noodles (when included), cover and cook for approximately 10 minutes. Allow noodles to stand covered for an additional 10 minutes, rinse with warm water and drain. Then follow package directions for preparing the mix. Reheat four to six minutes before serving.

## COOKING GUIDE (CONTINUED)

### SAUCES

#### Guide for Cooking Sauces

Sauces boil over rapidly, especially those that contain milk. As soon as the door is opened, cooking stops. If ingredients are not taken directly from the refrigerator, cooking time will be less than given in the recipe. Stir sauce quickly, about every 30 seconds to eliminate lumps. Be sure to use a container twice the size of the amount of liquid to prevent boiling over.

A wooden spoon may be left in the dish while sauce is cooking for easy stirring. If sauce is stirred slowly, cooking time may require about 15 seconds longer. If desired, a one-quart glass measure may be used to prepare some sauces.

#### White Sauce

| Amount      | Butter | Flour  | Milk  | Cook Butter (red sauce) | Cook Sauce         | Special Notes   |
|-------------|--------|--------|-------|-------------------------|--------------------|---|
| 1 cup, thin | 1 Tbsp | 1 Tbsp | 1 cup | 30 sec.                 | 2 1/2 - 3 1/2 min. | Cook on Full power as directed or until thickened, stirring once. Let stand, covered, before serving. |
| med.        | 2 Tbsp | 2 Tbsp | 1 cup | 1 min.                  | 2 1/2 - 3 1/2 min. |   |
| thick       | 3 Tbsp | 3 Tbsp | 1 cup | 1 min.                  | 3 - 4 min.         |   |

#### Brown Gravy

| Amount      | Fat from Drippings | Flour  | Liquid or Drippings | Cook on Power P100 | Special Notes   |
|-------------|--------------------|--------|---------------------|--------------------|---|
| 1 cup, thin | 1 Tbsp             | 1 Tbsp | 1 cup               | 2 1/2 - 3 1/2 min. | Cook on Full power as directed or until thickened, stirring once. Let stand, covered, before serving. |
| med.        | 1 Tbsp             | 1 Tbsp | 1 cup               | 3 - 4 min.         |   |
| thick       | 1 Tbsp             | 1 Tbsp | 1 cup               | 3 - 4 min.         |   |

### SANDWICHES, INCLUDING HAMBURGERS AND HOT DOGS

#### Guide for Heating Sandwiches

Sandwiches heat very quickly because, being porous, they have a low density. Since the filling is usually more dense than the bread or rolls, the filling determines the heating time. Surprisingly, the filling will always be hotter than the bread feels. Care must be taken not to overcook as the bread will become tough. Use several thin slices of meat. Thin slices heat more quickly and are better than one thick slice. The slow heating thick slice often causes the bread to overcook before the meat is hot. Sandwiches may be placed on a paper plate, napkin or paper towel to be warmed. The sandwich should be covered with a microwave-safe paper towel. Remove wrapping immediately after warming. Already-baked frozen breads and rolls may be used for sandwiches. The filling, however, should be thawed first. Toasted bread is fine for sandwiches and provides a firm base. The toast is warmed only; no further browning occurs.

| Food                 | Amount | Cook on Power P100 | Special Notes                          |
|----------------------|--------|--------------------|--|
| Sandwich<br>(6 oz.)  | 1      | 1 min.             | Place on microwaveable plate.          |
|                      | 2      | 1 1/2 - 2 min.     |  |
|                      | 4      | 3 - 4 min.         |  |
| Hamburger<br>(4 oz.) | 1      | 1 min.             | Cover with microwaveable cover.        |
|                      | 4      | 3 - 4 min.         |  |
| Hot Dog<br>(2 oz.)   | 4      | 1 1/2 - 2 min.     | Cover with microwave-safe paper towel. |
| Sloppy Joe           | 4      | 4 min.             | Place on microwaveable plate.          |

## COOKING GUIDE (CONTINUED)

### PASTA & GRAINS

#### Guide for Cooking Pasta and Grains

Raw long grain rice takes time to rehydrate. Microwaving time is a little shorter than conventional, but the greatest advantage is the ease with which you can prepare fluffy rice without sticking or burning. Cooked rice and pasta reheat easily in the microwave oven without loss of flavor or texture. No extra water is needed to prevent sticking or drying, so there's no danger of overcooking rice and pasta or thinning sauces.

| Food                    | Hot Water | Salt     | Oil or Butter | Power Level         | Cooking Time                  | Standing Time |
|-------------------------|-----------|----------|---------------|---------------------|-------------------------------|---------------|
| <b>Pasta (8 oz)</b>     |           |          |               |                     |                               |               |
| Egg Noodles             | 4 cups    | 1 tsp.   | 1 Tbsp.       | P100                | 6 1/2 - 7 1/2 min.            | 2 - 5 min.    |
| Macaroni                | 4 cups    | 1 tsp.   | 1 Tbsp.       | P100                | 8 - 10 min.                   | 2 - 5 min.    |
| Spaghetti               | 4 cups    | 1 tsp.   | 1 Tbsp.       | P100                | 8 - 10 min.                   | 2 - 5 min.    |
| Lasagna Noodles         | 4 cups    | 1 tsp.   | 1 Tbsp.       | P100                | 12 - 14 min.                  | 2 - 5 min.    |
| <b>Rice, Long Grain</b> |           |          |               |                     |                               |               |
| White Rice (1 cup)      | 2 cups    | 1 tsp.   | 1 tsp.        | P100<br>then<br>P80 | 5 - 6 min.<br>9 1/2 - 12 min. | 5 - 7 min.    |
| Brown Rice (1 cup)      | 2 cups    | 1/2 tsp. | 1 tsp.        | P100<br>then<br>P80 | 5 - 6 min.<br>22-27 min.      | 5 - 7 min.    |

### CEREALS

Microwaveable hot cereals can be cooked directly in the cereal bowl and make cleaning up easy.

### CONVENIENCE FOODS

#### Frozen Foods

A large variety of frozen foods, special dishes and dinners are available and the selections continue to increase. The market is changing rapidly, therefore it is impossible to list the foods and types available and recommend cooking procedures. In this book we can only give general directions to assist you.

#### T.V. Dinners

To prepare a T.V. dinner, follow the maker's instructions for use with microwave ovens. Cooking a T.V. dinner will require approximately five to seven minutes for the food to thaw and heat to serving temperature (depending on the types of food). Allow plastic wrap to remain over the dish for two minutes to allow heat to equalize. Dinners that contain mashed potatoes have presented a bit of a problem due to the large compact mass of this particular food. You may want to remove about half the mashed potatoes after defrosting is started, then spread the remaining potatoes over the individual section of the tray. Heat the removed mashed potatoes in an individual dish. For foods that should be crisp when cooking is completed, remove the plastic wrap and use the broiler of a conventional oven to crisp the food.

#### Individual Frozen Foods

These may be commercially prepared or frozen at home. Place the container of frozen food in the oven and heat only until the food starts to defrost and can be removed easily. Empty contents into a casserole or serving dish and continue to defrost and heat. Do not heat foods in deep foil containers. To crisp and brown special toppings, use the broiler of a conventional oven. If allowed to heat to serving temperature in a plastic container, the container will warp or melt from the high heat of food.

#### Frozen Foods in Cooking Pouches or Boilable Bags

To prepare these foods, slit the plastic bag. An X-type cut will help remove the food at the end of cooking time. Place the cut side down on a serving dish (with no metal trim). Heat foods other than vegetables for about three minutes. Frozen vegetables require about eight to nine and a half minutes of cooking time. Allow the pouch bag to remain over the food for about two minutes to allow time for the heat to equalize. Foods prepared in cheese or white sauce should be removed from the pouch and placed in a glass casserole dish and stirred to prevent overcooking of the sauce around the edges of the dish.

## COOKING GUIDE (CONTINUED)

### Complete Meals from Table Leftovers

Complete meals from leftovers can be prepared in advance. Foods can be frozen and ready for quick heating in the oven at any time. Choose foods suitable for freezing and put serving portions on paper, glass or china (no metal trim) plates. Wrap with recommended freezer paper and freeze quickly. When apportioning the servings of food on the plate, use approximately the same amount of each kind of food for more even heating. Mashed potatoes will heat quicker if spread slightly and hollowed, with a pat of butter in the center. To prevent small pieces of vegetables, corn, peas, etc., from dehydrating during heating, mound well near the center of the plate.

### DESSERTS

There's always time to make dessert with a microwave oven. Fruit desserts have a remarkably fresh flavor and texture. Microwaved cakes are higher and more tender than conventionally baked; since cakes are usually frosted, browning is unimportant. Microwaved pie crusts are exceptionally tender and flaky, while delicate custards and puddings are easy to prepare.

#### Guide for Cooking Cakes

| Food                          | Power | Cooking Time Level | Standing   | Special Notes Time                               |
|-------------------------------|-------|--------------------|------------|--|
| Cake, round<br>(Mixed 9 inch) | 100   | 3 1/2 - 5 min.     | 2 - 5 min. | Pour into greased and wax paper lined cake dish. |
|                               | 80    | 4 1/2 - 6 min.     |            |  |
| Ring or Angel Food Cake       | 80    | 5 1/2 - 6 1/2 min. | 2 - 5 min. | Cover with wax paper.                            |
| Muffin (6 muffins)            | 50    | 4 1/2 - 6 1/2 min. | 2 - 5 min. | Rearrange once.                                  |
| Custard (6 servings)          | 50    | 10 - 12 min.       | 5 - 7 min. | Rearrange once.                                  |

### Baking

- Bar cookies work best. Greasing or lining of the microwaveable baking dish is optional.
- If insufficient browning disturbs you, frost, glaze or add food coloring to white or yellow batters.
- A microwaveable cookie sheet can be made by covering cardboard with waxed paper.
- Round glass baking dishes, and fluted or smooth microwaveable ring molds work best for cakes. You can make a microwaveable ring mold of your own by placing a medium-size glass in the center of a round glass baking dish.
- Because your cakes will rise higher in microwave cooking, never fill microwaveable cake pans more than half full.
- Reduce baking powder and soda by approximately one-fourth when converting a conventional recipe.
- Fill paper-lined muffin cups to only half full which allows for muffins to rise more than normal.
- You can prepare your own "brown 'n serve" breads and rolls by baking them ahead of time in the microwave oven. Then, place them in a conventional oven to brown prior to serving.
- Breads and rolls should be reheated to the point where they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.
- When making yeast bread in a microwave oven, choose a recipe with cornmeal, whole wheat flour, or rye flour to achieve a richer color.

## SPECIFICATIONS

| Item                   | Rating Specification  |
|------------------------|---|
| Power Supply           | 120V~ 60Hz  |
| Power Consumption      | 1500W   |
| Microwave Output Power | 1200W   |
| Oven Capacity          | 2.2 cubic feet  |
| Outside Dimensions     | 24.8 (W) x 19.6 (D) x 14.8 (H) inches (629mm x 465mm x377 mm) |
| Weight                 | 36.4 Lbs (16.8kg) Approx.                                     |

## BEFORE YOU CALL FOR SERVICE

Refer to the following checklist before you call for service.

**If the oven does not work:**

1. Check that the power cord is securely plugged in.
2. Check that the door is firmly closed.
3. Check that the cooking time is set.
4. Check for a blown circuit fuse or tripped main circuit breaker in your house.
5. Check that the Child Lock feature is not engaged.

**If there is sparking in the cavity:**

1. Check the containers, dishes or utensils in the oven and make sure they are not metal or have metal trim.



◆◆◆◆◆ SERVICE ◆◆◆◆◆

FOR ADDITIONAL SET-UP OR OPERATING ASSISTANCE  
PLEASE CALL:  
1-800-898-9020

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FOR CUSTOMER SERVICE, PLEASE E-MAIL TO:  
[internet@emersonradio.com](mailto:internet@emersonradio.com)

OR WRITE TO:  
Emerson Radio Corp.  
Consumer Affairs Dept.  
3 University Plaza  
Suite 405  
Hackensack, N.J. 07601



## LIMITED WARRANTY

Emerson Radio Corp. warrants this product to be free from manufacturing defects in original material, including original parts, and workmanship under normal home use and conditions ("manufacturing defect") for a period of one (1) year from date of original purchase in, and if used in the United States. Should service be necessary under this warranty, Emerson will provide the following at our Return Repair Facility, provided the manufacturing defect is verified along with the date of purchase:

- \* Repair service for one (1) year from date of original purchase at no charge for labor and parts.
- \* Replacement of a defective magnetron for seven (7) years from date of original purchase (labor not included after initial twelve (12) months).

To Receive Authorization to Return a Defective Item, please contact Emerson Customer Service at 1-800-898-9020. Have your Model number, Serial Number and dated Proof of Purchase with you when you call.

In the event the product must be returned to Emerson:

- \* Pack the unit in a well-padded heavy corrugated box. Please insure the item is well padded to avoid damage while in transit back to our facility. If the item incurs damage, it will NOT be replaced and the consumer will be responsible for return freight costs to receive their same unit back.
- \* Enclose your check or money order payable to Emerson Radio in the amount of \$15 to cover return shipping and handling costs.
- \* Enclose a note with your name, address, phone number, Return Authorization number and brief reason for returning the unit.
- \* Enclose a copy of your proof of purchase (warranty service will not be provided without dated proof of purchase).
- \* Ship the unit prepaid via UPS or parcel post (SHIP INSURED and obtain a tracking number).

**NOTE:** This warranty does not cover:

- (a) Damage to equipment not properly connected to the product.
- (b) Cost incurred in the shipping of the product to and from Emerson's Return Facility.
- (c) Damage or improper operation of unit caused by customer abuse, misuse, negligence or failure to follow operating instructions (including cleaning instructions) provided with the product.
- (d) Ordinary adjustments to the product which can be performed by customer as outlined in the owner's manual.
- (e) Products not purchased in the United States.
- (f) Damage to product if used outside the United States.

THIS WARRANTY IS NON-TRANSFERABLE AND APPLIES ONLY TO THE ORIGINAL PURCHASER AND DOES NOT EXTEND TO SUBSEQUENT OWNERS OF THE PRODUCT. ANY APPLICABLE IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED IN DURATION TO A PERIOD OF THE EXPRESSED WARRANTY AS PROVIDED HEREIN BEGINNING WITH THE DATE OF ORIGINAL PURCHASE AT RETAIL AND NO WARRANTIES, WHETHER EXPRESSED OR IMPLIED, SHALL APPLY TO THE PRODUCT THEREAFTER. EMERSON MAKES NO WARRANTY AS TO THE FITNESS OF THE PRODUCT FOR ANY PARTICULAR PURPOSE OR USE.

THE EXTENT OF EMERSON RADIO CORP'S LIABILITY UNDER THIS LIMITED WARRANTY IS THE REPAIR OR REPLACEMENT PROVIDED ABOVE AND, IN NO EVENT, SHALL EMERSON RADIO CORP'S LIABILITY EXCEED THE PURCHASE PRICE PAID BY THE PURCHASER OF THE PRODUCT. UNDER NO CIRCUMSTANCES SHALL EMERSON RADIO CORP. BE LIABLE FOR ANY LOSS, DIRECT, INDIRECT, INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGE ARISING OUT OF OR IN CONNECTION WITH THE USE OF THIS PRODUCT. THIS WARRANTY IS VALID ONLY IN THE UNITED STATES OF AMERICA.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. HOWEVER, YOU MAY HAVE OTHER RIGHTS WHICH MAY VARY FROM STATE TO STATE. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR EXCLUSION OF CONSEQUENTIAL DAMAGE, THEREFORE THESE RESTRICTIONS MAY NOT APPLY TO YOU.

**15-01-1402M**

The serial number can be found on the back cabinet. We suggest that you record the serial number of your unit in the space below for future reference.

**Model Number:** \_\_\_\_\_

**Serial Number:** \_\_\_\_\_

To register your unit please visit [http:// www.emersonradio.com/service/product-registration](http://www.emersonradio.com/service/product-registration)



EMERSON

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